



### STATE CHAMPIONS



## Darlington Chiefs win

By Shaida Tabrizi, Reporter

At the end of the first half, things didn't look good for the Darlington Chiefs. At the Organization of Rural Elementary Schools (ORES) state championship quarterfinal game, the team was tied with the Dahlongegah Indians at 20-20.

The ORES championship is a tournament that includes middle school teams from all around the state. This year, 32 girls and boys teams competed at the quarterfinals held on Feb. 18, 2016.

The gym at North Rock Creek High School in Shawnee, Okla. was packed

with nervous fans as Coach Reggie Island took his team aside for some strong words about how to take the lead.

Though the Chiefs have played in the championship three years in a row, the majority of the 2016 team was new, which could account for the slow beginning of the game.

That made the explosive second half even more impressive when the Chiefs returned to the court and quickly pulled the lead from the Indians.

"The first half we came out a little tight. I kind of See **Darlington Chiefs** pg. 6

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# ADULT STEM CELL THERAPY

The Future is Now

## Using a person's own fat cells to promote healing of degenerative diseases

*Stem cell therapy attracts more and more patients as healing results become undeniable*

By Rosemary Stephens, Editor-in-Chief

Imagine the possibilities. Using stem cell therapy has shown remarkable documented results in treating degenerative diseases across the United States and abroad. Over a half a million stem cell therapies have been performed here in the U.S. and overseas in the last 20 years. In the beginning stem cell therapy involved using embryos from fetuses, which was met with a lot of resistance from society for obvious moral and ethical reasons.

But it is no longer necessary to use those types of cells to treat patients because now stem cells are harvested from the patients themselves, either from their bone marrow or more frequently from their fat cells. These cells can be used to help heal a host of degenerative diseases and conditions, according to Dr. John Nelson, Fellow of Interventional Pain Practice and a group of physicians and professionals of Advanced Pain Management of Oklahoma who are excited about the results they have seen using stem cell therapy.

"Each gram of fat in your body holds about a half a million stem cells. The trick is to harvest the fat and through a process of filtering and washing the cells, we eventually end up with

just the stem cells that you can inject intravenously into the joints or the spine and a whole host of areas to treat a whole host of degenerative diseases and conditions. These procedures are not yet FDA approved, but that does not mean they are not safe and does not mean it does not fall under the practice of medicine," Nelson said to a room full of colleagues and guests in Oklahoma City on Feb. 17.

"I think some of the resistance from the FDA in the past has been because of the origin of the stem cells and I believe this will change over time. Like any new treatment, we want double blind, randomized placebo control studies, but that is a very difficult thing to do if any of you have ever done research, but the reports from so many centers from around the world on results in using stem cells has been so favorable in many conditions where before there was really no good treatment. And unlike a lot of the things we have used to treat diabetes or pain where we are basically trying to numb the pain or mask the pain with drugs, we have never really been able to reverse the disease. And this is where stem cells is the one thing that can, not only treat the pain, but may



Dr. John Nelson, along with his colleagues hosted an informational presentation to invited guests about stem cell therapy at the Oil Center East Tower in Oklahoma City on Feb. 17. Pictured l-r: Dr. Joseph Parkhurst, Cheyenne & Arapaho tribes Executive Director of Health Nicolas Barton, partner and founding member, Jim Taylor, Kristina Wheeler, Dr. John Nelson, colleague Willam Hawk Birdshead, Physician's Assistant Murat Sen and Oklahoma State Representative Lewis Moore.

actually repair tissue damage and reverse the disease you are treating. There has never been anything like that in the past short of maybe an organ transplant."

Some of those diseases and conditions Nelson refers to include Type II Diabetes, COPD, lung disease, heart disease, kidney failure, MS, spinal cord injuries, Crohn's disease, Macular degeneration, ALS and many other conditions.

The process involves collecting fat cells from the patient through a minor liposuction procedure under local anesthesia, taking about 15 to 20 minutes. The cells are then harvested and injected back into the patient within a two to three hour timeframe.

"We usually harvest about 60 CCs and out of that 60 CCs we usually end up with about 25 to 30 million stem cells. These have been used

to treat heart disease, joint pain, kidney failure, Type II Diabetes, lung disease, spinal cord injuries, Lou Gehrig disease, MS and the list is growing. The treatment is always done the same day we harvest the cells. Usually you have about a three or four hour window once you harvest the cells and separate out the stem cells to actually do the procedure because the stem cells otherwise aren't

See **Stem cell therapy** pg. 4

### Allotment land owners encouraged to register before March 11

On Jan. 4, 2016, nine percent of the eligible undivided interest landowners of Cheyenne and Arapaho Allotments were registered as a willing seller.

The Cheyenne and Arapaho Land Management office is submitting the required tribal documents to the Land Buy-Back Program office so your share of the Cobell settlement funds for the purchase of your undivided interest will be allocated from the remaining funds.

The greater the percent of 'Registered Willing Sellers' insures the greater the likelihood that the Cheyenne and Arapaho tribes will be selected to participate.

The deadline is March 11 to register as a willing seller for participation in the land buy-back program and is only days away.

Call 1-888-678-6836 NOW so the percentage of Cheyenne and Arapaho registered willing sellers demonstrates a large increase from nine percent.

Required information to provide when calling includes your name, mailing address, Tribal enrollment number, Social Security number and IIM account number.

For questions or more information call Connie Yelowman at 405-422-7403.

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# Native youth play smart at OCIE Challenge Bowl

By Shaida Tabrizi, Reporter

The OK Indian Student Challenge Bowl was held on Feb. 11, 2016 at the University of Central Oklahoma (UCO) in Edmond, Okla. Students from middle and high schools all around the state competed in the academic tournament, demonstrating their knowledge of Native American governments, popular culture and history.

The morning of the tournament, excited students filled a grand ballroom at the university, clutching their study guides and getting last minute encouragement and advice from their parents and sponsors. There were 15 high school teams and 11 middle school teams in total, with each team consisting of at least four players.

A group of Cheyenne & Arapaho students from Thomas, Okla. formed a team called the 'Dreamcatchers' sponsored by Kathleen Tall Bear, director of the tribes' Adult Education and Outreach Programs. Dressed in coordinating flannel shirts, the team enthusiastically waited for the matches to begin, hoping to advance far within the competition team brackets.

"I'm kind of nervous because you don't know how far you're going to make it and if you're going to do good. But we've studied a lot," team member Minnie Tallbear said, laughing and pulling out her huge study guide.

The challenge was hosted by the Oklahoma Council for Indian Education (OCIE), a group that advocates for Native American students and promotes Indian education within the state of Oklahoma. Council members bear the responsibility of creating the questions for each round of the contest, which some felt were too broad in scope.

"We haven't really come to a conclusion on narrowing down questions, because it's so broad," OCIE President Teresa Dorsett said. "We're still in discussion on making it more relevant and practical for the students. Like they need to know what sovereignty is and how it affects them and what it means on a



C&A tribal member Lauren Dowty keeps her eye on the prize at the Oklahoma Council for Indian Education Challenge Bowl. Photos by Shaida Tabrizi

national level or state level. We're trying to make it a more authentic challenge bowl to where they're learning something of value. That when they leave high school, they're a lot more knowledgeable and they can use it in their jobs. Knowledge is power."

High school finalists were Kowishto Tuklo from Norman High School, third place, Nashoba Losa Tochina from Norman North High School, second place and Native Warriors from Northwest Classen High School, first place.

Middle school finalists were Longfellow 1 from Longfellow Middle School in Norman, second place and Terral Indians from Terral Middle School, first place.

This win makes the second year in a row for the Terral team to win first place. The students and their two sponsors had to make a four hour drive to reach the event, leaving rural Terral at 5 a.m.

"Where we live, it's a very small town of about 300. Very poverty stricken, so these kids don't get out a whole lot. But they work hard and we're proud of them, we're very proud of them," Sponsor Buddy White said.

White serves as principal at Terral Middle School, as well as teacher, bus driver and occasional cook. He described benefits of having the competition on a college campus, since the majority of his team had never visited a college before. "I want these kids to feel like they're someone. Through this competition I feel like they've reached their goal."

## High School Division



First place winners, Native Warriors from Northwest Classen High School.



Second place winners, Nashoba Losa Tochina from Norman North High School.



Third place winners, Kowishto Tuklo from Norman High School.

## Middle School Division



First place winners, Terral Indians from Terral Middle School.



Second place winners, Longfellow 1 from Longfellow Middle School.

## AICCO announces new Indigenous Collegiate Scholarship

The North Central Chapter of the American Indian Chamber of Commerce of Oklahoma (AICCO) has announced the creation of the Indigenous Collegiate Scholarship. AICCO is a professional organization for Native American business development that is seeking to increase the number of Native Americans achieving a higher education.

The deadline for the scholarship is May 1, 2016. Candidates must possess a CDIB card, be attending or planning to attend an accredited college or university, reside in the state of Oklahoma and have at least an overall 2.5 academic average. Applicants must provide a copy of their acceptance letter to receive direct scholarship funds and must provide a copy of their most recent school transcript(s) or GED.

The AICCO committee will select the recipients and will award two \$500 scholarships. Consideration will only be given to candidates submitting complete applications which include a copy of their CDIB, an official school transcript and an essay.

Completed application packages must be post-marked no later than May 1, 2016 and submitted to: American Indian Chamber of Commerce NC Chapter, Attn: Scholarship, P.O. Box 1483, Cushing, OK, 74023.

Applications may be found online at [www.aiccok.org](http://www.aiccok.org).

## School consolidation bill shut down in committee after opponents swarm Oklahoma Capitol

By Rick M. Green The Oklahoman

(OKLAHOMA CITY) An initial attempt at school district consolidation, one of Gov. Mary Fallin's priorities, landed with a thud Monday as hundreds of parents, teachers and children swarmed the Capitol to criticize the effort.

A bill by Rep. Lee Denney, R-Cushing, was trounced in a packed House committee room, with three members in favor and eight against.

Oklahoma has more than 500 school districts. Some state leaders have suggested consolidation as a way of reducing administrative expenses and bringing more resources to the classrooms.

Denney's bill would have consolidated some underperforming dependent school districts. These districts educate students through elementary or middle school and then transfer them to nearby districts.

Under the bill, a dependent school district that gets a D or F in Oklahoma's A-F school grading system would be consolidated into the independent district that receives their students for high school. About three dozen school districts, mostly in rural areas, could have been affected by the legislation.

Denney said she regarded the legislation as a "conversation starter" and was disappointed that it did not advance to the full House.

"But I understand the ve-



Marcella Sankey, 9 and Shyann Bruesch, 6 hold up signs in support of Darlington School at the Oklahoma State Capitol. Photo by Gordon Yellowman

racity of people not wanting their schools to change," she said. "Everyone likes their own local school, including myself when my kids were in school."

She said she got hundreds of emails over the weekend from people concerned about the bill. About 300 took advantage of the Presidents Day holiday to go to the Capitol to lobby against the measure.

Cheryl Garrison, superintendent of Darlington School in El Reno, said Oklahoma's A-F grading system is flawed and shouldn't be used as a yardstick for school district consolidation. Her district has a C grade.

She said nearly 90 percent of the district's students are American Indian.

"A lot of my students are there at my school district

because of choice," she said. "We embrace the culture. They get to keep their identity. We do a lot of things to nurture them. We are there for their families. Our teachers stay after school every day until 4:30, an extra hour, to tutor students. We also have a Boys & Girls Club after school that goes to 5:30 or 6."

Quinton Roman Nose, whose grandchildren attend Darlington, said they get individual attention that they wouldn't see in a larger district.

"They're not going to get the same quality and attention at the bigger schools," he said.

Denney said that although her House Bill 2824 failed to clear committee, several other school consolidation measures are still in play.

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**ITEMS**

# Rebuilding the Office of Veteran's Affairs, new director understands the sacrifices made by veterans

By Rosemary Stephens, Editor-in-Chief

Office of Veteran's Affairs Director Russell Willey



space (AR) shop where he stayed for six years before there was a mission change.

"The maintenance of the KC135 changed to a special ops security type mission so I had to find a new home, either the Tulsa National Guard or another National Guard unit somewhere else or transfer to the Air Force Reserve site, so I took the opportunity to get out for a little bit and take a break," Willey said. "I had satisfied my contract with them so I was under no obligation to continue to stay and had the option to get out or go find another place to get retrained for another job within the Air National Guard. I had just started (in 2014) with the BNSF Railroad and really just wanted to strictly focus on the BNSF."

Maybe it was luck or maybe it was fate that Willey heard about the tribes' Office of Veteran's Affairs one day when he was in Concho picking up some applications for his son's school and sports activities.

"A friend of mine mentioned it to me, said a position for director in that program (Veteran's Affairs) was opening up, so I gave it a look over, gave it some thought and decided to apply," he said. "I never saw myself doing something like this five years ago or even up to two months ago, but truly it is a honor to be in this place. To be given the opportunity to be an advocate for our veterans ... it's like the wave is coming."

Brimming with enthusiasm and visions, Willey is reaching out to anybody and everybody for resources to build the Office of Veteran's Affairs.

"I am putting myself out there, making myself available. There is so much to do, but I am taking it one day at a time. I have contacted a lot of outside entities to learn about the services they have in place for their veterans, such as the Cherokee Nation has a good VA center in place, Choctaws have a VA center in place and I just found out about the Comanche and Kiowa veterans services. There are so many resources to follow. I call one tribe and get like five resources to follow up on, and call those five resources and I get five more. It just grows and grows, the benefits and contacts out there are overwhelming and it is so awesome. The support is out there and we just have to tap into it!" Willey exclaimed.

Willey is brimming with ideas for immediate implementation and future visions for the long term.

"I would like to build a resource center in my office for the veterans who can get out and have transportation to be able to come and gather resources. To learn about educational and health benefits and not only for veterans but for widows of veterans because a lot of people don't think about widows or widowers of veterans. I want to see a service set up, within

the program, to focus on the widows/widowers. Maybe the spouse doesn't understand the importance of that DD214 or how to obtain the DD214 or what benefits are available to the spouse," he said referring to a notebook filled with his handwritten notes. "I would love to see us get actively involved in sending CARE packages to our troops who are deployed in combat zones or overseas. I know when I was deployed how much it meant to have a package come to you from home or from a local organization from home specifically for you ... it's relieving and refreshing to know people back home are actually thinking about you and care about you."

Another area Willey wants to expand on is Stand Downs. He said he would like to see more collaboration with neighboring organizations and tribes for bigger and better Stand Downs or to increase them to two a year instead of just one.

"Another vision, goal I would like to see accomplished,

See **Veteran Affairs** pg. 5

## Group takes to capitol steps to bring awareness of Veteran suicide

By Aaron Brillbeck

(OKLAHOMA CITY) Veterans and supporters used the steps of the state Capitol as their stage to draw attention to the epidemic of veteran suicide.

Members of the group did 22 push ups to represent the 22 veterans who commit suicide, on average, every day.

It was retired Maj. Andrew White's job to keep his men alive on the battlefield.

Now, it breaks his heart that he can't keep them alive here at home. His best friend committed suicide.

"He came home, got himself very, very intoxicated and drove himself right into a wall. Got in his car and killed himself that way. It's painful," White said.

At this rate, more veterans will have died by their own hand than died on the battlefield.

That's why these folks came out to the Capitol, as a reminder that "We support the troops" is more than just a bumper sticker slogan. It means employing them or just saying thanks.

"Go shake their hand and say thank you," U.S. Rep. Markwayne Mullin said. "You don't know if that will change a person's life just by saying thank you."

Congressman Steve Russell is a combat veteran. He said for a lot of returning vets, readjusting to civilian life is hard. Too hard.

"As somebody that has had to do terrible things in battle, I've handled flesh and blood. I've had to do horrible things, but it was in defense of my country. And you come home you've crossed those lines that most human beings never have to cross," he said.

White agreed.

"The uniform isn't just a piece of clothing. It's our identity. It's who we are," White said. "When we take it off we somewhat lose that identity. We

lose focus. We lose our guidance. We are no longer that same person anymore."

The group said we can save veterans lives just by helping them feel useful again and that we owe it to veterans.

"It's a painful thing because I know we can't save them all. I know these folks here can't save them all," White said. "But we're damn gonna try hard."



**Cheyenne and Arapaho**

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# Future Native American teacher makes impact in rural schools

By Shaida Tabrizi, Reporter

Does the race of a teacher affect a student's performance? Studies say yes.

A recent study conducted by Anna J. Egalite, of the Program on Education Policy and Governance at Harvard University, and two co-authors Brian Kisida and Marcus A. Winters found that students, especially minority students, seem to benefit academically when taught by a teacher of the same race.

According to an interview on *Teacher Beat*, the researchers are far from encouraging classrooms segregated by a teacher's race. Instead, they hope the findings will improve the way schools recruit and retain teachers of various cultures and backgrounds to better help the students in their classrooms.

Jocelyn Ochoa, an 18-year-old education major at the Southwestern Oklahoma State University (SWOSU), has already noticed an impact her presence has in the classroom. Ochoa is a Cheyenne tribal member

whose grandparents, Seiling, Okla. residents Tom and Naomi Partida, are descendants of famous chiefs Black Kettle and Dull Knife.

It was Ochoa's heritage that motivated her to attend college.

"Being the oldest grandchild, I heard the most about my heritage and all of the stereotypes about like 'Oh, Native Americans, they're all the same.' And I just wanted to be the one to change it. If I start the ball rolling, then maybe my cousins and their Native American friends, they'll see me and think 'Oh, she's Native American and she proved everyone wrong. I want to be like her,'" Ochoa said. "I was just sick of the stereotypes that Native Americans got. I talked to people and they'd go, 'Oh, your grandparents live in Seiling, there's a bunch of Indians there just wasting time.' And I thought yep, I want to change that."

The Oklahoma State De-

See **Teacher** pg. 5



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*Alive At 25 and other planned activities pertain to the tribes' Safe Driver's Program for prerequisite to qualify for Driver's Education Assistance.*

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GAMING DISTRIBUTION COMPARISON 2015 - 2016		
DATE	2015	2016
JAN	\$ 3,181,456.15	\$ 2,933,004.04
FEB	\$ 4,101,126.49	\$ -
MAR	\$ 5,024,920.25	\$ -
APR	\$ 4,387,520.40	\$ -
MAY	\$ 4,117,261.70	\$ -
JUN	\$ 3,879,289.25	\$ -
JUL	\$ 3,405,784.51	\$ -
AUG	\$ 3,175,454.38	\$ -
SEP	\$ 3,916,856.07	\$ -
OCT	\$ 2,744,303.82	\$ -
NOV	\$ 2,021,906.06	\$ -
DEC	\$ 2,212,760.96	\$ -
<b>TOTAL</b>	<b>\$ 42,168,640.04</b>	<b>\$ 2,933,004.04</b>

## Stem cell therapy

continued from pg. 1

going to survive outside of the body," Nelson explained as the group followed along with a slide show presentation. "A lot of people think when you inject stem cells and it goes to areas of inflammation, which is what it seeks out, that the stem cells repair everything and that's not true. What they do do is recruit and attract a lot of other cells that can help them decrease inflammation and actually regenerate tissue. We know it can regenerate cartilage, it can regenerate lung tissue and now there are human studies showing patients with disc pain where stem cells are being injected into the discs and showing amazing results."

Nelson himself was a recipient of stem cell therapy, which produced such remarkable results he said he decided to train in the use of stem cell therapy in an effort to offer the treatment to his patients.

"I got into this field because I was a patient first. I had stem cell therapy myself seven months ago in Florida. I had a dry cough that would not go away for two years that literally kept me up all night, coughed all day and I went to lung doctor after lung doctor. Cat scans showed multiple nodules, multiple lymph nodes, no one knew what it was. I had a lung biopsy, was on steroids, anti-fungal drugs, three inhalers cough syrup and I didn't know if I was going to be able to continue to practice because I was exhausted," Nelson said.

He went to a clinic in Florida on a recommendation from his friend where they harvested his stem cells, injected 25 to 30 million stem cells intravenously into an IV into his vein, then, "they told me it may take a couple of months to see a response and it may not work at all. No promises, no guarantees. Six days later I woke up and it was the first night in two years that I had not coughed. It's now going on seven months and I am off all the steroids, off the inhalers and it's been a miracle, an absolute miracle."

For Cheyenne and Arapaho tribal member William Hawk, the treatment is an answer to his prayer. Hawk has suffered from a severe degenerative spinal condition for years, living in pain every day. He has been evaluated as a good candidate for stem cell therapy to treat his condition and now is working to advocate for stem cell therapy across Indian Country.

"I believe personally this meeting is an important step in advocating for this therapy for everybody, but for me personally primarily for the Indigenous communities because diabetes has stricken our people and have killed so many of our people. Every year we lose hundreds of tribal members from diabetes and I believe that this is the 'hand reaching out' to help our Indigenous people," Hawk said. "This is available to our people now and I am currently working with Indian

Health Services (IHS) to see if we can get this treatment approved through their policies. I am currently attempting to be approved for stem cell therapy for my degenerative spine because I want to show them that this does work. I have been on pain medication since 2009, I have gone through addiction from the pain medication and I am ready to get off the pain medication. I want to be healed so I can go for a run on the beach. I want to go do things that I haven't been able to do in a very long time. I want to be able to lay in bed comfortably, get up in the morning without having to struggle. This therapy is so important to our Indigenous communities and the possibilities in treating diabetes and other health issues that impact our Native people."

And Hawk is not the only believer. Pat Stevenson's husband Gary is scheduled to also receive stem cell therapy. Stevenson has overseen wellness programs and provided wound care for tribes all over the country for the past 10 years, and is now a part of Nelson's team to promote wellness and lifestyle changes.

"If you provide this treatment to patients, but don't have a holistic wellness approach to these patients, then you are spitting in the ocean. This is why Pat Stevenson is going to be an integral part of our clinic because she is going to be involved in the assessment. For instance if someone smokes and we decide to do this treatment to treat COPD or lung disease, we are going to insist that patient has to make the commitment to stop the cigarettes. I mean it doesn't do any good to generate new blood vessels to your legs if you don't start exercising now that you can walk," Nelson said. "There are nutritional supplements that can really help improve wound care, nerve function, so it's not going to be come in like a drive-thru at Taco Bell, get an IV stem cell. Patients have to embrace that thinking of changing their lifestyle and habits to be a part of this and we are going to insist on this. There has to be some responsibility on the patient to get the full big picture benefits of this therapy. We can help them with some of that with wellness classes and nutritional products."

Stevenson picked up the conversation saying, "my husband Gary is a tribal member of the Seneca Nation in New York and he is 48 years old. He developed diabetes in his 20s and ultimately has had kidney failure, cardiac surgery and six eye surgeries. He is really looking forward to the benefits of having stem cell treatment and we really anticipate that he will get some kidney function back and really do well."

She said the whole point in trying to facilitate lifestyle change is to give people the tools they need to succeed in changing their lifestyles. She agrees with Nelson, that once a



Dr. John Nelson shares his experience as a stem cell patient that led him to be trained in the field of stem cell therapy.

patient is treated, there has to be a change in lifestyle habits and diet to receive the maximum benefits of stem cell treatment.

"The wellness energy I do and the patients I see, they are really interested in changing their lifestyle, but they just don't know how, no one has every showed them. They just say you need to go on a diet, but how, what diet? Diet A is not the same for every single patient, some people do low carbs, some do calories, it just depends on the patient. So what Dr. Nelson is talking about is a very individualized, specific plan for exercise, nutritional therapy, really meeting that patient where their needs are and then really case managing those patients so that they have the best opportunity to change things in their life for the good and increase their longevity. It's like getting a transplant, there is a series of steps you have to go through to get a transplant and part of those steps are change the lifestyles, being responsible, knowing what medications you are on, you know total healthcare responsibility for what they as the patient can do and then us assisting them on what they can't do," she said.

See **Stem cell therapy** pg. 6

## BRIEFS AT A GLANCE

### 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 Enter-

### prise 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 National 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).

falmouthinstitute.com.

### The eighth annual Tribal Public Health Conference-Create, Inspire and Empower Healthy Native Communities

April 19-21, 2016 at the Grand Hotel in Shawnee, Okla. For more information on registration call 405-652-9214 or email [pyarholar@ocaithb.org](mailto:pyarholar@ocaithb.org).

### 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 Confer-

### ence & 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).

### The 2016 Native Innovation Education Technology Conference

June 10-11, 2016 at the Twin Arrows Navajo Casino Resort in Flagstaff, Ariz. For more information or to register visit [www.nativeinnovation.com](http://www.nativeinnovation.com).

# World Indigenous Suicide Prevention Conference to be held in New Zealand

Te Runanga o Ngati Pikiao Trust, a charitable trust that focuses on providing healthcare, social services and education to indigenous peoples, is holding an international suicide prevention conference June 1-3, 2016 in Rotorua, New Zealand.

The conference is a result of the successful national suicide prevention conference held by the trust in 2015. Discussion with Ngati Pikiao tribal leaders led to a decision to expand the scope and reach indigenous people throughout the world.

The theme of the 2016 conference is 'Turamarama kit e Ora – Transforming Indigenous Communities' and

its aim is to provide positive learning through cultural recognition and practices while looking at how indigenous nations contribute to reducing suicide and its impacts.

Organizers have invited tribal leaders from indigenous communities, those who work with tribal peoples, non-indigenous community members and practitioners, planners and funders of clinical and social services, those who work in social services and mental health, health and social services or corrections as well as any individuals with an interest in indigenous suicide prevention to the event, which will run alongside an indigenous youth

summit.

Keynote speaker at the conference will be William Hawk Birdshead, founder and president of the suicide prevention organization 'Indigenous Life Movement.' Birdshead is a member of the Cheyenne & Arapaho tribes, as well as the Hunkpapa and Oglala Lakota, tribes who works as an alternative practitioner, spiritual and cultural leader and indigenous suicide researcher. His approach to suicide focuses on reawakening the inner-core, spiritual existence and cultural connection to each other and the surrounding world.

To register, submit an abstract or for more information,



Keynote speaker at the World Indigenous Suicide Prevention conference will be William Hawk Birdshead, founder and president of the suicide prevention organization Indigenous Life Movement.

visit [www.pikiaoarunanga.org.nz/world-indigenous-suicide-prevention-conference-2016](http://www.pikiaoarunanga.org.nz/world-indigenous-suicide-prevention-conference-2016).

## Teacher

continued from pg. 4

partment of Education estimates that there are over 130,000 Native American students attending Oklahoma public schools. Though only a freshman, Ochoa has begun the practical side of her health and education major already by observing classrooms in Weatherford and in Seiling, where the reactions of Native American students have been striking.

"They looked at me more than the other students so I

think they realized I was Native American," Ochoa said about the Native American students in the elementary school in Seiling. "I think they were just bashful to come up to me. But then as I was walking out they just came up and gave me a side hug and they asked me if I could be their teacher."

Ochoa is used to dealing with small children since her siblings are both under the age of 6, a fact that encour-

ages her to continue pushing herself toward success.

"I think it's a good thing because if I don't make something of myself I'm not only going to disappoint my parents, I'm going to disappoint them. It's a good pusher," Ochoa said.

After finishing her degree in education, Ochoa plans to work for her masters in counseling so that she can become a high school counselor.

"All my teachers back home are great role models and they've always given me good advice. And I like giving advice," Ochoa said. When asked what advice she would give to Native youth thinking about going to college she went on to say, "I would tell the Native American kids, you have the same rights. You have the same brain. Go out and prove them wrong. The world's open for you."

## Veteran Affairs

continued from pg. 3

say in five years, is to see one of these old dorms renovated into a homeless veterans shelter or if they can't be renovated to obtain the grants to build such a shelter. The grants are out there and we have a lot of tribal veterans out there that have no place to go and they need a place to go. I would like to see a clinic set up specifically for veterans for their health, dental and counseling services, especially for those coming home. Some troops would rather connect with someone here at home than somewhere else."

Willey is one of the new generations of veterans returning home from places like Iraq, Afghanistan, Syria serving in Desert Storm or Operation Iraqi Freedom, but he also knows the importance of the great veterans who came before, World War I, World War II, Vietnam era and the Korean War. In all cases of veterans Willey hopes the youth of today understand

the sacrifices veterans have made and continue to make. Which is why this is another area he hopes to expand on within the Office of Veteran's Affairs.

"Youth need to understand and know what a veteran sacrifices when they are willing to don an uniform and step up to the plate or have been drafted into serving this country. They need to know what it means to make that sacrifice, take that challenge."

Willey's son Isaiah (now 17 years old) has already begun taking footsteps behind his father and his uncle Derrick Hock, who is active duty Army serving as a recruiter in Minnesota, "my son is in the Civil Air Patrol and his uncle and I have already taken him down to a recruiter to take his ASVAB, voluntarily, on his own he wanted to do that. It doesn't commit him to do anything, but it preps him for when he is a senior and is looking at all his op-

tions trying to figure out what he wants to do after high school, and he can go if he chooses to."

Willey said he wants to reach out to parents who are concerned about their kid's future and give them options like his son has.

"I would like to see some kind of military program put together for kids in the summer where it involves our culture but also involves military type of training, maybe a boot camp. I think it would be very beneficial for high school students. My son has been through something like that with the Civil Air Patrol, which is geared towards youth and is really good with them. I will have some of that information in my office also and hope to have the resources available to the youth who want to participate in helping get their uniforms and things like that."

Willey said what he really wants people to know is

## Edmond's Oak Tree Country Club site of 19th Red Earth Golf Tournament

(OKLAHOMA CITY) Oak Tree Country Club enjoys a reputation as one of the best golf and country clubs in Oklahoma. The exclusive golf course at Oak Tree is the site of the 19th Red Earth Golf Tournament, scheduled Monday, April 25. The tournament benefits year-round programs of Red Earth, Inc, a non-profit 501 (c) 3 organization with a mission to promote American Indian arts and cultures through educational programming for children and adults, the Red Earth Festival, Red Earth Art Center and fine art markets.

The courses at Oak Tree are world-renowned for their splendor and challenging play. Famed golf course architect Pete Dye meticulously designed the courses to wind through the Oklahoma landscape, preserving the character of the land while offering a challenge around every bend.

"Oak Tree provides an outstanding location for the Red Earth Tournament," said Shane Lindstrom, Red Earth board member and tournament chairman. "Tournament players will have opportunities to make a hole in one for a new car from Seth Wadley Auto Group and a beautiful Rolex watch from B.C. Clark Jewelers."

The Red Earth tournament features four-member teams in 18 holes of scramble golf. There are a limited number of team sponsorships, tee sponsorships and individual player slots available. Registration can be made online at <http://www.RedEarth.org> or by calling 405-427-5228.

A \$1,000 Team Sponsor receives one four-player team with two carts, recognition at the tournament and on the course, lunch and refreshments. Individual players can register for \$250 and receive lunch, refreshments and a

car.

The tournament is held as a tribute to Muscogee (Creek) Indian and Oklahoma native Allie Pierce Reynolds. Reynolds was a founding member of Red Earth and one of Major League Baseball's most feared pitchers of the 1940s and 50s. As a pitcher for the New York Yankees, Reynolds won five World Series from 1949-1953.

Red Earth is the region's premier organization working with Native American traditional and contemporary fine arts. The Red Earth Art Center is open free to the public every weekday in downtown Oklahoma City featuring a permanent collection of over 1,400 traditional and contemporary pieces of art and historical artifacts. Web-based programming by Red Earth reaches teachers throughout the state with free curriculum on Native art and history.

**CHEYENNE DISTRICT 3**  
**REGGIE WASSANA**

Toll Free Number (Concho): 1-800-247-4612  
 Ext 27588 or 27589

CLINTON OFFICE	CONCHO OFFICE
Mobile # 405-538-9435	Office # 405-422-7588
Tammy Rios, Administrative Assistant Email: <a href="mailto:trios@c-a-tribes.org">trios@c-a-tribes.org</a>	Mailing address: P.O. Box 38 100 Red Moon Circle Concho, OK 73022
Address: Former IHS bldg (Brown bldg)	Address: Education bldg, Legislative wing
To service your issues or concerns for Cheyenne District 3 Arapaho, Bossie, Clinton, Colony, Corn, Deer Creek, Thomas, Weatherford	

*Cheyenne and Arapaho Tribes of Oklahoma*

**C-3 - A-3**  
**Community Meeting**

Community Projects  
 Tribal Services  
 Legislative Bills

**DATE: Wednesday, March 3, 2016**  
**Time: 6:00 pm to 8:00 pm**  
**Where: Pioneer Center, Weatherford**  
 100 Gartrell Place

*Wool Street Meeting to follow*

*Cheyenne & Arapaho Tribes of Oklahoma*

**U.S. Department of Interior**  
**LAND BUY BACK PROGRAM FOR TRIBAL NATIONS**

**REGISTER AS A WILLING SELLER**

To express your interest in participating in the Department of Interior's Land Buy Back Program and register as a willing seller of your fractionated interest, please call the **Trust Beneficiary Call Center at 888-678-6836**. You will be able to register your interest and confirm your contact information.

Please note that registration in this program, in no way, commits you to sell your land - not does it guarantee that you will receive an offer - it's simply the best way to ensure that the Program is aware of your interest in receiving and considering an offer.

To learn more about your land, your options as a landowner, and how the Program works, please:

**Visit or call the Call Center at 888-678-6836**  
**Visit: [www.doi.gov/buybackprogram/landowners](http://www.doi.gov/buybackprogram/landowners)**

*Cheyenne & Arapaho Tribes*  
 100 Red Moon Circle  
 P.O. Box 8  
 Concho, Oklahoma 73022  
 Trust Beneficiary Call Center:  
 1-888-678-6836

**Cheyenne & Arapaho Tribes Adult Education**  
 presents

**Positive Indian Parenting Workshop**  
 March 29-31, 2016

All sessions will be held at the Clinton Community Center  
 9 a.m. to 3 p.m.  
 Lunch provided

March 29  
 Traditional Parenting  
 Lessons in Storytelling  
 Traditional Behavior Management

March 30  
 Lessons of the Cradleboard  
 Harmony in Child Rearing  
 Lessons of Mother Nature

March 31  
 Praise in Traditional Parenting  
 Choices in Indian Parenting

Positive Indian Parenting is designed to provide a brief, practical, culturally-specific training program for Indian parents.

For more information or to register, call 1-800-247-4612 x. 27564 or 27918 or 405-422-7564  
 Participation certificate awarded to training session participaters

## Stem cell therapy

continued from pg. 4

Of course there are those who challenge the use of stem cell therapy in the medical field. Nelson refers to them as the 'unbelievers.' Surgeons, the pharmaceutical industry, FDA and yes even members of state legislatures and some members of the U.S. Congress. However, one Oklahoma Representative, Lewis Moore, District 96 is dedicated to helping the group to overcome any local state government barriers so the citizens of Oklahoma have the option of this type of therapy in treating diseases and help to change the minds of such 'unbelievers.'

"We want to approach the state with presenting this therapy as the only way or unique way of treating a specific disease, then press for that specific disease to be covered by insurance companies and basically break down the barriers after that," Moore said.

And on a federal level, there is a hearing scheduled for April 9, 2016 in front of the U.S. Congress to address the challenges from opposition where Nelson and his colleagues have high hopes of clearing these hurdles.

"At one of my hospitals in Oklahoma City, we have one hospital with

over 112 physicians, most of which are specialists. We have spine surgeons, ortho spine and neuro-spine surgeons that perform \$140,000, 360 degree fusions and it is very profitable for my health care group, but I am an advocate for this. And if this is able to prevent those 360-degree fusions and those complex, almost always failing back surgeries no matter the impact it has on my health-care company, the benefit to the public outweighs that and that's my hope," Jim Taylor, one of the partners and founders working with Dr. Nelson. "What you are doing here, if you take this message forward and Representative Moore takes this message forward, we can expedite this political process, the head wind against us. The special interest groups and the politicians, the public will always have the last say and as an advocate for the patient above being an advocate for my healthcare group, I am speaking out for this (therapy) and I am receiving some push back from some of the surgeons about this. But this is such a compelling need for this country and the public needs to have the last say."

Nelson agrees with Taylor.

"The FDA has attempted to make

the case, that when you take stem cells from a patient's fat and re-inject them, that it is a drug, which makes absolutely no sense to me. It's not a drug. Men have hair transplants everyday, they take hair from here and put it over there and that's not considered a drug. We are basically injecting the patient's own stem cells. I think the FDA is overreaching and trying to find a way of controlling this. So far they have not succeeded, and I hope that they don't. The fact that we can now use the patient's own fat to harvest their own stem cells has revolutionized this therapy. I don't consider that a drug and I don't know how the FDA can make that claim," Nelson stated. "There are going to be a whole host of patients at this hearing who have been treated. Patients who have been in a wheelchair and had six or seven stem cell injections into their spinal fluid and I have seen videos of many of these people who were previously paralyzed from the waist down and are now walking with crutches. How do you tell that patient you can't offer that in this country?"

To learn more about stem cell therapy visit [www.stemcellagewell.com](http://www.stemcellagewell.com).

## Cheyenne-Arapaho Higher Education Program offers high school services and college graduation assistance

Cheyenne-Arapaho Higher Education Program offers assistance for high school students who are enrolled Cheyenne-Arapaho tribal members and tribal college students who are on schedule to graduate with their class. Student Tribal roll numbers must be written on each gaming application and CDIBs provided, along with supporting documentation for each request.

### ACT/SAT Fees

The Education Department can pay one ACT/SAT test fee per year for high school students who are Tribal members. Students should send in their completed original ACT test packet/applications, along with a CDIB and an education gaming application. Our office will request a check, which will take approximately two weeks. Students should send the packets in within three to four weeks ahead of the deadline so we will have enough time to get proper signatures and process the requests. The application, front and back of envelope, must be filled out completely so we simply insert the check. We cannot pay late registration fees. Students can also ask their high school counselor if they are eligible for a fee waiver. Students who receive free or reduced meals may be eligible for two free ACT tests through their school.

### Concurrent Enrollment

High school seniors who are tribal members and who have enough hours to grad-

uate from high school, and honor students may take college courses through their local college, if approved through academic counselor.

The Education Department may assist with fees and books if the state will not pay for them. Students must send a gaming application, personal letter, high school counselor letter, copy of high school transcript, CDIB, class schedule and books cost. Most tuition can be paid through the Oklahoma State Department of Education funds. Students must first be approved through their high school counselor.

### Senior Expense Allowance

High school seniors can receive up to \$100 graduation expense (cap/gown, announcements, fees, pictures, etc.), which will be mailed directly to the vendor.

Students need to send a letter from a school official stating they have enough credit hours to graduate, a copy of the order form for the senior expense with the vendor address, a copy of their CDIB for proof of tribal roll number and a completed education gaming application.

Priority will be for cap/gown and announcements. High school seniors may contact JOM committees for additional assistance. Checks will be made out to the vendor. Funds are available for those students who could not otherwise afford the expense. No parental reimbursements will be made.

### Oklahoma's Promise (OHLAP) [okpromise@os-rhe.edu](mailto:okpromise@os-rhe.edu)

The Education Department will award a \$75 one time incentive award to students who were accepted into Oklahoma's Promise Program and will pay a cash award each semester for satisfactory GPA. The school counselor has applications or contact our office for a CASP (Cheyenne and Arapaho Scholars) application.

Students on the OHLAP Program who remain in good academic standing throughout high school may be eligible to receive up to five years of paid tuition for attendance at a state-funded college/university or votech through the OK State Dept of Education.

Call Wanda Whiteman at 405-422-7560 for information or email [wwhiteman@c-a-tribes.org](mailto:wwhiteman@c-a-tribes.org). Correspondence may also be sent to PO Box 167, Concho, OK 73022.

### College Prep Workshops

Workshops are held throughout both semesters at local high schools. The Higher Education Program may offer a one-day student conference during fall or spring breaks.

### Annual Graduation Banquet

The Education Department will host an annual graduation banquet for high school and college graduates each year in late April or early May. Site will be determined and announced. College graduates will re-

## Darlington Chiefs

continued from pg. 1



expected it because none of these guys had really played in this atmosphere before like a state tournament. They calmed down in the second half and came out and played good, really big on hitting shots," Island said. "Kris Botone, he had 24 [points]. He really sparked us that second half. Kind of loosened everybody up and they played better after that."

The Chiefs racked up points to a final score of 51-33, winning the quarterfinal and advancing to the semifinal round held on Feb. 19. There they played the Justice Warriors and won with a score of 56-42. They went on to play the Pleasant Grove Warriors in the state championship game on Feb.

20 and won with a score of 56-41.

Kris Botone was awarded State Tournament Most Valuable Player. Dorian Plumley and Kevin Bigfoot were awarded All Tournament Team Player.

The Darlington Lady Chiefs played in the ORES state championship as well, making this their fifth straight tournament appearance. They played against the Dahlongah Indians in the semifinals and won with a score of 52-35, then played the Grant Eagles in the championship game and lost with the close score of 39-35. Players Krystiana Guzman and Kayla Jones were awarded All Tournament Team.



Courtesy photos

Darlington Chiefs All Tournament Team Player Dorian Plumley, State Tournament MVP Kris Botone and All Tournament Team Player Kevin Bigfoot hold their ORES State Championship trophies.

ORES State Runner-Ups Darlington Lady Chiefs All Tournament Team Players Krystiana Guzman and Kayla Jones hold their trophies after the championship game.

## Roasted Cauliflower

1 large cauliflower, cut into florets (about 8 cups)

1/8 teaspoon black pepper

4 tablespoons buttery spread

1/3 cup peanuts

1 garlic clove, minced

1/2 cup prunes, pitted, coarsely chopped

Preheat oven to 425 degrees.

Spread cauliflower evenly on a baking sheet and season with pepper.

Transfer to oven and roast about 20 min-

utes, tossing once with spatula until golden brown at the edges.

Melt buttery spread in skillet and add peanuts. Cook until browned.

Add garlic and prunes, cook until soft.

Drizzle nut mixture over cauliflower and serve.

Makes 10 servings.



# POWWOWS & EVENTS CALENDAR

### C3 and A3 Community Meeting

6 p.m. - 8 p.m., March 3, 2016 at the Pioneer Center, 100 Cartrell Place in Weatherford, Okla. Meal served.

### First Birthday Dance for Isabella Marion Bates

March 11, 2016 at Seiling Community Center in Seiling, Okla. Supper at 6 p.m. with dance to follow.

Honoree is the daughter of Gunner Bates and Chelsea Eaglefeathers. She is the granddaughter of Challis Island, Dana Eaglefeathers, Tabitha Beaver and Leslie Bates.

MC Burl Buffalomeat, HS

Mike Pawnee, HMD Alfred Whiteshirt, HLD Tammy Seger Rios, HLB Kenrick Kauley, HLG Nyaeleli Mata, ADs Reb Parker and Chris Ward, Co-Host Irvin and Minoma Little Hawk-Sills, Honored Guests Bullcoming and Seger Sisters, Sissy, Franny, Kathy and Sherry.

Special contests. Sponsored by grandmothers Challis Island and Josephine Buffalomeat. For more information call 580-940-0031.

### 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 Jr., 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 and Friday 7 p.m., Saturday 2 p.m., and 7 p.m. Speaker will be Ponce.

Sponsored by youth lead-

ers 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.

### 2016 Chilocco Annual National Association Reunion

May 26-29, 2016 at the First Council Casino in New Kirk, Okla. and the Chilocco

campus.

The Chilocco Reunion will be honoring the golden class of 1966 for its 50th year anniversary. Members of the class of 1966 are encouraged to attend.

Registration contact is Emma Jean Falling, evening telephone 918-266-1626. Contacts for the class of 1966 are Clarence Johnson, 918-752-9512 or Pauletta Elephant Johnson 918-812-8603 or 918-366-6158.

To list an upcoming event or powwow send information to [rmstephens@c-a-tribes.org](mailto:rmstephens@c-a-tribes.org)

# HAPPY BIRTHDAY



**CONGRATULATIONS!**  
 Congratulations to our daughter Kiyah Timothy. She is proud to represent the Cheyenne & Arapaho tribes of Oklahoma. She is currently a freshman at Tahlequah High School in Tahlequah, Okla. She plays clarinet for her high school band and they played at the recent 2015 Russell Athletic Bowl in Orlando, Fla. Kiyah participates in Educational Talent Search which is a college preparatory program funded by the U.S. Department of Education's TRIO Programs. She also participates in the Tahlequah Gifted and Talented Program.  
 On Feb. 11 of this year, Kiyah was inducted into the 4.0 National Honor Society Cherokee Chapter at Tahlequah High School. She ranks 30th out of 347 in her class. We are very proud of her as she excels in her academics. Keep up the good work and continue to make us proud!  
 Love, mom and dad



Happy Belated 4th Birthday Cayli Pedro - Feb. 23, 2012  
 Cayli, you have grown so much and you seem to amaze us every day! We are going to make your day perfect, sister. You are a big girl now but you will always be mommy and daddy's baby girl!  
 Biixoo3e3en always,  
 Momma, daddy, big sis Carlina and brothers, Lil GP, King, Jr and Alex



Happy Belated Birthday Lawrence Pedro - Feb. 20  
 I love you so much that words can't express, I thank you for everything you do for our family. I'm glad we found each other, we are like two peas in a pod. Can't wait to grow old with you & I'm riding all the way. Till the wheels fall off.  
 So much luv always and forever,  
 Biixoo3e3n, Leah



Happy Belated Birthday to my grandbaby girl,  
 Leanna Rose Piper!  
 1 year old on Feb. 9, 2016!  
 Your family loves you so much!  
 Love from Grandma Anna Kaye, and also from your mommy and daddy and all your aunts, Regina, McKinley, Donna and Rosey



**CONGRATULATIONS!**  
 Congratulations to American Indian Exposition Art Contest Overall Winner Zachary Black, Cheyenne/Cheyenne Arapaho. Zachary also won First Place Student.  
 His art will be the American Indian Exposition's publicity on all information, t-shirts, posters, etc. The winner was selected by all participants by secret ballot. Congratulations, Zachary. Thank you for taking your time, your talent and efforts to promote the culture of Oklahoma tribes. We know your family and tribe are proud of your contributions and promotions of your cultural heritage through art.



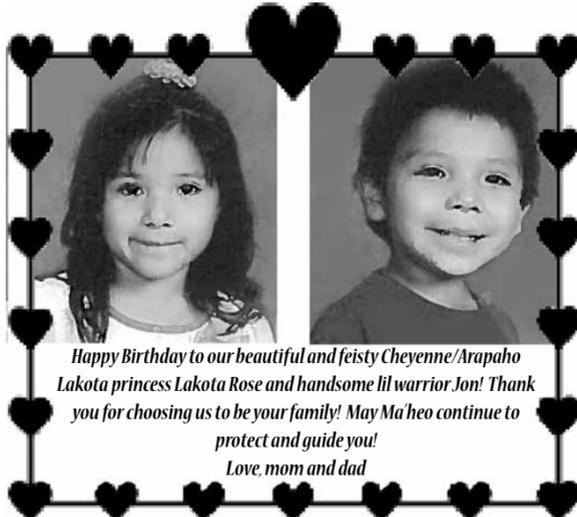
Pepper performs the Hoop dance at the C-A Labor Day Powwow committee's benefit dance on Feb. 20.

As Chairman of the Cheyenne & Arapaho Labor Day Powwow committee, I want to thank everyone that came out to support our first benefit dance. There are more exciting events being planned. The powwow committee is in need of any raffle donations. Please contact Eddie Henry at 405-618-7798.  
 Committee Chairman,  
 Eddie Henry



Happy 90th birthday to our grandma Margaret Mountain Pollock Feb. 10  
 We love you!

I would like to express profound thank you's to the kindhearted individuals: Diane Lime, Michelle Bigfoot, Arlen Daukei, Libby Morlan and special thank you to Eva Howry. Your deeds of kindness made it possible for James Icey Daukei Sr. to attend the funeral services in Arizona of his older brother Waldo Daukei Sr.  
 "Do not withhold good from those to whom it is due, when it is in your power to do it."  
 (Proverbs 3:27)  
 May Jehovah (Psalms 83:18) keep each one in his special providence.  
 I am truly thankful,  
 Pauline White Tail-Daukei



Happy Birthday to our beautiful and feisty Cheyenne/Arapaho Lakota princess Lakota Rose and handsome lil warrior Jon! Thank you for choosing us to be your family! May Ma'heo continue to protect and guide you!  
 Love, mom and dad

## In Loving Memory



Regina Marie Curtis  
 Dec. 8, 1983  
 June 23, 2000



Carol Ann Higgins  
 June 30, 1964  
 Feb. 3, 2016



Chauncy Dakota Beard  
 June 7, 1994  
 Feb. 7, 2016

A wake service for Regina Marie Curtis was held on Feb. 12, 2016 at the Seiling Community Center in Seiling, Okla.

A funeral service was held on Feb. 13 at the same venue followed by an interment at the Cantonment Indian Cemetery.

A funeral service for Carol Ann Higgins was held on Feb. 13, 2016 at the Concho Community Center in Concho, Okla. followed by an interment at the Concho Indian Cemetery.



A wake service for Chauncy Dakota Beard was held on Feb. 11, 2016 at the First Baptist Church in Luther, Okla.

A funeral service was held on Feb. 12 at the Luther High School Auditorium followed by an interment at the Luther Cemetery.



Dr. Ralph L. Dru, M.D., M.P.H., was born Jan. 27, 1935. He passed away on

Feb. 14, 2016 at the age of 81 years old. He attended Concho Indian School in 1945 and graduated from Clinton High School in 1951. He was in the U.S. Army from 1951-1954 as an enlisted soldier. In June of 1973, he received a B.S. degree from Northern Arizona University.

In June of 1977, he received his M.D. degree from the University of Oklahoma and did residency surgery at the VA Hospital in Phoenix,

Ariz. In July of 1986, he was the chief medical officer in the army, retiring in 1997 with the rank of colonel. From 1998 to 2013 he was chief medical officer for the Department of Defense, GS-14.

A funeral service was held on Feb. 19 at the Rose-Neath Southside Funeral Home in Shreveport, La. followed by an interment at the Arlington National Cemetery.



John Joseph Whiteman, of Seiling, Okla. was born to Funston and Sarah Sally (Howling Buffalo) Whiteman on Saturday, March 31, 1934. He passed from this life on Sunday, Feb. 21, 2016 at the age of 81 years, 10 months, and 21 days. John grew up in the Fonda/Seiling area where he attended Seiling schools.

In 1956, he was drafted into the U.S. Army, serving until 1963 with the Armor Division as a mechanic. After receiving his discharge, John moved out west where he worked as a farm hand for many years. When his health began to fail, he lived in Lawton at the VA nursing home, later moving to Seiling Nursing Home to be closer to family.

In addition to his parents, John was preceded in death by four brothers, George, Lee, Art and Bobby Whiteman, and a sister, Mina "Minnie" Romanose.

Carrying on his legacy are nieces and nephews, Nathaniel Whiteman, Betty Denison, Gordon Whiteman,

George Whiteman, Florence Smith, Wilma Nightwalker, Noah Whiteman, Debra Whiteman, Mary Louise Whiteman and Allen Whiteman, as well as a host of great and great-great nieces and nephews, other relatives and friends.

Traditional wake services were held on Feb. 24 at the C-1 Community Building.

Funeral services were held on Feb. 25 at the C-1 Community Building followed by a burial at Brumfield Cemetery with Todd Draper ministering. John's care, services and burial were entrusted to director Luke Faires and the caring staff at Redinger Funeral Home.

**Cheyenne & Arapaho Food Distribution Program**  
 March 2016

Office Hours: 8am - 5pm  
 Store Hours: 9am - 3pm  
 Office Phone: 405-422-7873  
 Fax: 405-422-8261  
 Toll Free: 1-888-747-9520

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

NUTRITION EDUCATION DEMO:

**ROASTED CAULIFLOWER**  
 PREHEAT OVEN TO 425°  
 1 large cauliflower, cut into florets (about 8 cups)  
 1/8 teaspoon black pepper  
 4 tablespoons buttery spread  
 1/3 cup peanuts  
 1 garlic clove, minced  
 1/2 cup prunes, pitted, coarsely chopped

- Spread cauliflower evenly on a baking sheet and season with pepper.
- Transfer to oven and roast about 20 minutes, tossing once with spatula until golden brown at the edges.
- Melt buttery spread in skillet, and add peanuts. Cook until browned.
- Add garlic and prunes, cook until soft.
- Drizzle nut mixture over cauliflower and serve.

AMAZE AT SERVINGS

Try Sundrop Pops Fruit Freeze!  
 Blend 3 cups of (any kind) fruit juice and 1 can of fruit together. Pour into 5, 5 ounce paper cups. Fill within 1/2 inch of top. Freeze for 1 hour. Put a wooden spoon or stick in the center of cup while the mixture is still only partly frozen. Freeze until hard, then enjoy!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Peanut Butter Day	2	3 NUT. ED. FOOD DEMO	4	5
	6	7	8 Clinton I Tailgate	9 Seiling Tailgate	10 Hammon Tailgate	12
		13	14	15 Clinton II Tailgate	16	17 Elk City Tailgate
		20	21	22 American Diabetes Alert Day	23 NUT. ED. FOOD DEMO	24
		27 EASTER	28 Closed for Holiday	29	30 Closed for Inventory	31 Closed for Inventory
					25 Good Friday	26 Spinach Day

**CHEYENNE & ARAPAHO TRIBES GREEN HOUSE PROJECT**  
 Keith Lime - Food Distribution Coordinator  
 Eugene Blackbear III - Green House Assistant  
 Bryan Sevenstar - Greenhouse Aide  
 Direct Ext. 405-422-7879  
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**MARCH 2016**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 CLINTON Walking Club/ Nutrition Ed/ Food demo 12p-1p	9 Canton Headstart	10 HAMMON Walking Club/ Nutrition Ed/ Food demo 12p-1p	11	12
13	14	15	16 Nutrition Ed./ Food Demo Food Distribution Warehouse	17 St. Patrick's Day	18	19
20	21 Concho Headstart	22 CONCHO Walking Club/ Nutrition Ed/ Food demo 12p-1p	23 Clinton Headstart	24	25	26
27 Easter	28	29	30	31		Schedule subject to change

WALKING-CLUB      NUTRITION ED./FOOD DEMO      HEADSTART      HOLIDAY

# 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).

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

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

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

**Oil & Gas Field Tech Tax Commission - Concho Closing: March 2, 2016**

## Letter to the Editor: Prejudice in America

As an American Indian who grew up in Oklahoma in the 1950s to the still echoing belief that 'the only good Indian is a dead Indian,' words imputed to P.H. Sheridan, a Civil War general, I'm no stranger to people's prejudice. That evil continued on in the 1960s with the Civil Rights Movement. And now Donald Trump in his bid for the presidency has stoked the prejudicial fires in a majority of the American people towards immigrants and more directly towards Muslims. Mr. Trump has jumped on an opportunity to prey on people's faulty generalizations about these people and made them scapegoats in his ambitions. It's a shame that this prejudicial mood has settled in a majority of the people like a parasite where it finds conditions welcoming.

*Facts* about a Muslim man in Angleton and how he's coping with his right to religious freedom, I sensed in reading a majority of the comments by the people responding that they thought he 'did not belong.' I believe Mr. Trump is at fault for spreading inhumane notions, turning humanity (people as a whole) against itself. What is needed instead is a humanity that shows concern and kindness towards others. Trump is perpetrating a great evil and people should not join in his crowd that fuses themselves into a mob that abandons their individual conscience and moral judgment to some sort of enraged consensus of a high emotional temperature that melts the individual mind into one of extreme prejudice.

In an article run by *The*

David Kaw  
Lake Jackson

**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.

**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.

**FOR SALE**  
2001 Dodge Ram  
1500 Pick Up  
Good engine, makes a great work truck.  
\$2,000 OBO  
Contact Matt at 405-887-4995



**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.

**Qualifications:**  
Preferred bachelor degree in a science field, will accept two-year degree with one-year experience or high school diploma with five years of on the job experience.

**\*\*\*\*ATTENTION ALL ELDERS\*\*\*\***

The Cheyenne & Arapaho Department of Housing will be accepting applications for the Elder lawn program for the summer of 2016. We will be accepting all applications, to receive the lawn services, until Friday April 15<sup>th</sup> 2016. To qualify you must be a tribal elder in our C & A service area and own your home. NO rental properties will be considered. You can receive an application from the

Cheyenne & Arapaho Department of Housing  
2100 Dog Patch rd. /P.O. Box 1357  
Clinton OK 73601  
PH: (580)331-2400 Fax: (580)323-7036



IN THE TRIAL COURT CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA FILED FEB 10 2016  
CHEYENNE AND ARAPAHO TRIBES P.O. BOX 102 IN THE TRIAL COURT  
CONCHO, OKLAHOMA 73022 DOCKET PAGE  
FILM IMAGE  
COURT CLERK DEPUTY

In The Matter Of The Guardianship Of: )  
O.L.Y. )  
DOB: 2/6/06 )  
Minor Children )

Case No. PG-2016-08

**NOTICE BY PUBLICATION**

The Cheyenne and Arapaho Tribes to: UNKNOWN FATHER

You are hereby notified that Garrett and Elizabeth Tartsh has filed in this Court a Petition Fee Appointment Of Guardian of the persons and/or estates of O.L.Y. minor child, and that on February 10, 2016, the petitioners, Garrett and Elizabeth Tartsh were granted temporary guardianship of the minor child and that said Petition is hereby set for a Guardianship Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 18TH day of MAY, 2016 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Guardianship should not be granted.

Dated this 10th day of February, 2016.

Rebekah Trojan, Deputy Court Clerk  
Cheyenne and Arapaho Trial Court

**Native American HIV/AIDS Awareness Day 2016**

**Tuesday, March 22, 2016**  
**10:00am - 4:00pm**

LOCATION	LOCAL HEALTH DEPARTMENT
EL RENO	Canadian County Health Department 100 S. Rock Island El Reno, OK
YUKON	Canadian County Health Department 1023 E. Vandament Yukon, OK
KINGFISHER	Kingfisher County Health Department 124 East Sheridan Courthouse Annex Room #101 Kingfisher, OK
WEATHERFORD	Custer County Health Department 220 North Bradley Weatherford, OK
WATONGA	Blaine County Health Department 521 West 4th Street Watonga, OK

\*\*\*Special Note - Participants of the county health departments will need to return in one week for test results\*\*\*

LOCATION	TRIBAL COMMUNITY HALL
CANTON	Canton Community Hall 206 N. Jefferson Canton, OK
SEILING	Seiling Community Hall 411 W. Main St. Seiling, OK

Testing at tribal community halls will be provided by Oklahoma State Health Department

LOCATION	INDIAN HEALTH SERVICE
CLINTON	Clinton IHS Clinic 10321 N. 2274 Road Clinton, OK 9:00AM-3:00PM

Education on HIV/AIDS and Hepatitis C

- Confidential HIV Testing
- Information Handouts
- Healthy Snack
- Brown Bag Special
- Incentive Items
- T-shirt

- To encourage Native Americans to get HIV tested and know their status
- To teach how to prevent HIV infection
- To raise awareness on the silent epidemic of Hepatitis C

For more information, please call the Health Education Program at 405-422-7674 or 405-422-7676

\* Cheyenne and Arapaho Tribes Health Education Program and CHR Program \* Canadian County Health Dept \* Kingfisher County Health Dept \* Custer County Health Dept \* Blaine County Health Dept \* Clinton Service Unit IHS \* Oklahoma State Health Dept \* Southern Plains Tribal Health Board Caring Van

The Health Education Program is working with local county health departments, Clinton Service Unit, Oklahoma State Health Department HIV Division and Southern Plains Health Board Caring Van to observe National Native HIV/AIDS Awareness Day. This day is usually observed on March 20 of each year. Since this year March 20 falls on a Sunday, activities will be held on Tuesday, March 22. National Native HIV/AIDS Awareness Day is designed to bring HIV awareness on prevention, testing and knowledge of personal status.

The day also serves another purpose which is to declare the risks of HIV to Native Americans.

According to the CDC website, "Stigma associated with gay relationships and HIV, barriers to mental

health care, and high rates of alcohol and drug abuse, STDs, and poverty all increase the risk of HIV in Native communities." By taking this opportunity to educate the Native community on such risks, the chance for the prevention of HIV infection increases.

In an effort to meet our community, activity sites are located in eight towns across the Cheyenne and Arapaho Tribes Service Area. Such convenient locations make it possible for a participant to walk from the neighborhood into a testing site. Our health information booth will be set up in the hallway lobby from 10 a.m. to 4 p.m. except for at the Clinton Indian Health Center, which is from 9 a.m. to 3 p.m.

For more information, please contact the Health Education Program at 405-422-7674 or 405-422-7676.

## Election Commission releases voter registrations deemed 'undeliverable' for C1 and C3 Districts

(CONCHO, OK) The Election Commission is required to maintain voter registrations in accordance with applicable election laws and the Constitution. An undeliverable address has been recorded for each name listed below and a new Voter Registration form is needed for the following C-1 and C-3 District voters. You may stop by the Election Commission office, temporarily located in Building 1 (old BIA building) in Concho, Okla. or contact the office at 405-422-7619. You may also contact your District Election Commissioners at 405-593-7944 for Sandra Hinshaw, C-1 Commissioner or 405-213-9417 for Sharon Allrunner, C-3 Commissioner.

- C-1**
- Nichelle Lynn Archuleta
  - Johnathan Baker
  - Angela Lee Basurto
  - Katherine Black
  - Oliver Jay Black
  - Darek J. Blackbear
  - Herbert Micheal Blackbear
  - Farrel Dominic Blackbear
  - Janna A. Blackbear
  - Sara Vergenta Bolanes
  - Phelan Andrew Bruesch
  - Rupert Lane Bull Coming
  - Robbin Elaine Campbell
  - Felicia Marie Castillo-Sandoval
  - Randall Ray Chapman
  - Rachel E. Chavez
  - Nelson Franklin Chouteau
  - Sharon Ruth Clark
  - Randy Leon Coble
  - Jennifer Ruth Conner
  - Dawn Standing Conner
  - Esther Delane Curtis
  - Michael Anthony Cutnose
  - Stacker Andrew Daukei
  - Kaycee Loy Daukei
  - Arlin Gene Daukei
  - Beverly Gail Daukei
  - Carla Julia Davis
  - Betty Lou Dennison
  - Jenna Gypsy Dimeglio
  - Katina Marie Draper
  - Leslie Todd Draper
  - James Ryan Fanman
  - Sarah Marie Fanman
  - Janice Fay Fanman
  - Timothy Lewis Flying Out
  - Laresha Diana Garcia
  - Harry Garcia Jr.
  - Darrell E. Green Jr.
  - James D. Hall Jr.
  - Chuntay Oheetiga Her - Many Horses

- Herman Warren Hicks
- Jackie Paul Hughes
- Dorothy C. Inoa
- Dorothy Faye Island
- Garland Don Island
- Jeffery Conrad King
- Angelica Debrae Ledezma
- Vivian Mae Lime
- Clara Limpy
- Antony James Limpy
- Fern Little Calf
- Robert G. Littlehawk
- Edgar James Littleman
- Donna Jean Love
- Sue Ann Lunsford
- Garfield Magpie
- Craig Allen Mtgapie
- Leon F. Mayes
- Shirley Mae McCoy
- Lanny John McLaughlin
- Amy Renaye Mendoza
- Edna Fay Miller
- Shalane Wayne Miller
- Sara Camille Mings
- Anthony Alan Nibs
- Charles Everett Nicholson
- Jannine Frances Niedo
- Delbert H. Nowlin
- Ida Louis Parton
- Joseph Allan Ramos
- Pamela Sue Red Hat
- Ashley Nicole Redcherries
- Tyle B. Rednose
- Stephanie E. Rivera
- Jody Elaine Rivera
- Richard Wayne Robbins
- Janet Kay Roberson
- Angela M. Robertson
- Rosemary Ann Romero-Fagan
- Charlotte June Rooks
- Monte Rick Russell
- Harvey Russell Jr.
- Vince Scott

- Alfred George Scott
  - Tracy Lorraine Sharp-Reed
  - Darrell Mike Shepherd
  - LaDonna Kay Soap
  - Natalie Kris Starr
  - Harvey Dewayne Surveyor
  - Charles Louis Todd
  - Lelia Walker
  - Tia Lane Waters
  - Tracy Ann Waters
  - Mary Ann White Crane
  - Kayline Michelle Williams
  - Billy R. Willis
  - Trish Yackeschi
  - Carla Marlene Yellow Eyes
  - Renecia Rose Youngbull
  - Mary Jo Zerbin
  - Kelley Marie Zuniga
- C-3**
- Victoria Gayle Adams
  - Stella Marie Armstrong
  - Mitchell Keith Armstrong
  - Johnathon R. Baker
  - Andrea M. Barnett-Snow
  - Sandra Lynn Bearbow
  - Reed Collier Bearshield
  - Roy Dean Beaver
  - Donia Ranea Bird
  - Jacob G. Black Bear
  - Imogene Elizabeth Blackbear
  - Karen J. Blackwolf
  - Bradley B. Blackwolf
  - Charles Harry B. Bodiker
  - Delosse Brazee IV
  - Jeremy Briggs
  - Bruce Gene Cantu
  - Lu Ann Cash
  - Anita Maria Chavez
  - Michele Rene Crabtree
  - Kelly Jenise Cromer
  - Mark Eugene Curtis
  - Harry Andrew Curtis

- Susan Carole Curtis
- Nicole Kay Curtis
- Mary Jane Davis
- Charlene Nicole Davis
- Shayna Y. Davis
- Norma Jean Doughty
- Kelvin A. Douglas Jr.
- Heather Dawn Dowty
- Isaac Eric Dru
- Patrick Emhoolah II
- Nicole Jeanette Fast Horse
- Shalicia Marie Fletcher
- Clyde Kenneth Fletcher
- Robert Dean Franklin
- Robyn Tenaya French
- Ronald Gene Fulsom
- Edwardie Allen Garcia
- Marvin Cato Garcia Sr.
- Solomon L Garrison
- Paula Kathryn Goodbear
- Delphine Begay Goodblanket
- Yolanda Jean Goodblanket
- Emily Eileen Gray
- Emily Gray
- Eugene Byron Grubb
- Leo Griffith Haag
- LaShauna Danean Hawk
- Carl Heap Of Birds
- Arthur Heap Of Birds
- Lavonna Henry
- Angela D. Hernandez
- Alberto Herrera Jr.
- Mary Louise Herrera Jr.
- Anna Joyce Hidrogo
- Robert Del Horn
- Rebekah Lynn Horn
- Jessica Rose Horn
- Jana Beth Howling Wolf
- Wesley Dean Howling - Wolf Jr.
- Summer Elaine Hyslop
- Iris Kaye Ibanez
- Dorothy L. Jenkins

- Johnnie James Jones Jr.
- Stella A. Joseph
- Christopher L. Joseph
- Steven Ray Kammerzell
- Yvonneda Jean King
- Douglas Harding Kodaseet
- Brenda Joann Largent
- Allison Jean Leedy
- Bertha Marie Lettic
- Antonio Francis Limpy
- Spencer Ray Little Calf
- Robert B. Lonebear
- James Anthony Mann
- Carlos Thomas Martinez
- Regina Louise Mata
- Jeffery Shawn McDow
- David Rufus Medicine Bear
- Celeste Medicinebird
- Thomas Melendez Jr.
- Sandra Lynn Nibs
- Tia Lae Nibs
- Timothy Gordon Nibs Sr.
- John Matthew Old Crow III
- Regenia Nicole Oldbear
- Kristin Dawn Olsson
- Manona Lynne Olsson
- Nina Ray Owen
- Helen Lorraine Pacheco
- Cleo Peacock
- Michele Dawn Phillipy
- Leonard Ramirez
- Mary Jane Ramirez
- Jolene Olympia Red Hat
- Tiffany A. Reynolds
- Michael Joe Rice
- Dwight Riggs
- Roberto Jesus Rodriguez
- Edwin Roman Jr.
- Norma Jean Rouse
- Norman L. Rouse
- Raymond James Rouse
- Elliott A. Roy
- Ronald J. Roy
- Natasha Michele Russell

- Shalane Ann Sampson
- Stephanie Raynell Sanchez
- Michael Clemente Sanchez
- Lily Maria Ann Sankey
- Colton A. Sapcut
- Cheryl Ann Scott
- Carol Linda Shawnee
- Heather Tonya Smart
- John Augustine Soliz
- Heather Dyanne Spencer
- Mitchell Wade Sumpter
- Justin Todd Sumpter
- Scott C. Sumpter
- Jonita Lynn Sweetwater
- Francis Sweetwater Jr.
- B.G. Tallbear
- Teddy Ray Tasso
- John Timothy
- Velma L. Tolar
- Raphael Wesley Twins
- Yvonne Hawk Verjan
- Emilia Gail Walker
- KC Warledo
- Nova Caprice Washa
- Leland Gus Weber
- Jacqueline A. Welsh
- Billy H. West
- Chief Allen Weston
- William Michael White
- La Freda White Buffalo
- Emma Myra White Buffalo
- Carlotta May White Crane
- Tammy Joyce White Crow
- Claressa J. White Skunk
- Esther Whitebird
- Montoya Ann Whiteman
- Benjamin David Whiteshield
- Robert T. Whiteshield
- Jimmy D. Whiteshield
- Paulene Danelle Williams
- Sherol Ann Williams
- Brandon Taz Wilson
- Alvin Lee Yelloweyes
- Bernice Ann Yelloweyes

# ATHLETES SPOTLIGHT



Right now, it's with the entire team. We went from my freshman year playing a 1-22 season, winning only one game and now our whole entire game has transformed and we are no longer used to losing because we are a winning team.

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

Keeping my grades up and paying attention in class. Basketball comes second after school for me.

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

In sports I want to win a state championship this year and next year. School wise I want to graduate and go to a good college. If I play basketball in college that would be great for me, but my main goal is my education right now.

*When did you first begin playing and how?*

I played in the fifth grade in a little school type league. I played in middle school from 6<sup>th</sup> through 8<sup>th</sup> grade and that's when I really learned to love to play so I just kept on playing.

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

Basketball is just like a stress reliever. I feel more like myself when I am playing. I forget about everything else and I just focus on the game. Really I like everything about it, but mainly it's a place I can lose myself.

*What has been your biggest accomplishment in basketball so far?*

O u r game in Miami, Florida, it was our second game in Miami and it was really intense. It was like 10 seconds left on the clock down by one and we passed it to our best post player and she made the shot the last three seconds of the game winning it so we went to the championship. We got second place, we lost to a team from Pennsylvania.

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

From my grandma. She always told us we could do anything if we kept God first in our life. So it's like God, then school, basketball.

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

My motivation is my family. If I get down or need motivation I just think of my grandma.

*Who or what inspires you the most?*

My grandma.

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

Ball handling, we have a gun we work from. My freshman year I could not shoot, and I worked all summer long on the gun and I am a really good shooter now, so that's why I am a shooting guard. I am working on my ball handling right now. We do sprints and on my own during the summer we come up to the gym and our coach will open up the gym.

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

We have a motto for our team, F.A.M.I.L.Y. which stands for 'Forget About Me, I Love Ya'll.' You play for your team, not for yourself and when we play for each

other we're successful.

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

Before the game we sometimes eat Golden Chick or Pizza, but what I really like to eat are the sandwiches ordered from Subway. It's not too hard on my stomach. After the game everything.

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

My grandma.

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

I actually like to just watch TV and relax. If not go hang out with family and friends.

*What kinds of music do you enjoy listening to?*

I listen to a lot of type of music, I listen to country, soul ... I don't listen to rock.

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

I want to be a writer. I am really good at writing. I scored a perfect score on my writing test. I am looking at journalism and sports medicine when I go to college.

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

The hatred. There is so much hate in the world.

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

Writing.

*Who is your favorite athlete of all time?*

Chris Paul

*Which team is your favorite team?*

The Thunder.

*What are your immediate plans after graduating high school?*

I am going straight into college and I want to get my



associates and then do my athletic training, doing sports medicine and journalism.

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

Stay focused in school because your education is the thing that's going to get you places. Don't get distracted by outside things that can interfere with your education.

## Cheyenne athlete inducted to basketball hall of fame

By Shaida Tabrizi, Reporter

When the banner dropped announcing Justina Prairie Chief as the first ever hall of fame inductee at Gallup High School, the roar of a thousand fans barely covered the sound of her thudding heart.

"I was so nervous," the 22-year old former point guard said humbly. "I don't know, if I was a turtle I'd be in my shell still. It's different when you play in front of that many people. It was so awesome though."

Prairie Chief is a member of the Cheyenne tribe and has played basketball for years at both the high school and college level. A native of Anadarko, Okla., she moved to New Mexico her sophomore year of high school where she wound up at Gallup High School.

"It's primarily on the Navajo reservation so there's just awesome support. It's like its own little world because it's a rez but then at the same time you're like a little celebrity," Prairie Chief said. "It was like we never left. Everybody's still supportive and they're still loud. The coaches are still supporting and awesome."

In addition to inducting Prairie Chief into the hall of fame, the school honored eight members of the original team that won the 2011 state championship. While in town for the ceremony, her jersey was retired to hang in

a display case and she shared advice with the current girls basketball team.

"I made it a point to tell them that they're not only representing themselves, they're representing their families and communities and Native people as a whole," Prairie Chief said.

She also shared insights from her college career when she played for schools far from her family, at Cochise College in Arizona and at the University of Central Missouri. Though she encountered tragedy early into her college life, the support of her teammates and coaches kept her going.

"When you leave and go to school, that's your family. You're not alone. And all the feelings you're feeling, those other girls are feeling as well. It's easy to feed on that and stay with that. That's what pulled me through," Prairie Chief said. "I lost my dad my freshman year in college and it was a really tough time for me. And then I had surgery on my knee and it had ended my season two days prior. It was really, really rough for me. But I couldn't have gotten through it if not for my junior college coach and my teammates."

Since her injury had taken her out of the game, Prairie Chief's coach enlisted her as an assistant coach, which gave her a new perspective to the game. That new role

helped her understand and work with coaches' decisions instead of immediately dismissing them as biased.

"I played behind an all-American. And I was fine with that because she was really good. But at the same time, I knew I was good too. So, my junior year in college wasn't really enjoyable," Prairie Chief said. "But when I went home for the summer, I was like 'maybe it's me.' So, I put in the work and played against the guys all summer and I just lived in the gym. I worked and I went to the gym. And I came back and I was killing it!"

Prairie Chief's smile turned introspective as she considered how to apply her experience to the Native American youth playing on teams around rural Oklahoma.

"I think if you think it's the coaches, then maybe try to see it from a different perspective. 'Am I doing all I can?' 'Can I do more?' And if you try you might find out it's not them. And then if that doesn't work then at least you can know you gave it your all," Prairie Chief said. "Never be satisfied. It's about mental toughness a lot of the time. You have to be disciplined, you have to be positive but you also have to be hard on yourself, to expect more."

Prairie Chief now lives close to her family in El



Reno, Okla. where she is raising her young daughter Ja'el. She works for the Cheyenne & Arapaho tribes as a Physical Fitness Assistant and is working on becoming a personal trainer. The hall of fame induction brought up memories of the many sacrifices made by her family, which she hopes young athletes never take for granted.

"I never went to prom. I only went to one homecoming dance. I had to give up a lot for all of this and I may have been a little bratty," Prairie Chief said laughing. "I look back and I realize my sisters had to drive me

to Texas every Sunday. My mom had to pay for me a lot of the time out of her own pocket when we'd go on these different trips. And that was a lot of sacrificing. And my mom traveled with me so my siblings sacrificed time with my mom. So, be thankful and remember how much your family loves you and the support."

Prairie Chief plans to pursue a masters degree in psychology, however she can't give up basketball and helping student athletes whenever she can. She balances motherhood and work with coaching C&A girls playing basketball within the

R.E.Sp.E.C.T. program

"I love basketball. The passion is there in me and it won't die," Prairie Chief said. "I think a lot of people are kind of like 'Oh, it's so hard to be a student athlete.' It is, but I would advise that you have a study hall with your teammates. They're all there for the same reasons. It's easier if you have a friend to do it with and especially if they're on the same schedule as you. That makes college less scary. Use your resources, that's why they're there and don't give up. Believe in yourself and if not I believe in you."

# Women Veterans Symposium to offer a challenge

(STILLWATER, OK) Veteran Student Academic Services at Oklahoma State University and sponsoring partners will host the first annual Women Veterans Symposium and Luncheon, "Challenge Yourself, Continue to Lead," on Thursday, March 3 from 10 a.m. – 2 p.m. in the Student Union Sequoyah Room (280).

Open to all female veterans and female active-duty military, reservists and National Guard members in Oklahoma, the symposium will emphasize the continued need for leaders and focus on women veterans, who are well prepared to accept the challenge to lead companies, organizations, communities, states and the nation into the future. Sponsoring partners include American Legion Hanner-Sharp Post 129 in Stillwater and the Military Officers Association of America, Cimarron Chapter.

Major General Rita Aragon, USAF (ret.), is the keynote speaker for the symposium. Aragon, who currently serves as liaison to the governor for all Oklahoma military and veterans' issues, was the first female commander of the Oklahoma Air National Guard, the first female to command a state's Air National Guard, and the first woman of Native American ancestry to become a general officer. She continues to lead in the public sector, following her retirement from the military, as the first woman selected to serve as the Oklahoma Secre-

she wore these.

It's our job to give her the best care anywhere.



tary of Military and Veterans' Affairs.

Dr. Ishita Thakar, medical director for the Women's Clinic at the Oklahoma City VA Medical Center, will discuss changes and ongoing initiatives within the VA healthcare system and at the medical center. Thakar, who is a fellow of the American College of Physicians, will be available to answer questions following her presentation.

The afternoon session will include a panel of women veterans who have successfully transitioned from the military into either the public or private sectors, or both. Each will share her experi-

ences and insights, and follow by fielding questions from those in attendance.

Several organizations will also be present to provide information about services and benefits available to women veterans. Those participating include the outreach coordinator from the Tulsa Vet Center; the local veterans employment representative from the Oklahoma Employment Security Commission; veteran service officers from the Disabled American Veterans; the Office of Student Disability Services, and University Counseling Services from OSU.

**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 HOT SEATS</b> 2PM – 4PM	<b>HAPPY HOUR HOT SEATS</b> 2PM – 4PM	<b>HAPPY HOUR HOT SEATS</b> 2PM – 4PM				
<b>LAST MAN Standing</b> 6PM – 11PM	<b>STARSTRUCK</b> 6PM – 11PM	<b>HI-LOW</b> 6PM – 11PM	<b>PLINKO</b> 6PM – 11PM	<b>50 STAR PLAY HOT SEATS</b> 5PM – 12AM	<b>50 STAR PLAY HOT SEATS</b> 5PM – 12AM	<b>BIG DICE GAME</b> 6PM – 11PM

**Lucky Star CASINO**  
**Hawaii Five-000**  
 WIN A TRIP FOR 2 TO HONOLULU, HAWAII THIS MARCH AT CONCHO, CANTON AND CLINTON!  
**GIVEAWAY MARCH 25TH!**  
 Earn Entries March 14th - March 25th at any location.  
**EVERY 5 POINTS = 1 ENTRY**  
**HOT SEAT DRAWINGS** Every Half Hour from 11AM to 11PM  
**WIN \$50 STAR PLAY!** STARTS MONDAY, MARCH 21- FRIDAY, MARCH 25  
 Concho Travel Center entries included in Concho giveaway. Watonga entries included in Canton. Hammon entries included in Clinton. See Player's Club for details.

**Lucky Star CASINO**  
**SMARTSHELTERS**  
 TORNADO SHELTERS INC.  
**GIVEAWAY**  
**CONCHO, CANTON AND CLINTON**  
 MARCH 30 AT 8:30PM  
 EARN ENTRIES MARCH 1ST THROUGH MARCH 30TH AT CONCHO, CANTON AND CLINTON  
**WATONGA, CONCHO TRAVEL CENTER, AND HAMMON**  
 MARCH 31 AT 8:30PM  
 EARN ENTRIES MARCH 1ST THROUGH MARCH 31ST AT WATONGA, CONCHO TRAVEL CENTER AND HAMMON  
 Earn 1 entry per day with 5 points earned.  
**WIN A SEVERE WEATHER BACKPACK KIT! HOT SEAT DRAWINGS FROM 12PM TO 11PM AT EACH LOCATION ON GIVEAWAY DAY!**  
 See Player's Club for details.

**St. Patrick's DAY** Thursday, March 17  
**\$10 FREE PLAY for ALL**  
 See Player's Club for details.



**LuckyStarCasino.org | See Player's Club for Details.**

Promotions valid during Player's Club hours. Management reserves all rights to cancel or modify any or all promotions without prior notice.  
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