

Indigenous Peoples' Day versus Columbus Day

By Latoya Lonelodge
Staff Reporter

With October right around the corner so is a federal holiday many Native Americans would like to see changed.

Advocates supporting the name change of Columbus Day to Indigenous Peoples' Day once again presented reasons to change the name during the Sept. 13 Oklahoma City Council meeting. Many of the advocates, led by Sarah Adams-Cornell, were present last year in an attempt to persuade the city council to change the name but their efforts failed by one vote, in part because Oklahoma City stated they have no official Columbus Day observance.



Sarah Adams-Cornell, member of the Choctaw Nation, comes before the Oklahoma City Council a second year in a row to reintroduce Indigenous Peoples' Day. (Photo by Latoya Lonelodge)

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NAJA recognizes 2016 media award winners during annual conference in New Orleans

(NEW ORLEANS, LA) The Native American Journalists Association (NAJA) recognized more than 200 national media award winners and their excellence in reporting on Native issues during the Excellence in Journalism (EIJ) 2016 conference held in New Orleans, LA.

Top honors were given to Patty Talahongva, Antonia Gonzales, Pauly Denetclaw and Mvskoke Media.

Talahongva was the recipient of the 2016 NAJA-Medill Milestone Achievement award. A lifetime member of NAJA, Talahongva began her journalism career in 1978 as a correspondent for her high school newspaper, *The Teen Gazette*. She has worked in broadcasting and print as well as producing documentaries for PBS and HBO.

Gonzales and Denetclaw were honored with the 2016 NAJA Richard LaCourse award for their coverage of the Gold King Mine waste spill in Colorado for National Native News.

MvskokeMedia was honored as the 2016 NAJA Elias Boudinot Free Press award. In October 2015, the Muscogee (Creek) Nation passed the free press act establishing free press protections for the tribe's media

division. Since then Mvskoke Media, which encompasses *Muscogee Nation News*, *Native News Today* and Muscogee Radio, graphic design and print divisions has continued to produce outstanding coverage over the course of the last year. The Oklahoma Pro Chapter of the Society of Professional Journalists also recognized Mvskoke Media with the 2016 Carter Bradley First Amendment award.

The *Cheyenne & Arapaho Tribal Tribune* received three awards in the Professional Division II. First place for best sports story, "Living Outside the Box," first place for best sports photo and second place for best news photo by Editor-in-Chief Rosemary Stephens.

Osage News topped Division II receiving 11 awards with Editor Shannon Shaw-Duty earning four of them. Also being recognized in Division II were *Smoke Signals*, *Muscogee Nation News*, *Confederated Umatilla Journal* and *Comanche Nation News*.

For a full list of winners or to learn more about becoming a member visit www.naja.com.

(Right: Editor-in-Chief Rosemary Stephens accepts three awards during ceremony.)



Concho Head Start will receive new nine thousand square foot facility

Submitted by Colette Berg
Director Head Start

As the old saying goes, "third time is a charm" held true for the Cheyenne and Arapaho tribes' Head Start Program. With an amazing team effort the Head Start Program received the ICD-BG funding award in the amount of \$800,000 for a new 9,180 square foot Concho Head Start facility.

The Concho Head Start Center project will combine the award of \$800,000 of HUD ICDBG funds with the authorized allocation of \$630,663.80 from the Cheyenne and Arapaho tribes' Tax Commission revenues for this approximate total construction cost of \$1,630,663.80.

The current Head Start facility is approximately 65 years old built in 1951. It was originally built as a recreational facility for the old Concho Boarding School.

Thank you to all of the team, Teresa Dorsett, Damon Dunbar, Melissa Buffaloameat, Casey Peyton and Melvin RomanNose, for your assistance and support in submitting a successful grant application. We are excited for this project and grateful to have a new facility to give our Cheyenne and Arapaho children a 'Head Start' in their educational journey.

Learning the importance of language preservation

By Latoya Lonelodge, Staff Reporter

While learning a language is difficult and often times challenging, language is one of the most important and valued aspects in Cheyenne and Arapaho culture. Throughout the month of September the Cheyenne and Arapaho Language Program hosted a series of Language forums in different communities.

"We're just doing this to get the community involved. We just want to talk with them to see what they'd like to see from a language program, how we can make it better. We go to a community every week so we're in each community twice a month. So we just wanted to go

into each one and ask what they'd like to see from us and just have a discussion about language. What's important for them to see and the ones that don't know, we want to inform them of how we're losing our language," Rebecca Risenhoover, Language Program director said.

A primary focus where learning language begins is the elders. Language has cultural significance when it is something very valuable that is passed from generation to generation.

"Our main challenge is that we are losing our elders everyday and those el-

ders are the ones that have the language and once we lose them we are losing out on learning. It's happening at an alarming rate. A great learning experience for language is to be with a fluent speaker all the time," Risenhoover said.

Language has become endangered like many other things within the culture, but there is hope that language will continue to thrive within the Native communities. The C&A Language Program serves to protect the foundation and the future of cultural language and its importance.



Billie Sutton, curriculum specialist, discusses the curriculum aspect of language.

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Memorial run promotes healthy living while keeping memories alive

By Latoya Lonelodge, Staff Reporter

The morning of Sept. 24 was almost picture perfect weather wise to host the first annual Diabetes Memorial Run memorializing Edwin Sandhill and Burgess Primeaux. It was filled with laughter and most importantly memories friends and family shared about Edwin and Burgess.

Both Edwin and Burgess suffered from diabetes, resulting in their deaths. The memorial run was held to bring awareness to the diabetes epidemic within the tribes' as well as a way for family and friends to remember their loved ones.

The Diabetes Wellness Program, Roman Nose and Primeaux Families and Lucky Star Casino sponsored the race. Participants of all ages ran in their efforts to promote a physically active lifestyle. Each participant received a medallion and t-shirt. The race was a fun run/walk contribution to help spread the awareness of diabetes, highlighting the importance of health and fitness. Along with the joys of being physically active amongst family and friends were also the memories that each shared of Edwin and Burgess.

"Burgess was really good to everybody, he was there when I needed anything. He didn't hesitate. Even when we were sick, our kids were sick, we were there for each other. He always liked to help people" Jennifer Riggles said.

Family and friends spoke on what they remembered most about Edwin and Burgess. Smiles filled the faces of those who cherished the memories each of them hold about their two loved ones.

"Edwin was my brother. We both had the same mom. He's the great-great-grandson of Chief Sandhill, survivor of the Sand Creek Massacre. He worked with the BIA for a long time and was planning on retiring there. He was a good athlete ... he could run and was a great person," Melvin RomanNose, brother of Edwin said.

Promoting healthy lifestyles and being physically active was the main focus of the memorial run. All age groups, young and old alike, contributed their time to participate physically in the race, whether it was running or walking. There was enthusiasm and excitement as each participant made their way to the finish line and was handed their medallion.

"It was great. We need to be conscious of our health. We need to be aware. There's a lot of suicides out there, there's a lot of poor health and diabetes. When I was a kid, I never even heard of it. I didn't even know what that was until somebody told me," RomanNose said.

While diabetes can occur through not being physically active, it most often occurs through a poor diet.

"I hope people learn that developing diabetes, it's not only your exercise but its your

diet also. He (Edwin) was an avid runner, he ran seven miles everyday. When I had to clean out his house because he didn't have any other kids, he had like 12 packs of pop, cookies, sugary cereal and a lot of sweets. It's probably what triggered his diabetes but he never knew because he exercised all the time," Michelle Whiteman said.

Burgess's father, Burgess Primeaux Sr., knows about the disease of diabetes and hoped many who attended gained more awareness of the importance of healthy living.

"My family was full of diabetics. On both sides of my family, my father was, my mother, brothers and sisters. We've been living with his disease for a long time. My mother passed away because of diabetes. It's something you have to pay attention to. If you find out that you're going to be diabetic or if there is diabetes in your home then pay attention. Go see the doctor, take your medicine all the time and do what they tell you. If you catch it early then you'll live a long time," he said.



The Diabetes Memorial Run/Walk in honor of Edwin Sandhill and Burgess Primeaux began with their runner participants taking off from the starting line on Saturday, Sept. 24 at Lucky Star Casino in Concho, Okla. (Photo by Latoya Lonelodge)

ELDER CARE PROGRAM

Important Changes Approaching

Starting November 1, 2016

ANY TRIBAL ELDER WHO APPLIES FOR SERVICES, will now be mailed a \$150.00 check for food, instead of being issued a \$150 food card. We ask that you bear with us as we make these changes in the Elder Care Program.

There will be new applications mailed to all eligible elders on or about September **30**, 2016. You will only have to fill out this application **ONCE A YEAR!** But if you move—you will have to fill out a new application.

The application must be returned via mail, fax, email or in person to the Elder Care Program **before the 14th** of the month in order to receive the payment for the next month; so if you want your monthly payments to start in November, you will need to return your application before **October 14**...if it comes after the 14th, your payments won't begin until December.

From the Office of the Governor

Greetings Tribal Citizens

As you may know, there is a petition out for my recall submitted June 29, 2016. There are nine reasons the petitioner, Ms. Jerolyn Rodriguez states for submitting the recall petition.

First let me express my complete respect for Ms. Rodriguez and I commend her for exercising her Constitutional rights. However, it is my right to respond to these accusations with full honesty, backed by our Constitution. I am writing this letter also in response to an organized meeting recently held in a New Mexico community as an attempt to misinform and mislead our people. As you will read in the following information, I can tell you none of the claims being made are substantiated.

Below is my response to all nine reasons given by Ms. Rodriguez for a recall petition. I ask you kindly to take the time to read through them. If you have any questions, please feel free to contact my office at 405-422-7720.

Respectfully
Governor Eddie Hamilton

RESPONSE TO RECALL ALLEGATIONS

Failure to start prosecution of Boswell's embezzlement of \$9.4 million given to pokertribes.com (UEG)

The Pokertribes transaction has been a major focus of scrutiny by our administration but before individuals can be held accountable, the facts need to be assembled. This is why we have conducted a thorough investigation into the history of the transaction, how it transpired and the individuals involved.

We are in the process of completing a major investigation on the transaction and continue to work with federal authorities to bring any wrongdoers to justice.

Our goal in the very near future is to provide further details regarding the transaction, bringing together all the facts as we now understand them based on federal court records, court records from various states, filings with various federal and state government agencies and our own records.

As for prosecutions, as you know tribal courts are

limited in their ability to conduct criminal prosecutions. Many of the individuals involved in the Pokertribes transaction are not members of any Tribe and could not be prosecuted in our courts. Criminal prosecutions related to Pokertribes would have to be brought by federal authorities and this is something we hope to see happen.

No transparency as promised in his campaign

Although I am only the third Governor under the 2006 Constitution my administration has been far more transparent than my predecessors.

For instance, we have held regular Shareholder meetings at which we have disclosed revenue and expense reports, including gaming revenue and expenses. And we have regularly provided detailed reporting on other matters through the newspaper.

Spending unappropriated money for a gym at Concho

The funding for the gymnasium project was approved (appropriated) by the Legislature from a funding source that is never used to make per capita payments. Nearly \$2 million (\$1,794,468.00) was earmarked and set aside from the Chesapeake Settlement over severance taxes. The monies were allocated by the Legislature to be used to pay Phase B construction expenses from the May 14, 2016 contract.

NO oil & gas royalty revenue has been appropriated or expended for this project. This project funds came from the Chesapeake Settlement, was appropriated by the Legislature and was set aside, to be held by the Tax Commission, for construction. The Chesapeake settlement was based on the company's failure to pay taxes to the Tribes. This tax revenue is NEVER used for per capita payments to members.

Allowing overspending for certain Legislators in their district funds

Legislators are responsible for administering their own annual \$225,000. budgets. They have staff to assist them in determining how much money they have spent and they are free to request reports from the treasurer at

any time to ensure they are in compliance.

When it came to our attention in early 2016 that most of the members of the Fifth Legislature had exceeded their annual budget, I directed the Treasurer to implement additional controls to ensure that legislative spending was within budget.

One place to look for overspending is in legislative salaries. The amount of each Legislator's salary is to be increased annually for cost of living, not merit. While this has been the policy, several Legislators have increased their salary above the annual amount of \$72,425.60, although several are below this amount.

DISTRICT	ALLOWED	RECEIVING	DIFFERENCE
C1	\$72,425.60	\$72,425.60	\$0.00
C2	\$72,425.60	\$91,000	\$(18,574.40)
C3	\$72,425.60		
C4	\$72,425.60	\$80,329.60	\$(7,904.00)
A1	\$72,425.60	\$77,230.40	\$(4,804.80)
A2	\$72,425.60	\$85,134.40	\$(12,708.80)
A3	\$72,425.60	\$72,425.60	\$0.00
A4	\$72,425.60	\$73,486.40	\$(1,060.00)

Above is a table showing the overall budget picture for each district for 2014 and 2015.

Failure to disclose the oil & gas revenue received by the Tribes

This information is routinely and openly shared at Shareholders meetings. Oil and gas royalty revenue is distributed on a per capita basis to the Tribes' members. Oil and gas severance tax revenue is used to fund governmental operations. As previously shared, the tax collection numbers are as follows:

- 2012 Severance Tax - \$3,692,135.25
- 2013 Severance Tax - \$3,967,494.46
- 2014
- 2015 Severance Tax - \$2,184,773.01

Failure to per cap the Nez Perce settlement

First, although the Tribal Council may express its desire that the funds be distributed on a per capita basis, only the Legislature may determine how tribal funds are spent. Therefore, it would be the Legislature's responsibility to pass legislation allocating the Nez Perce settlement funds for a per capita distribution.

Second, the Tribes cannot distribute funds they have not received. The settlement between the Tribes is not final because the United States has not been able to resolve various issues the Department of Justice wanted to try to resolve before finalizing the settlement. Specifically, the United States wanted to try to complete the transfer of Building One to the Tribes, a matter that has been pending for more than 25 years. The Department of Justice has recently informed us that the Department of Interior has stated the internal paperwork will not be completed for some time. Therefore, the United States is now willing

to move forward and reserve this issue for later resolution. The United States wanted an opportunity to resolve the stalemate in which the Concho Agency refused to approve oil and gas leases with Payrock Energy. This was resolved several months ago and the lease bonus payments (totaling roughly \$3 million) has been delivered to the BIA and deposited in the Tribes' accounts for per capita distribution. The United States wanted to allow time for a resolution in the Tribes' dispute with Leslie Harjo over the more than \$700,000 in per capita funds she diverted from tribal members in 2011. The United States District Court for the Western District of Oklahoma entered judgment in late August 2016 in favor of the Tribes and against Ms. Harjo. We are currently waiting for the judgment to become final at which point the Court will deliver those funds to the Tribes for a per capita distribution later this year. We are diligently working with the U.S. Department of Justice to move the matter toward conclusion, but until the Nez Perce settlement is

finalized the United States will not pay the settlement funds to the Tribes.

Although I believe the settlement funds would be better spent on economic development or education or health care initiatives that would provide long-term benefits to the Tribes' members, I will, of course, see that the funds are distributed as designated by the Legislature.

Failure to disclose where the Minor's Trust fund is (if there is one)

Since 2011, the Cheyenne & Arapaho minors have had their annual Gaming per cap payments deposited with and managed by Edward Jones Financial Services. The amounts of these per capita payments are as follows:

- 2012 - \$502.63
- 2013 - \$1,213.42
- 2014 - \$2,005.33
- 2015 - \$2,586.65

Unfortunately, despite a longstanding directive from the Tribal Council, no formal trust had ever been created. We have been working for more than a year to fix that problem and to improve our trust management for our minors.

At the regular legislative session in September 2016, the Legislature approved the creation of a formal trust for our minors, as well as for some of our adults who are unable to manage their own affairs. The Legislature also approved the contract with the company that we have retained to oversee the trust management services. As the new system is implemented minors will begin receiving periodic statements of their account balances as well as a summary of how the funds are invested, making the system much more transparent than it has been in the past, while improving the investment returns.

Before the September legislative session, we conducted a series of four town hall meetings to discuss the development and operation of the new trust management system.

Failure to submit a resolution to the Legislative body to appropriate the money for implementing to additional money to increase food card for the Elderly to \$300

The Legislature has, in

fact, considered such a resolution. The primary obstacle is funding. I do not oppose, nobody would, the idea of helping our Elders with their monthly budget. Good nutrition is important and we understand many of our Elders must survive on very limited resources.

However, unlike the United States, the Tribes cannot print money. Doubling the monthly food card allowance also doubles the Tribes' monthly expenditure for those food cards. The increase alone would total roughly \$3 million per year. To offset a budget increase of this magnitude other tribal programs and services will have to be reduced.

Currently the Legislature is studying the impact this could have on the Tribes' programs and services and is attempting to determine how to fund this increase or whether the increase is feasible at all. I eagerly await the results of the Legislature's review.

Failure to get law enforcement to department per the Constitution. Two previous Governors planned to create law enforcement

In 2004 the Tribes lost their law enforcement contract with the BIA due to a lack of police officers within the service area. During the Flyingman administration a contract proposal was submitted to the BIA but was rejected.

Re-establishing a law enforcement program is a significant undertaking and will require assistance, cooperation and funding from the BIA, and would likely require employing an individual to work full time on the project.

As of today, the Legislature has not approved funding for hiring an individual to work on the project or for any of the other costs associated with starting and operating a law enforcement organization.

I would be happy to work with the Legislature to develop a plan of action on this issue. In the meantime, we are evaluating our options for obtaining technical assistance funding to support preparation of a proposal to contract law enforcement.

Finding cures for those with Hepatitis C

Clinton Service Unit's Hepatitis C Program Update

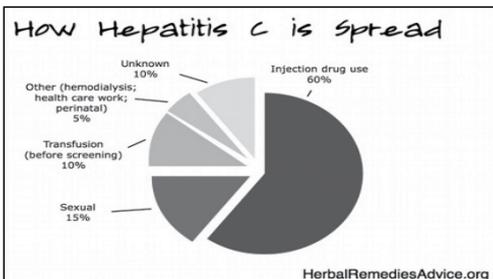
Treating patients with Hepatitis C has positive and lifelong outcomes for CSU patients. CSU has had seven patients complete treatment and receive a diagnosis of being cured.

"We continue to see new cases of Hepatitis C, and many of these patients do not know they have been infected," Cassandra Clark, coordinator said.

It is highly recommended for those born between the years 1945 to 1965 to be screened for Hepatitis C, if the patient has: received a "home" tattoo, used IV or intranasal drugs, or had a blood transfusion before 1992.

"CSU will soon start use of a new medication to treat all genotypes of Hepatitis C," Clark said. "This medication carries a very favorable side effect profile, as the most commonly reported are fatigue and headache."

Patients who have gone through the program have been very pleased with the results. "You have been supportive, helpful and caring," said CSU patient. "We are going to win



this. This news (of being cured of Hepatitis C) has put new strength in my walk and gave me purpose in my living."

The Hepatitis C program aims to get every patient with the chronic virus treated. Contact Cassandra Clark at 580-331-3351 for information or questions.

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

GAMING DISTRIBUTION COMPARISON 2015 - 2016			
DATE	2015	2016	
JAN	\$ 3,181,456.15	\$ 2,933,004.04	
FEB	\$ 4,101,126.49	\$ 2,797,797.98	
MAR	\$ 5,024,920.25	\$ 5,991,768.19	
APR	\$ 4,387,520.40	\$ 2,977,104.18	
MAY	\$ 4,117,261.70	\$ 2,572,224.43	
JUN	\$ 3,879,289.25	\$ 3,432,516.23	
JUL	\$ 3,405,784.51	\$ 2,508,535.35	
AUG	\$ 3,175,454.38	\$ 2,597,582.26	
SEP	\$ 3,916,856.07	\$ -	
OCT	\$ 2,744,303.82	\$ -	
NOV	\$ 2,021,906.06	\$ -	
DEC	\$ 2,212,760.96	\$ -	
TOTAL	\$ 42,168,640.04	\$ 25,810,532.66	

Cheyenne and Arapaho

Tribal Tribune

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2010-2016 NATIVE AMERICAN JOURNALIST ASSOCIATION MEDIA AWARD WINNER & 2012-2016 AWARD WINNER OF THE OPA BETTER NEWSPAPER CONTEST

Why start a tribal business?

By Glenn Zaring, Tribal Business Journal
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Do we create tribal businesses to make money or just to create something to do? That seems to be a simple question but without spending time forming a realistic answer, the business will probably end up being a waste of time and effort. Good internal and external communications before beginning the business would save the headache which comes with failure of a poorly planned project. Let me explain...

What does the tribe and its leadership want out of the business? What are our expectations?

Often the simple answer when we are looking to help our tribal nations is to "build a business"! While that is good on the surface, without the proper communications about expectations going into the project, the business will fail. This communication is part of effective planning. It is also part of establishing a business plan. Without this step, the business will fail.

Once there was a tribal construction company that was formed to build houses for tribal members on the reservation. They actually did excellent work and employed a number of tribal members.

After they had built a number of beautiful houses for the tribal housing department, they had to slow down while more funding was arranged for more projects on the reservation. The tribal construction company then logically filled in their time by starting to build houses on the open market, along with doing remodeling jobs. If you toured one of the market custom houses, it was easy to see that they did beautiful work.

constantly being badgered by the Tribal Council to cut the costs to the tribe and tribal members. This pressure went so far as to force them into doing "time and materials" work...which obviously meant that they could not produce any profit! This caused the Tribal Council to have to subsidize their operations. As you might guess, it wasn't too long until the company were forced out of business. Why? It was because the Council said that they were not making money and therefore the tribe was not going to subsidize the operation any more...a classic 'Catch 22' scenario. How do you think the tribal members who worked at that construction company felt?

If you study this example, you will see poor planning, greed and lack of accurate business opportunity assessment.

A need for houses was identified by the tribal government:

-They formed the construction company.

-The tribal members hired did a great job!

-The company was not allowed to make a profit.

-It failed.

-Money was lost and many tribal members were discouraged.

Another example is a tribal convenience, or "C" store on the reservation. They had a very nice store with a good selection of products, great street appeal and excellent customer service. A tribal member who had outside industry experience was hired as the manager and he and his team of tribal members made an award-winning business that made money every year. Not a lot of money, but they were profitable.

Unfortunately, this particular "C" store answered to a Tribal Council that was constantly badgering them about "... you guessed it, "Not making enough money!" The tribal government kept the wages low, compensation to the management team low and generally didn't support them sufficiently. They fought the very success which they were demanding! Guess where they are headed if good business communication and understanding is not followed?

Examples like these abound in Indian country and give rise to the question about just why we are looking to create tribal businesses if we are not allowing them to succeed? Not only is it demoralizing to our tribal brothers and sisters, it is a waste of resources and it is a disservice to our very existence as Native Americans.

Whether in our gaming operations, crafts or services that we offer, by forcing these tribal businesses into this Catch 22, we are contributing to their defeat and to our own demise.

Instead of this self-defeating approach to tribal business, perhaps we should model our activities to allow decent profit and fulfilling work. This means good communication between not just the business and their government but among employees, tribal members and the public that the business hopes to serve.

Glenn C. Zaring, Cherokee, is the former Public Affairs Director of the Little River Band of Ottawa Indians based in Manistee, Michigan, and owner of Tribal Public Affairs Advisor (TPS2). He may be reached at publicaffairsadvisor@gmail.com.



Name change

continued from pg. 1

Adams-Cornell stated after last year's 5-4 defeat a new group was formed called Live Indigenous OK. They advocate for Indian people and issues impacting Indian Country. Her approach this year to persuade the city council was to focus on "all the good that can come from celebrating the first people of this land."

While the meeting lasted three hours, a majority of the people who came to support Indigenous Peoples' Day had to be put on hold, stretching the meeting time and leaving barely enough time for advocates to voice opinions of their own. Each person who came before the council was allowed three minutes to talk.

"I actually really think the day is important as well as adding this to our calendar of events. Indigenous Peoples' Day is not just a celebration of Indigenous people but it's a way for everyone who is non-Native to actually celebrate that culture as well. I don't want to show that we only respect specific cultures and not everyone. I know it's just one day but this one day could be very powerful. We could all come together and celebrate all Indigenous cultures, not just the Native communities here in Oklahoma, but across North America. I think it would be a great celebration," Christina Giacona, Professor at University of Oklahoma said.

Most people from grade school on up are introduced to the idea that Columbus founded America. Although there are documented atrocities against Native Americans by Columbus that is never taught within that history lesson. For that reason, many Native people do not believe Columbus Day is a day to be celebrated.

"They don't teach the vast majority of the information on Columbus, we're still teaching our kids that he discovered this continent. In fact there were millions of people living here, that idea of discovery, it really just feeds into that manifest destiny idea as well that if you come and you're the first from your country that it auto-

matically becomes yours, which we know is a huge human rights violation. We see that our kids are learning about the ships that sailed across, they're learning about the year, they are not learning about the horrors that is Columbus' legacy. I think if we were in another time learning about him, if it happened today, if it happened even in more recent times, we would be talking about him as a criminal of war. These are war crimes that he committed and there is no mention of that," Adams Cornell said.

Empowering the idea of Indigenous Peoples' Day is a stepping-stone for many while it will also serve as an opportunity to provide unity and cultural awareness.

"I'm really in support of Indigenous Peoples' Day just because I believe that being in touch with who you are and knowing your identity, knowing your culture, language and where you come from is important. With Indigenous people here we've been able to survive that, we've been able to hold onto our culture, we've been able to hold onto our language. We know who we are as Indigenous people, but the price that has been paid for with other people coming to this country is that they've had to relinquish their identities," Johnnie Jae, CEO/Co-Creator of ATCG Radio told the city council.

On Sept. 27, the city council reconvened taking a vote on the proposed name change. The resolution to change the name failed by a vote of 3 for and 6 against, with several council members advising the advocacy group to seek a name change for the federal holiday through their senators and local congressmen.

"I think as the capital city of our state it sends a very large message about who we are as a community. It sets the stage for the rest of the state. We saw Anadarko pass Indigenous Peoples' Day, the University of Oklahoma passed it, Oklahoma City University passed it, Southeast passed it and lots of other large cities around the U.S.," Adams-Cornell said.

The taking of our land

Editorial Submitted by Chris Tall Bear, Kit Fox Society Member

With what is going on with this Dakota Access Pipeline and the forced taking of treaty lands from Native People, I wanted to voice a similar issue that is affecting many of us that have inherited lands from our relatives, but is happening at a slower pace, so slow that many of us almost miss it or if we do catch it, it's almost too late.

It is the forced taking of our allotment lands from not only big business but also through utility companies and the state of Oklahoma. For those who don't know, Eminent Domain is the power of a state or a national government to take private property for public use, including individual allotted tribal lands.

We as Cheyenne were raised to not place value on material things. Myself, I don't really care for money, but unfortunately, it is necessary for survival in the white man's world. As long as I have enough to pay my bills, take care of my family, put a roof over my head and have a dependable vehicle to get to and from work and be able to help my family out from time to time, I'll be all right. I am very thankful Maheo has blessed me this much.

Something many of us can relate to, my mother passed from this world some

thirty odd years ago, and with no will, her lands were passed on to her surviving heirs, further splitting the property or fractionalizing it. The land I'm going to refer to is located in Custer County (yeah, my thoughts too, named after a murderer) just north of Weatherford, Okla. along State Highway 54. My mother grew up there, her parents and grandparents were there, we as kids grew up there. Growing up, we were always told to never sell our land, for as long as we had land, we would always have a home. I always felt safe out there, later, when things got crazy in my life, I always knew I could go out there and feel all right, get grounded again, reconnect with my Cheyenne world and feel ready to go back into the white man's world.

Recently, in the past year, we were contacted by ODOT, Oklahoma Department of Transportation with papers to make an offer for some of our property. They are doing a road-widening project and it is necessary for them to acquire additional property to do this project. The ODOT webpage stated that they had been having hearings in Weatherford in June of 2015. (Who in their normal course of day goes to the ODOT website?) I never received any type of notice from the

BIA regarding the public hearings and who once stated to me that they do things in my best interest. I might be speculating or imagining, but I also noticed that some of these lands being taken, in talking to other tribal members living along Highway 54, were mainly individual allotted tribal lands. Some of the other properties along the road, (non-Indian) are not being affected. The road project along our stretch, I noticed, curves enough away from the non-Indian property, so that it won't affect them. I don't know if this was intentional or just be design.

After ODOT made an offer, also stating that if we didn't sign, that it could go to court and the lands could be taken through eminent domain and we'd receive even less, I wrote a letter to them. I pointed out to them that the land we owned was very important to us, explaining to them we use the land for peyote meetings, sweat lodge, and we have stories of our grandparents having peyote meetings going back several generations, and that any encroachment from the highway would disturb the cultural significance of the area and our sacredness we hold for the land. I pointed out that this state appears to value their Native

Americans and uses its Indians for tourism often. Lastly, I reminded them about their Manifest Destiny. I reminded them that historically, white people have always believed in westward expansion, and that they should continue mind-set and take the lands to the west of the highway (non-Indian), not ours, which is on the east side of the highway.

Needless to say, ODOT largely ignored my letter, increased the offer marginally, and wanted our signatures so they could move forward with the project, otherwise, it would go to court and be declared eminent domain.

The next issue I'm bringing up because I just received another big brown envelope, was from PSO. Public Service of Oklahoma, an electrical company in western Oklahoma. They want some of our lands too, for an easement. Because of the roadway widening project, they need to move the power poles and are going to be needing to take more of our land. I have not signed anything yet. I'm still reviewing the contents of the letter. I have noticed a couple of errors, but nothing significant.

What bothers me is that this is not only me facing

See **Taking land** pg. 7

BRIEFS AT A GLANCE

Developing Tribal Youth Summer Camps and Programs

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Tribal security force drives into the 20th century

By Rosemary Stephens, Editor-in-Chief

New professional vehicles, uniforms and a new attitude are driving the Cheyenne Arapaho Tribal Security Force (CATSF) nowadays.

Heading up the force is Ronnie Forrest who says they are on their way into the 20th century.

"If this department, going forward, will continue to be classified as 'just a security department' and not a police force, I would like to see us continue on the path we are one and I would like to be an armed security force, receive more funding for security cameras around the Concho and Clinton complexes and have more control over building security," Forrest said.

Currently there are 15 officers on the staff, including Forrest who said one of their jobs was to act as a deterrent, which is done, "when people see our vehicles and our uniforms they automatically think police, even though we are not a police force, but just that thought may be a deterrent for an individual to not act out."

The CATSF began its existence in 2006 and growing from that point on. Today the security department requires stronger background checks under CLEET guidelines and have implemented real time tracking services for their officers and vehicles.

"I am big on accountability because I believe it helps these guys do their job and gives them the ability to do their job," Forrest said.

Recently the department purchased four new 2016 Dodge Chargers, one 2016 Dodge Durango and new uniforms, enhancing their ability to act as deterrents throughout the tribal campus. Funding for the new vehicles and uniforms was approved in their 2016 budget.

"We do have a need to become an armed security force just because of the state of today's world. You see multiple mass shootings, people don't take their anger out in the ways they used to or seek help. People are to the point now where they plot and plan, taking extremely drastic actions when angry and when they feel their voices aren't being heard. Those types of situations are what we need to be trained for," Forrest said.

Forrest comes from a family background of law enforcement with his grandfather being a highway patrolman and his uncle was chief of police.

"When I was younger I kind of rebelled against law enforcement but as I got older I came to see the need for law enforcement and embraced it. I also understand that police officers should be out there to help people and should be their primary goal. I hope I can make a difference in this field and that's why I applied in 2013 to be a security officer," Forrest said.



Chief of Security Ronnie Forrest (l) and security officer Marcus Matanane will lead the Cheyenne & Arapaho tribes' security force into the 21st century. Here they stand in front of one of four new 2016 Dodge Chargers purchased by the Security Department.



Included in the purchase of new vehicles for the Security Department is a 2016 Dodge Durango. (Photos by Rosemary Stephens)

Marcus Matanane, one of Forrest's right hand men has been active in law enforcement for the past five years and has been instrumental in assisting Forrest with bringing stricter guidelines to the security force.

"I started out in Potawatomi County as a detention/corrections officer and became an armed security officer for the Kickapoos. The training we receive under the SOR Training Program is for basic unarmed security skills, but also includes things such as first response to active shooter situations, electronic control weapons such as Tasers, executive protection/body guard, and many other areas," Matanane said.

Also a bounty hunter on the side, Matanane works with a number of bail bondsmen in the Oklahoma City area tracking down individuals who skip out on bond.

Together, Forrest and Matanane have implemented a new system entitled "Officer's Reports" which enables all of their reports to now stand up in a court of law and each one is considered court legal. This change along with new technology tracking services, continued training and tougher certification requirements will ensure the security force continues to grow into their defined roles of protectors.

First responders get recognition from tribes

Article & photo by Alik Dyer
El Reno Tribune

Lucky Star Casino held its annual appreciation dinner for area first responders last week.

A Mexican food buffet as well as a large appreciation cake decked out in patriotic red, white and blue was provided for those who respond to emergency situations.

The lunch was held at the El Reno Public Safety Center and there was a second dinner that evening for those working night shifts.

This is the fifth year for Lucky Star to treat Canadian County's first responders and the gathering is always scheduled the week of the Sept. 11, 2001 anniversary.

"It's just a small way of showing support and appreciation," Tracer Hamilton, senior assistant general manager said. "They always come out to the casinos and this is just a way for us to say thank you for everything that they do."



The Canadian County Sheriff's Office, El Reno Police and Fire Departments and Mercy EMTs were all invited to the appreciation feast.

Cheyenne and Arapaho Gov. Eddie Hamilton was on hand to show support.

"We want to show our gratitude and appreciation for what they do for our communities. Canadian County is a big county and they do a lot for us," Hamilton said.

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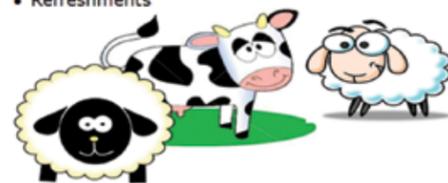
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Mural honors the ruins of an American Indian boarding school

Article and photos by Allison Meier, Hyperallergic

(CONCHO, Okla.) Overgrown grass creeps up around the decayed remains of the Concho Indian Boarding School, its faded yellow walls pocked with gaping doorways and boarded windows. Emerging from a far side of the complex are several faces swirled with paint, the hard strokes of their features contrasting with the huge Oklahoma sky and the soft sprawl of the surrounding green landscape. The mural by artist Steven Grounds was started two years ago as a tribute to the Cheyenne and Arapaho tribes, a gesture of bringing some honor to a place now characterized by its decay.

The American Indian boarding schools were constructed from the late 19th to early 20th centuries as a tool of assimilation. Military-like discipline regimented the days of the students, who were not allowed to speak their native tongues, had their hair cut short, and wore European-style clothing. Boys learned farming or other trades; girls were taught domestic skills. While the schools became more community oriented by the midcentury, they still carried this history of the government's forced "civilizing" of Native American children.

Walter Richard "Dick" West, a Cheyenne artist who attended Concho from 1917 to 1927, described his experience, as quoted in Bill Anthes's *Native Modern: American Indian Painting, 1940-1960*:

If you fouled up or did something wrong during the weekday, it was similar to [what] they have in a recognized prison. You had to work it off. If you had two demerits, you had two hours. On the weekend you cracked big rocks to make little rocks. What they strove to do, and perhaps the only thing they had in mind, was to make a little white man out of you.

West added that "you had to feel that at that point the philosophy of the federal government was [that] the Indian ... didn't have a brain. But he had dexterity of hand and so trades were paramount in their instruction."

I went to see the mural northwest of El Reno, Oklahoma, last month after reading about it in the *Oklahoma Gazette*. The Concho School buildings that survive today are not that old, completed in 1969, although a se-

ries of schools have stood in the area since 1871. Concho's last graduation was in May of 1982, the closure caused by federal funding cuts. The boarding schools of the 1980s, however, were not the boarding schools of the 1880s. Tribal members protested Concho's shuttering, as they saw it as another broken promise by the government for education. The closed buildings were turned over to the Cheyenne and Arapaho Tribes; most of them remain empty.

Grounds, who is Navajo and Euchee, got approval from the Cheyenne-Arapaho executive council a little over two years ago. What he foresaw as an experiment in large-scale art, compared to his previous work in smaller drawings and paintings, evolved as he spent time at the site. "After the years went by, I started to push for making an ongoing Cheyenne-Arapaho mural," Grounds told

Some of the faces are specific people, including Chief Black Kettle of the Northern Cheyennes. Like many tribes now headquartered in Oklahoma, both the Cheyenne and Arapaho, which are distinct tribes joined by an alliance, did not originally live in the area. They were forcibly relocated from the Northern Plains to the state when it was still Indian Territory. Black Kettle was a leader who attempted to peacefully negotiate with the government. He was ultimately shot in the back by Custer's 7th Cavalry at the Battle of the Washita River (or, more accurately, the Washita Massacre).

Alongside Black Kettle are people modeled on photographs Grounds discovered in the tribal archives, as well as contemporary figures like Native American advocate Suzan Shown Harjo, who was honored with the Presidential Medal of Freedom in 2014.



Grounds also often collaborates with photographer Benjamin Oscar, transforming his portraits of contemporary indigenous people into large-scale paintings. The result is a fluid connection of faces across time, all representing Cheyenne and Arapaho people on a building that's still a reminder of a system that attempted to control that heritage.

"Since before I started the mural, most people were going out there to look for ghosts, and now it's giving them a different reason," Grounds say, referring to popular belief in the paranormal that draws people to the vacant halls. "It's something a little more steeped in the historical context of the people

who live here in Concho."

Importantly, the school isn't just off in the middle of nowhere, there are people living right across the street, and newer buildings used by the tribes alongside. Yet as a rural place, it's an unlikely one for state-funded public art, with the mural being very much a grassroots effort (Grounds's paint is supplied by Cosmos Street Supply in El Reno). "The dialogues [in the mural] are about the people that are here, and are from here," Grounds said.

The Concho Indian School mural by Steven Grounds is on White Antelope Road in Concho, Okla.

Grim headlines, hard data show suicides on rise among teens

By Cristina Corbin, FoxNews

Ritu Sachdeva, left, and Hillary "Kate" Kuizon, right, were both seniors at Plano East Senior High School.

The recent suicides of two girls from the same Texas high school were among the latest such tragic deaths to

shake a disbelieving community, and underscored what experts say is a troubling national trend.

Ritu Sachdeva and Hillary "Kate" Kuizon, both 17-year-old seniors at Plano East Senior High School, knew each other, according to police, who are investigating whether the deaths are connected. Sachdeva died Jan. 31 from a medication overdose inside her home, the medical examiner ruled, while Kuizon died by hanging herself in a wooded area not far from a middle school in Murphy, a suburb of Plano.

"We don't have good explanations for why we're seeing this increase."

- Dr. Thomas Simon, the Centers for Disease Control and Prevention

Their deaths as well as other recent teen suicides to make national headlines -- from Westport, Conn., to Omaha, Neb., -- are part of a steady rise in self-inflicted deaths among young people, ages 10 to 24, since 2007, according to health officials.

"We are seeing significant increases in suicide for those ages," Dr. Thomas Simon, the Centers for Disease Control and Prevention's suicide expert, told FoxNews.com. "When you go back to 2007, the rates in that age group have gone up every year."

According to the CDC, 5,504 people ages 10 to 24 died by suicide in 2014,

the most recent year in which statistics are available.

The figure was up from the grim 2013 tally of 5,264, and the number has risen every year and up 13 percent from 2010. Experts are braced for official 2014 and 2015 statistics to show a continued upward trajectory.

Males are four times as likely as females to kill themselves, and the rate of teen suicide is higher in rural Western states, where there is greater social isolation and more difficult access to mental health care, experts say.

It's not clear what's causing the rise, according to those collecting the data.

"The data allows us to track the trends over time but they don't allow us to look at the causes behind those trends," said Simon. "We don't have good explanations for why we're seeing this increase."

Families, psychiatrists and suicide prevention advocates offer explanations ranging from cyberbullying to underlying mental health disorders to economic factors.

On Dec. 23, two days before Christmas, 14-year-old Christopher Lanni, of Westport, Conn., died at Yale-New Haven Hospital in what the state medical examiner ruled was suicide by hanging. His parents, Peter Lanni and Cornelia Gallo, wrote an open letter to the head of the town's school system,



requesting an investigation into reports Christopher may have been the target of bullying.

"We request a thorough, professional investigation of allegations that Christopher was being bullied at school and/or on social media platforms (i.e. Instagram) by his fellow Staples students," they wrote of their son, who was a student at Staples High School.

Cyberbullying may have played a role in other recent teen suicides.

On Jan. 4, 16-year-old David Molak was found dead by hanging in the backyard of his parents' San Antonio, Texas, home after months of being bullied over social media, according to his family. His older brother, Cliff, later posted on Facebook that months of online torment had left his brother -- the youngest of three -- a "shell of a person."

"In today's age, bullies don't push you into lockers, they don't tell their victims to meet them behind the school's Dumpster after class, they cower behind user names and fake profiles from miles away constantly be-

rating and abusing good, innocent people," Cliff Molak wrote on Facebook.

According to local media reports, such cruel online messages included, "Let's put him in a body bag" and "We're going to put him six feet under."

In Omaha, some 900 miles away, another teenage boy took his own life on Jan. 7 after months of being bullied by classmates, according to family.

Joni Adler, the mother of 15-year-old Reid Adler, told KETV that her son planned to go to school the next day because he finished all of his homework.

"I know it was a very snap decision. Teenagers make snap decisions a lot," she told the station.

Adler and her husband, Ralston School Superintendent Mark Adler, said they later learned Reid had been bullied for months -- with one student threatening to post embarrassing photos of him online, according to the station.

On Feb. 1, a sophomore at Fordham Preparatory School, an all-boys Jesuit

See **Teen suicides rise** pg. 7



The Cheyenne & Arapaho Executive office and employees released deep purple and turquoise blue balloons Sept. 16 in recognition of Suicide Prevention week. (Submitted photos)



Taking land

continued from pg. 4

this kind of issue, but many other tribal members as well. I look at what our parents and grandparents left for us as a gift, this land. Where I grew up it is a place of peace, of solitude, of getting back connected, it is home.... One of the things in learning about historical trauma is that much of the lands that Native Americans once roamed were taken, stolen, whatever, by the government, and we no longer have possession of them. We have no more ancestral homelands, or if we do, what little remains, is also being taken away, a little at a time, a few feet here, an acre or two there, "you won't notice it" is what I've heard. But regardless, it's all that we have. Pretty soon, we'll have nothing, and this really bothers me. As an individual landowner, I feel proud to have what little I have and hopefully will keep it in my family. I am also cognizant of the fact that, as human beings, we really do not own it, we are only borrowing it from our grandchildren. To me, this taking of our land, it's like dying a slow death, one cut at a time, making us bleed, a little at a time, a slow

agonizing death. Watching my lands being slowly taken away and nothing I can do to stop it. No wonder our relatives in the past did not trust the government. Although the Bureau of Indian Affairs is charged with protecting American Indians in protecting their lands, I doubt they will help. I thought they did things in our best interest, but I'm beginning to realize that BIA really means "Boss Indians Around." How many of us have been told "Just sign the papers so we can move on."

They, the big businesses, oil & gas companies, utility companies, the state, are slowly taking what little we have left. They took a lot of things, even tried to steal our identity and culture, and make us just like them. But they can't take our ability to fight. We may lose the battle, but we need to be aware of what is going on, open our eyes, ask questions, and keep fighting to hang on to what we have, that is the war that is going on.

I know that I'm not the only one going through this or values the land over money. I'd rather be poor

and have very little, but at least I'd have a home, rather than sell what my mother gave me and have nothing, not even self-respect. It may sound familiar, but putting the preservation of our land over money should be the priority. I want to speak up about this issue. I am told that we need to speak up for those who have no voice, for those not even here yet. I am speaking up for our grandchildren who have not made it yet to this world.

I was just thinking about this as we were driving back from Bear Butte over Labor Day weekend. How awesome and beautiful it was up there, the beauty and history as well as the power that comes from that mountain. Just like the Lakota said back in the day, that they would NEVER sell the Black Hills, but now I hear there is talk about them having discussions with the Obama administration to open up the subject of settling that claim.

I hear that the amount that has drawn interest for the Black Hills claim is well over \$ 1 Billion Dollars. The encroachment of white business to our sacred mountain

is getting closer and closer every year. Like many of our tribal members, I remember going up there to pray many, years ago, and how quiet it was, I mean really quiet. But now, it's not like that, there is some motor speedway near the mountain, and a biker bar called The Beaver Bar or something like that, really disrespectful, especially to our sacred women who have to see that on their way to Bear Butte.

I think about the fight with Dakota Access Pipeline going on up at Cannonball, North Dakota, those tribal people are part of something much bigger than themselves, they are only playing a minute part in the grand scheme of things, but that is what it takes. When one gives themselves to a movement such as this, they are giving up their own wants for the greater good of the people, that is one of the ultimate sacrifices in my humble opinion.

Perhaps this is an awareness for the generation coming up. Look around, look what is happening, ask questions, look at things in the long-term, 20-30 years down

the road, how will the selling off of your allotment lands affect your grandchildren? We are always taught to put our people first, do things for the greater good of our people, for our survival! Dominant culture is taking care of their own, it's time we stop and assess our situation and ask ourselves, are we really doing what is best for our children and grandchildren in the long run?

I just wanted to get this off of my mind. I hate seeing anyone lose their lands or their culture. We are beginning to covet money over our dignity, and we need to do something before it's too late, before we no longer have lands. The white government thought long and hard about how they could take our nations down. This separating us and putting us on reservations, then further splitting us into individual allotments, a divide and conquer tactic, and we have to look around and be realistic and ask ourselves "is this really what is going on?" If it is, we need to come together and be one nation. Look at what is happening with the Dakota Access Pipeline

or DAPL, they are not protestors, they are PROTECTORS. I am told that it is the largest gathering of tribal nations since Little Big Horn, and together, all those nations will stop this pipeline. Like them, we as a tribe need to come together and put a stop to the further taking of our lands.

Lastly, if I've written anything offensive to anyone, I apologize. But this is a serious issue and I feel strongly enough that something needs to be said about it, so I'm putting myself and my words out there to be heard and read. I am not saying "Lets go radical or extreme!" I'm just asking that we give it some serious, long-term, thought before we part with one of the most important factors to our being, the earth.

If anyone else is facing this issue, let's get together and talk about it and see what we can do to make a difference. Together we are strong. It's time we put aside our tribal and political differences and look at who or what really is the enemy and it's not each other. Let's come together and be strong.

Teen suicides rise

continued from pg. 6

high school in Bronx, N.Y., was struck and killed by a commuter train in what authorities called a suicide. The boy's death came weeks after another student at the school, identified as 16-year-old Owen Kelly, jumped in front of a New York City-bound train on Jan 18.

Mental health experts say the deaths may have been a case of "suicide contagion," when news of a suicide can inspire another depressed person to harm himself.

While cyberbullying may help to explain an increase in self-inflicted teen deaths, suicide prevention advocates say its one factor among several.

"It's the irrational thinking in suicide that makes it so complex for us to understand," said Maureen Underwood, clinical director for the Society for the Prevention of Teen Suicide.

"I certainly think that social media has contributed to it but every kid who's bullied doesn't choose suicide," Underwood told FoxNews.com. "Almost all kids who are bullied have some vulnerability that led them to be targets of bullies."

Underwood also noted that the frontal lobe of the brain, involved with problem solving, language, judgement, impulse control and many other key functions, is not fully developed until well into adulthood.

"Many kids do not under-

stand that once they're dead, they're dead forever. They don't understand the finality of it," said Underwood. "As adults, we think with our frontal lobe. They (teens) think from the amygdala, the part of the brain responsible for our feelings."

Dr. Eric Caine, director of the Injury Control Research Center for Suicide Prevention at the University of Rochester Medical Center, noted another potential factor in the rise of teen suicides nationally.

"Around the world, starting with the great recession, suicide rates went up," Caine told FoxNews.com. "When families become disrupted, that impacts kids. One of the biggest predictors [of teen suicide] is family turmoil."

If a person is at risk, he or she or a family member is urged to call the National Suicide Hotline at 1-800-273-8255.

Warning signs include talking about feeling hopeless or having no purpose, talking about feeling trapped or in unbearable pain, talking about being a burden to others, increasing the use of alcohol or drugs, acting anxious, agitated or recklessly and withdrawing or feeling isolated.

Cristina Corbin is a New York-based reporter for FoxNews.com. Follow her on Twitter @CristinaCorbin.

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EATING healthy for DIABETES

Processed Foods: What's Okay - What to Avoid

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

Processed food has a bad reputation and is blamed for our nation's obesity epidemic. Processed food is more than boxed macaroni and cheese, potato chips or drive-thru hamburgers. Whole wheat bread, homemade soup and chopped apples are also processed foods.

While some processed foods should be used with caution, many actually have a place in a balanced diet. Some are more nutritious than others and here's how to make sense of it.

What is Processed Food?

White bread is refined since most of the healthy fiber has been removed during the processing, however when you cook you are processing food and then we have food processors. It can be confusing, so what does processed food really mean?

Processed food falls on a

spectrum from minimally to heavily processed.

Minimally processed foods—bagged spinach, cut vegetables and roasted nuts—are often prepared for convenience.

Food processed at their peak to lock in nutrition quality and freshness include canned beans, tomatoes, frozen fruit and vegetables and canned tuna.

Foods with ingredients added for flavor and texture (sweeteners, spices, oils, colors and preservatives) include jarred pasta sauce, salad dressing, yogurt and cake mixes.

Ready-to-eat foods—such as crackers, granola and deli meat—are more heavily processed.

The most heavily processed foods often are frozen or pre-made meals including frozen pizza and microwaveable dinners.

The Positives of Processed Foods

Processed foods can be beneficial to your diet. Milk and juices are sometimes fortified with calcium and vitamin D and breakfast cereal may have added fiber. Canned fruit (packed in water or its own juice) is a good option when fresh fruit is not available.

Pre-cut vegetables and bagged vegetables and salad are minimally processed and are contributing to people eating more vegetables. They have no added ingredients and are good options for people who lead busy lives. They can be more expensive so if you want to pay less than you will need to cut your own.

Look at the big picture, read the ingredients list and review the nutrition facts panel.

Look for Hidden Sugar,

Sodium and Fat Sugar

There are tons of added sugar in our food supply, whether a product has added high fructose corn syrup or natural cane sugar, we should be wary of both. Sugar just isn't hidden, it's added to give bread an appealing brown and its added to jarred past sauces and cereals.

To know what is actually in the product its best to read the food label, look for added sugars which will be among the first two or three ingredients on the label such as sugar, maltose, brown sugar, corn syrup, cane sugar, honey and fruit juice concentrate.

Sodium

Most canned vegetable, soups and sauces have added sodium, which enhances taste and texture and acts as a preservative. The recommended amount of sodium

in our diet should be no more than 2300 mg, and many of Americans eat two to three times the daily amount. Surprisingly three quarters of our sodium intake comes from processed foods and only twenty-five percent comes from the actual salt shaker.

Canned soups, vegetables and beans can be packed with nutrients so don't cross them off your list. Remember if you eat a dish with high sodium have everything else on your plate fresh with little sodium. Rinsing the vegetables can reduce the content by 40 percent and you can also purchase low sodium canned products.

Fats

Added fat helps make food shelf-stable and gives it body and flavor. Trans fat raises our bad cholesterol while lowering our good. Trans fats in foods are on the

decline so read labels to determine how much trans-fat is in a product.

Even if a product states zero trans-fat it still may have trans-fat as it is not required to be placed on the label if it has less than one gram. If the serving size of the product is small and you eat three or four servings, then the trans-fat adds up. Read the label, if the label states partially hydrogenated vegetable oils, then it is going to have some type of trans fat in it.

For more information on nutrition or help in making healthy changes contact Tara Conway, Diabetes Wellness Program at 405-422-7685.

Source: Eat Right Academy of Nutrition and Dietetics www.eatright.org/resource/Article/Process_Foods:_What's_OK,_What_to_Avoid reviewed by Jill Kohn, MS, RDS, LDN, Nov 2015.

Language

continued from pg. 1

"It's a challenge. Learning one language is hard enough but if you're trying to learn two languages its even more difficult. I personally would recommend one language first, getting comfortable with it and then maybe trying to learn another one," Risenhoover said.

She said the importance of language would continue to rise in awareness as more and more people come together to participate in language forums. It is a time to get involved, share stories, encourage one another and learn. As language is a difficult process to learn in itself it is something that has to be worked on consistently to be kept alive.

"I'd like to get more fluent speakers to come or let us come to them and learn from them, record them. Get them recorded so that they leave something when they're gone. We just want to create more speakers especially within our younger generation," Risenhoover said.

For more resources on learning languages visit www.c-a-language.com or search Cheyenne Arapaho language on YouTube. The language program is also on Facebook.



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Diabetes Wellness Program

Invitation to All Current Clients & New Clients to our Community Outreach

On Site: RN / Nutritionist / Optometry Tech

REQUIRED DOCUMENTS / NO EXCEPTIONS
CDIB
Current driver's license or State issued ID
Proof of Residency (Current Mail)
Proof of Diabetes Diagnosis
Prescriptions for Eyeglasses or Nike Wellness Shoe

11 am - 2 pm Oct. 4 / Hammon Community Center
11 am - 2 pm Oct. 6 / Seiling Community Center
10 am - 2 pm Oct. 12 / Canton Community Center
10 am - 2 pm Oct. 18 / Clinton Independent Living Ctr
10 am - 2 pm / Oct. 20 Geary Community Center
*10 am - 2 pm Oct. 25 / Watonga Community Center
(*Note: Nutritionist will not be present on this day)

For any questions regarding receiving services
PLEASE CALL PRIOR TO MEETING DATE IN ORDER
FOR ALL YOUR QUESTIONS TO BE ANSWERED
RN Kathy Shawnee - 405.422.7867
Nutritionist Tara Conway - 405.422.7685
Optometry Tech Yolanda VanHook - 405.422.7530
Admin. Assistant Lana Little Elk - 405.422.7723

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Fax: 405.606.6522 • Cell: 405.313.4882

POWWOWS & EVENTS

CALENDAR

Traditional Archery & History Classes
5 p.m. - 8 p.m. Oct. 4 at the Concho powwow grounds in Concho, Okla., Oct. 5 at the Clinton Community Center in Clinton, Okla., and Oct. 6 at the Canton powwow grounds in Canton, Okla.

Sponsored by the R.E.Sp.E.C.T., Culture & Heritage & SPF-TIG programs. For more information call 405-4227522 or 405-422-7428.

The fourth annual Washita Memorial Motorcycle Run
Oct. 8, 2016 beginning 8 a.m. registration at Lucky Star Casino in Concho, Okla., ending at the Washita Battlefield in Cheyenne, Okla. Breakfast will be served and meal provided after run.

For more information contact Amos Tallbear at 405-6257968 or Henry Sleeper at 405-4067265.

annual Reunion
Oct. 14-15, 2016 at the Comanche Nation College, 1608 S.W. 9th Street in Lawton, Okla. Registration begins at 6 p.m., Friday, Oct. 14. For more information contact Darlene DeFoe at 828-736-0851 or Phyllis Hunter at 405-247-1558.

H.O.P.E. Program's Community Outreach
12:30 p.m. - 3:30 p.m., Oct. 12 at the Hammon Community Center in Hammon,

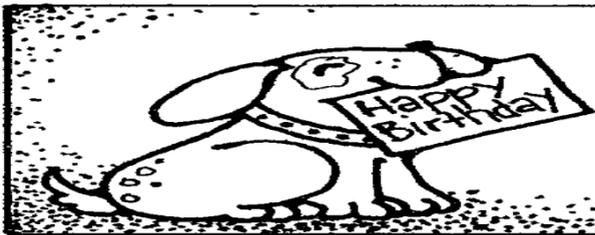
Okla., 12:30 p.m. - 3:30 p.m. Oct. 19 at the Seiling Community Center in Seiling, Okla. and 1 p.m. - 4 p.m. Oct. 26 at the Watonga Community Center in Watonga, Okla. For more information call 405-422-7580.

Cheyenne District 2 & Arapaho District 2 Spooktacular Halloween Party
1 p.m. - 4 p.m. Oct. 13 at the Geary City Park in Geary, Okla.

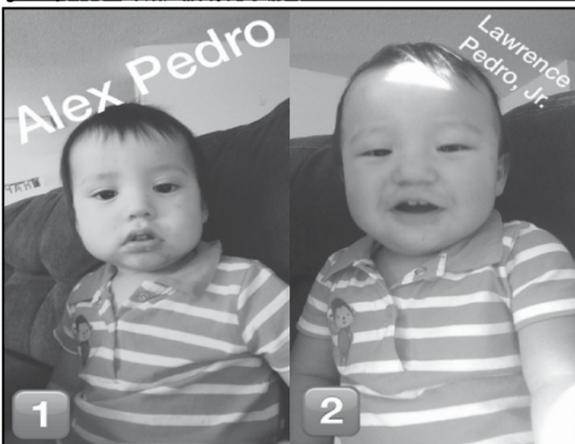
1 p.m. - 4 p.m. Oct. 14 at the Kingfisher Park in Kingfisher, Okla. For more information call 405-422-7480 or 405-422-7440.

Annual Bigfoot Storytelling
Oct. 20 at the Southern Plains Indian Museum in Anadarko, Okla. Free event for all. Inflatables, 11 a.m. Bigfoot bake off, 4:30 p.m. pumpkin carving contest, 5 p.m. fun walk and more.

The 25th annual Austin Powwow & American Indian Heritage Festival
Nov. 5 at the Travis County Expo Center, 7311 Decker Lane in Austin, Texas. Begins at 10 a.m.
MC Tim Tallchief, AD Bill Takes Horse, Co-AD Emiliano Flores, HMD Dijay Yarholer, HLD Alva Fiddler, HGD Lowell Nibbs, Head Judge Juaquin Hamilton, Northern Drum Sage Point and Southern Drum Otter Trail.



Happy Birthday



Happy Belated 1st Birthday September 3, 2015

Alex Xavier and Lawrence Pedro Jr.

Seems like yesterday I was going to the hospital to have you boys, one year has gone by so fast. Love every minute of it, you are growing so fast, went from crawling to trying to walk. We all love you so much, and we got blessed twice, boys at that. Double trouble.

Love you to the moon and back, momma Leah, daddy Greg, big sisters Carlina and Cayli, big brothers Lil G and King, grandma Lydia and grandpa Francis, all your uncles, aunties and cousins. Biixoo3een

Thank you to the Elder Care Program For:

Being very professional, understanding
Staff goes beyond their duties to 'help'
Mailing things out on time.

A huge thank you to each of the staff, Amy, Francisco, LaQuita and all the other staff who assist.

Yvonne Verjan
Las Vegas, Nev.

In Loving Memory . . .

Funeral services for Emily Eileen Gray, 31 (Cheyenne & Kiowa) of Clinton, formerly of Oklahoma City were held Aug. 26 at the First Christian Church.

She died Saturday, Aug. 20 at St. Anthony Hospital in Oklahoma City.

Emily was born Sept. 5, 1984 to Cecil Richard Gray and Carmen Jean (YellowEagle) Gray in Lawton, Okla. She was raised in Carnegie, Norman, Anadarko and Tahlequah. She attended school in all four places and graduated in Tahlequah in 2003. She continued her education at Northeastern State University in Tahlequah and then went on to Oklahoma State University in Oklahoma City.

Emily was employed by the Cheyenne and Arapaho Gaming Authority as a Compliance Officer. She also was a waitress for Louie's Restaurant. She had lived in Oklahoma City and Clinton for the past three years.

She loved spending time with her family, relatives, friends and most of all her nieces and nephews. She enjoyed kids and loved babysitting for her friends. She also loved to play basketball and was an avid OU fan and Thunder fan.

She is survived by her mother, Carmen YellowEagle Gray of Clinton, her father Cecil Richard Gray of Elgin, three sisters, Tonya Marie Gray of Lawton, Carmen 'C.J.' Gray of Oklahoma and Celine Gray of Wisconsin. Three brothers, Cecil R. 'Jinxie' Gray II of Yukon, Charles Brady Gray of Anadarko and Michael Gray of Oklahoma City, nieces and nephew, Isha, Breanna, Glory, Raelynn and Tahlo.



The service was officiated by Pastors David Wilson and Alan Washington.

An Interment was held at the Saddle Mountain Cemetery in Carnegie, Okla., under the direction of Kiesau-Lee Funeral Home, followed by a giveaway and meal at the Cache Creek United Methodist Church in Carnegie.

Written in memory of Emily's Birthday Sept. 5, 2016

On Sept. 5, 2016 we sent balloons to heaven to wish Emily a Happy 32nd Birthday, her first in heaven. Later that evening we had a barbecue in her honor. Her nieces and nephew blew her candles out for her.

We have dedicated the song *Dancing in the Sky* by Dani & Lizzy to her.

Emily Eileen Gray, you will be missed dearly and forever will stay in our hearts. You brought us all together and taught us to love one another and not to take life for granted. Tomorrow is not promised, so make sure you tell your loved ones how much you love them.

We are keeping her memory alive with a Facebook page and a family friend is creating t-shirts in her memory.



Happy 4th Birthday Supergirl Breanna!

Mommy and Dada are so happy and blessed to be your parents! You are an amazing little woman and you are such a joy to be around! We want to wish you a Blessed Birthday and We love you very much!



Denise, Jackie, Des, Mya and KK



Sept. 19 - Happy Belated Birthday to my first daughter. Seeing how sweet, caring, and loving that you are throughout your 8 years makes me look forward to all the great things you'll do. You're an amazing big sister and you make me so proud, every day. Happy 8th Birthday Drelyn Main. We love you so much! Love, mom, Felipe, Abram, Charlee, and your baby sister on the way. . . ."

Sept. 13, 1941
Happy Belated Birthday Grandpa!
Thank you for being a father figure to each and every single one of us grandchildren. We enjoy the moments we get to spend with you. Happy 75th Birthday, Grandpa Jack! We love you and we're always praying for you!
Love, Toya, Tommy,

Welcome to the World Little Ones



Kenai Miguel Birdshead

Keanu Eli Birdshead, Cheyenne Arapaho tribe and Rebecca Ann Selena Cazares, Kiowa tribe, would like to announce and welcome the birth of their baby son, Kenai Miguel Birdshead.

The first born for proud father Keanu. Baby boy Kenai was born at Chickasaw Medical Center in Ada on Sept. 7 at 6:20 p.m. He joined us weighing 8 lbs. and 6.3 ounces, with a length of 19 inches.

The proud paternal grandparents are Stephenie Birdshead of Coolidge, Ariz. and

Francis Keith Hamilton II, of Oklahoma. The maternal grandparents are Carrie Dawn Rose Cazares of Seminole, Okla. and Bernardo Cazares of Dallas, Texas. The paternal great-grandparents are Thelma Yelloweyes and S.F. Lanham of Seminole Okla., and great-great grandparents are Doris Hamilton and Walter Hamilton, of El Reno, Okla.

Beautiful baby Kenai, his two brothers Elijah, age 4 and Zachariah, age 6 and proud parents reside in Seminole, Okla.



Evalee Reese Park

Evalee Reese Park was born June 8 at the Clinton Regenal Hospital in Clinton, Okla.

The proud parents are Chris and Rachael Park of Thomas Okla.

Grandparents are the late Haze Park and Minnie Hicks of Custer, Okla.

In Loving Memory . . .

"In loving memory of Christopher D. Campbell, Sr. It has been a little over two years since you left your family. We all still have questions that can't be answered and we all still can't believe that you are really gone. But we have our memories and we will all see you one day. Love you and miss you very much."

Love your family, the Campbells and the Rednoses.

They Say There is a Reason

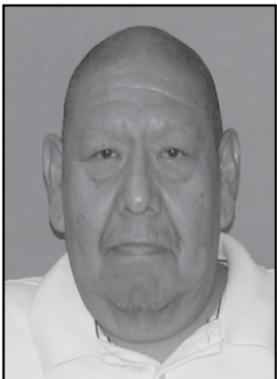
They say there is a reason, they say that time will heal, but neither time nor reason will change the way I feel.

For no-one knows the heartache that lies behind our smiles, no-one knows how many times we have broken down and cried.

We want to tell you something so there won't be any doubt, you're so wonderful to think of but so hard to be without.

Author Unknown

In Loving Memory . . .



Alex M. Warden Jr.
Nov. 25, 1950
Sept. 15, 2016

Wake services were held for Alex M. Warden Jr., on Sept. 21 at the Huber Benson Funeral Chapel in El Reno, Okla.

Funeral services were held Sept. 22 at the Concho Community Center in Concho, Okla., followed by an Interment at the Concho Indian Cemetery.



Hatho-Osah John Tabor
March 7, 1980
Sept. 11, 2016

Memorial services were held for Hatho-Osah John Tabor on Sept. 24 at the Native American Church in Concho, Okla.



Annual Bigfoot Storytelling

T-Shirts
First 150
Participants
Registration
6 pm



Oct. 20, 2016
5 pm-9:30 pm
Southern Plains
Indian Museum
801 E. Central Blvd.
Anadarko, OK
FREE EVENT!!!

DOORS OPEN AT 4 PM
STORYTELLING 7 PM

Pumpkin Carving
Contest
4:30-6:30 pm

Bigfoot Bake Off
11 am-2 pm

Fun Walk
5-6 pm

INFLATABLES

In Loving Memory of George Jaque Harrington Dec. 5, 1978 - Sept. 19, 2016

A traditional all night wake service was held Sept. 23 at the Seiling Community Center in Seiling, Okla.

Funeral services Sept. 24 at the same venue with Pastors Gerald Panana and Delfred Whitecrow presiding, followed by an Interment at the Cantonment Cemetery.

George Jaque Harrington of Eustice, TX, formerly of Clinton and Seiling, was born to Charles "Chuck" and Naomi "Fern" Harrington on Dec. 5, 1973. He passed from this life on Sept. 19, 2016 in Dallas, Texas at the age of 42.

George grew up in Northwest Oklahoma, graduating from Riverside School in Anadarko with the class of 1992. In 1996, George moved to the Dallas area where he was baptized into the Roman Catholic Church. He was known for his love of music and animals, especial-

ly his dogs, who he considered "the Kids." George was always laughing, and there was never a dull moment around him.

In addition to his parents Chuck and Fern, George was preceded in death by a brother, Dwayne White Crow; and three sisters Janice White Crow, Debbie White Crow, and Jerlene Chavez.

Left to carry on George's legacy are his companion of 20 years, Chris Reeds; six brothers and sisters, Wanda "Tweety" Red Hat and husband Luther of Longdale, Colleen Bertha Thunderbull of Geary, Oliver Charles White Crow, Donna Louise Harrington, Charlene Harrington, and Andrew Wayne Harrington, all of Clinton; nieces and nephews Ramon and Angela Montano, and Natasha and Royal Turner; as well as numerous other extended family and friends.



In Loving Memory of Vassilia Renee Tabor

July 15, 1974 - Sept. 10, 2016

An all night wake service was held Sept. 13 at the Concho Community Center in Concho, Okla.

Funeral services were held Sept. 14 at the same venue followed by an Interment at the Concho Cemetery.

Vassilia Renee Tabor was born on July 15, 1974 in Oklahoma City. She passed away on Sept. 10, 2016 in Oklahoma City at the age of

42. Vassilia attended Captiol Hill High School. She worked in the research department at the OU Medical Center for several years. Vassilia was baptized and attended the Chief Cornerstone Church in Geary.

Survivors include her parents, JoElla Tabor Hamm of Calumet and Gary Hamm of Oklahoma City, grandparents Lucille Tabor Todd

of Calumet, Robert Tabor of Calumet, Peggy Dawson of Oklahoma City and Lionel Tabor of Geary, siblings Michael Hamm of Oklahoma City, "Camille Alexis" Martinez of Calumet, Francisco Martinez of Calumet and Micky Sassano of Choctaw. She was preceded in death by her grandfather Joe Todd, aunts and uncles Robert, David and James Todd, and Jacquita Warner and Mildred Falls.

PUBLIC NOTICES

Deadline for Change of Address and W9 forms is Nov. 10, 2016

Adult Change of Address and W9 Process:

Please read instructions on the Change of Address form and W9. The Change of Address form requires all areas to be filled out according to instructions and to be notarized. If all areas are not filled out according to the instructions, the forms will be returned, which will delay your paperwork. The W9 requires your full name, address, social security number, signature, and date. The address placed on the W9 will be the address the check will be sent to. Please keep in mind this address should match with Enrollment's mailing address.

Please submit all Change of Address and W9 forms to the Enrollment Department by Nov. 10, 2016. Forms can be mailed to you by calling Enrollment Department at 405-422-7600 or 1-800-247-4612 ext. 27600 or printed off on our website at www.c-a-tribes.org/content/department-enrollment.

Change of Address form will need to be notarized before submission. Enrollment Department will forward all updated forms to the Per Capita Office.

Per Capita Office will mail your check or any letters concerning your account to mailing address on Change of Address and W9. Once paperwork is processed, Per Cap Office will review ac-

counts to determine if any past due checks are available for reissue.

Minor Change of Address forms need to be notarized and signed by legal guardian. All original guardianship documents should be turned in with Minor Change of Address forms if needed.

If you have any Child Support, Student Loans or Federal Garnishments that need to be addressed, or questions, please contact the Per Capita Office at 1-800-247-4612 ext. 27725 or (405) 422-7725. All garnishments of Child Support, Student Loans, and/or Federal Garnishments need to be submitted to the Per Capita Office by Nov. 15, 2016.

EMPLOYMENT

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

Notice
All tribal offices will be closed on Monday, Oct. 10, 2016 in observance of Sovereignty (Indigenous Peoples') Day. Offices will reopen Tuesday, Oct. 11, 2016 at 8 a.m.

ANITA greenwalt
NICK'S barber shop
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262-1132
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TO ORDER VISIT WWW.WARCHILDSOCIETY.COM OR CALL 405.896.0090

Transit Driver II-On Call Tribal Transportation Closing: Until Filled

Qualifications: Must have 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 subject to random drug testing. Must be able to lift a minimum of 50 lbs. with no physical barriers. Must be able to communicate effectively to patrons and supervisors any findings or incidents. Must have high school diploma or GED equivalent. Cheyenne-Arapaho preference.

SALARY: Negotiable

Office Clerk Enrollment Office Closing: Until Filled

Qualifications: High school diploma or GED certification required. Requires previous experience in general office procedures, filing, typing, data entry, answering phones and working with the public. Highly proficient time and stress management skills. Proficient knowledge of office administration. Knowledge of program policies and regulations a plus. Ability to relate and work with the Indian and non-Indian communities. Cheyenne-Arapaho preference.

SALARY: Negotiable

Education Specialist STEP Program Closing: Until Filled

Qualifications: Bachelor's degree in education or related field preferred or an equivalent combination of education and experience substituting one year of experience in teaching for each year of the required education. Cheyenne and Arapaho preference.

SALARY: Negotiable

Substitute Teacher Aide Canton & Concho Closing: Until Filled

Qualifications: Must have a valid Oklahoma driver's license and be willing to obtain a CDL and certificate within 90 days of hire. Must be in good physical health which allows lifting and moving. Knowledge of head start is desirable. Ability to work independently. A high school diploma or GED certification required. Must be familiar with federal, regional, state and local Tribal regulations.

SALARY: Negotiable

Community Development Director Closing: Until Filled

Qualifications: Under the direct supervision of the Executive Director of the DOA, incumbent is responsible for planning and coordinating the implementation of community development projects and public facility improvements, public services and other related projects. The Community Development Program will also oversee the building and zoning function of the tribal community. Associate's or bachelor's degree in construction science is preferred. At least two years experience in construction management, project planning, AIA forms and contracts, shop drawings and specifications, familiar with as-built drawings, blueprint, AutoCAD, construction budgeting, scheduling, bonding, estimating, change orders, chart of accounts, financial management and ethics. Proficient computer skills including but not limited to Microsoft Office Suite. Valid state driver's license required. Native American preference; tribal member preferred. Must have knowledge of and experience with tribal governments. Must have effective interpersonal skills including the ability to communicate effectively in writing and verbally.

SALARY: Negotiable

Tailgate Certification Food Distribution Closing: Until Filled

Qualifications: High school graduate or GED certified. Typing and computer skill desired. Must have valid Oklahoma state driver's license. Food handler's licensing preferred within 90 days of employment. CPR/First Aide/AED Certified preferred within 90 days of employment. Cheyenne-Arapaho preference. Must be dependable and be punctual to work.

SALARY: Negotiable

Administrative Assistant Food Distribution Closing: Until Filled

Qualifications: Possess two years of relevant specialized experience. High school diploma or GED required. Valid state driver's license required. Be able to effectively communicate orally and written. Understand the importance of confidentiality and be able to abide by all personnel policies. Be able to work with difficult clientele.

SALARY: Negotiable

Child & Adult Care Food Program (CACFP) Statement

The Cheyenne and Arapaho Tribes Child Development Program announces its participation in the Child and Adult Care Food Program (CACFP). All participants in attendance are served meals, at no extra charge to the parents. The United States Department of Agricultural (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status familial or parental status, sexual orientation, or all or part of an individual's income is derived from any

public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by USDA. (Not all prohibited bases will apply to all programs and/or activities.)

If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call 866-632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to USDA by mail at U.S.

Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, DC 20250-9410, by fax 202-690-7442, or email at program.intake@usda.gov.

Individuals who are deaf, hard of hearing, or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339 or 800-845-6136 (Spanish).

USDA is an equal opportunity provider and employer. This statement applies to the centers listed here: Concho Child Development Center and Clinton Child Development Center

LEGAL NOTICES

IN THE TRIAL COURT OF THE CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED SEP 19 2016

DOCKET PAGE
FILM IMAGE
COURT CLERK
DEPUTY

In The Matter Of The Guardianship Of)
C.M.)
DOB: 12-24-10)
LG)
DOB: 02-07-13)
Minor Children)

Case No: PG-2016-0112

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: UNKNOWN FATHERS

You are hereby notified that Maria Sarabia has filed in this Court a Petition For Guardianship Of said persons and/or estates of C.M. and I.G., minor children, and that on September 19th, 2016, the petitioner, Maria Sarabia was granted Order Of Temporary Emergency Guardianship of the minor children and that said Petition is hereby set for a Temporary Guardianship Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 12th day of October, 2016 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Temporary Guardianship should not be granted.

Dated this 19th day of September, 2016.

Desiree Barnes
Desiree Barnes, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Maria Sarabia
PO Box 1658
Woodward, OK 73801

IN THE TRIAL COURT OF THE CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
CHEYENNE AND ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED SEP 26 2016

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DEPUTY

In The Matter Of Guardianship Of)
C.M.K.C.)
DOB: 04-03-16)
Minor Child)

Case No. PG-2016-0115

NOTICE BY PUBLICATION

The Cheyenne and Arapaho Tribes to: SHANE COLEMAN

You are hereby notified that Tin P. Surveyor has filed in this Court a Petition For Guardianship of C.M.K.C. DOB: 04/03/2016, minor child on the 26th day of September, 2016, and that said Petition is hereby set for a Show Cause Hearing to be heard in the Courtroom of said Trial Court of the Cheyenne and Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 12th day of October, 2016 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Petition For Guardianship should not be granted.

Dated this 26th day of October, 2016.

Fran Wilson
Fran Wilson, Deputy Court Clerk
Cheyenne and Arapaho Trial Court

Petitioner:
Tin P. Surveyor
Kingfisher, OK 73750

Eastern Band of Cherokee Indians
Cherokee Court
File No. 16-416

CIVIL SUBMONS 07
FILED

Name of Plaintiff: Amanda Gould
Address: 4992 Big Cove Rd.
City, State, Zip: Cherokee, NC 28719

VERSUS

Name(s) of Defendant(s): Lawrence Pedro
Alias andAliases Summons
Date Last Summons Issued

To Each of the Defendant(s) Named Below:
Name and Address of Defendant 1: Lawrence Pedro, P.O. Box 41, Concho, OK 73022
Name and Address of Defendant 2:

A Civil Action Has Been Commenced Against You!

You are notified to appear and answer the complaint of the plaintiff as follows:

- Serve a copy of your written answer to the complaint upon the plaintiff or plaintiff's attorney within thirty (30) days after you have been served. You may serve your answer by delivering a copy to the plaintiff or by mailing it to the Plaintiff's last known address, and
- File the original of the written answer with the Clerk of Court, Cherokee Courthouse, 1 Acquisi Road, Cherokee Quail Boundary (North Carolina)

If you fail to answer the complaint, the plaintiff will apply to the Court for the relief demanded in the complaint.

Name and Address of Plaintiff's Attorney (If none, Address of Plaintiff):
Date Issued: 8-2-16 Time AM PM
Signature: *Debrah Mamey*
Debrah Mamey, Clerk of Court, Cherokee District Court

SEAL

IN THE DISTRICT COURT OF THE CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
FILED SEP 14 2016

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COURT CLERK
DEPUTY

In The Matter Of The Estate Of)
BERT OLDBEAR)
Decedent)
Case No: P-2016-01

NOTICE TO CREDITORS

The Cheyenne-Arapaho Tribes to: Any and all creditors of BERT OLDBEAR

All persons having claims against BERT OLDBEAR, deceased, are required to Present the same with a description of all security interests and other collateral, if any, held by each Creditor with respect to such claims, to:

EFFIE BEARTRACK
Box 174
Hydro, Oklahoma 73048

on or before the following presentment date of: October 19, 2016, or the same will be non-suited, void and forever barred.

Dated this 14th day of September, 2016.

Rebekah Trojan
Rebekah Trojan, Deputy Court Clerk
Cheyenne & Arapaho Trial Court

Copy mailed to:
Effie Beartrack
Box 174
Hydro, OK 73048

IN THE DISTRICT COURT OF THE CHEYENNE & ARAPAHO TRIBES OF OKLAHOMA
CHEYENNE-ARAPAHO TRIBES OF OKLAHOMA
P.O. BOX 102
CONCHO, OKLAHOMA 73022
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In The Matter Of The Estate Of)
BERT OLDBEAR)
deceased)
Case No. P-2016-01

NOTICE BY PUBLICATION

The Cheyenne-Arapaho Tribes to: Any and all heirs of BERT OLDBEAR

You are hereby notified that EFFIE BEARTRACK has filed in this Court a Petition To Probate Estate of BERT OLDBEAR, deceased to Determine Heirs and to Order Distribution of the estate and that said Petition is hereby set for a Hearing to be heard in the Courtroom of said District Court of the Cheyenne-Arapaho Tribes, 700 Black Kettle Boulevard, Concho, Oklahoma, on the 19th day of OCTOBER, 2016 at 10:00 A.M., at which time you may appear and show cause, if any you have, why said Petition should not be granted.

Dated this 14th day of SEPTEMBER, 2016.

Rebekah Trojan
Rebekah Trojan, Deputy Court Clerk
Cheyenne-Arapaho District Court

Copies Mailed To:
Lee Old Bear
711 N.Choteau Ave.
Hardin, MT 59034
David Old Bear
P.O. Box 137
Garryowen, MT 59031
Loris Old Bear
P.O. Box 137
Garryowen, MT 59031

Methamphetamine

More and more people are losing their lives to meth. Do You Know The Signs?

What is Methamphetamine?

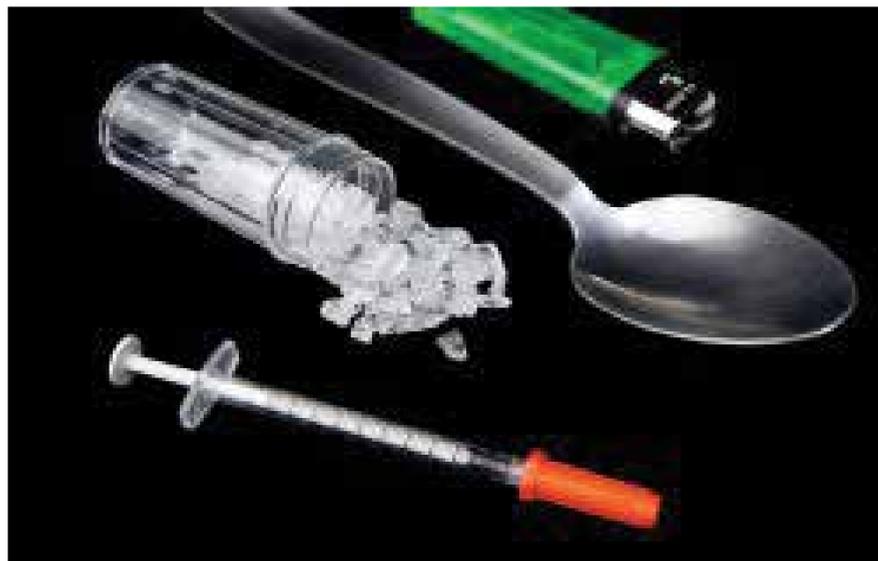
Known most commonly as meth, speed or crank, methamphetamine is a central nervous system stimulant created from amphetamine in Japan in 1919. It was used during World War II, mostly by Germany and Japan, in an attempt to push soldiers to fight longer and harder. Hitler himself received regular injections.

The first Meth epidemic was shortly after World War II, when Japan and the United States dumped large quantities into the civilian population.

Meth causes a surge in the brain chemical dopamine that can last from 6-24 hours. The user feels a "rush" of energy and euphoria. Other short-term effects include alertness, increased stamina, decreased inhibitions, loss of appetite, rapid and irregular heartbeat and elevated blood pressure.

The meth high is sometimes called the *Devil's Hope* because it makes the user feel energetic and invincible, like they could take on the world. In reality, meth is taking them on.

Meth is addictive and long-term effects include mental impairment, extreme weight loss, anxi-



ety, confusion, insomnia, mood swings and violent behavior. Continued use also cause gum disease and tooth decay.

Chronic meth abusers may sweat, shake, grind their teeth and experience cotton-mouth. They may become paranoid and have hallucinations and delusions such as the sensation of insects crawling under the skin.

Treatment For Meth Addiction

Meth addiction is difficult to recover from, but not impossible. There are currently no medications approved to treat addiction to meth.

One popular approach, employs a combination of education and support groups, individual and

family counseling, and drug testing. The therapist serves as a teacher and coach for behavioral changes while promoting the patient's self-worth.

According to the 2014 National Survey on Drug Use and Health, 24.7 million Americans age 10 and up have used meth on a regular basis.

Quest Diagnostics, Inc, reported that, based on urine samples results higher than average rates of meth use continue to be an epidemic in the following states:

- Hawaii-410 percent greater than the national average.
- Arkansas-280 percent greater than the national average.
- Oklahoma-240 per-

cent greater than the national average.

-Nevada-180 percent greater than the national average.

-California-140 percent greater than the national average.

-Wyoming-130 percent greater than the national average.

-Utah-120 percent greater than the national average.

-Arizona-100 percent greater than the national average.

-Kansas-80 percent greater than the national average.

If you or someone you know needs help with addiction call the National Addiction Hotline at 888-465-4344.

JOIN OKLAHOMA SMOKERS CALLING IT QUILTS IN 2016!

SMOKING IS NOT OK

OCTOBER is Quit Month in Oklahoma

#SmokingIsNotOK

- Talk to your doctor or healthcare provider today about smoking cessation treatment options that may be right for you
- Get more information about Oklahoma Quit Month at NOTOK.ok.gov. Find helpful tools online at QuittersCircle.com and download the Quitters Circle app from the App Store or Google Play
- Use #SmokingIsNotOK to share your quit story on Twitter, Instagram, and Facebook, and find more information about Quit Month events
- Call the Oklahoma Tobacco Helpline at 1-800-QUIT-NOW (784-8669) for access to FREE resources!

Trademarks are the property of their respective owners. Quitters Circle is a registered trademark of Pfizer Inc. Sponsored by Pfizer and the American Lung Association. Pfizer does not own or operate the Oklahoma Tobacco Helpline on the website NOTOK.ok.gov and is not responsible for the information or services provided.

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Cheyenne & Arapaho Tribes Fire Management Program & Economic Development Presents Wildland Firefighting Pack Tests

8 am-12 pm Oct. 18
El Reno High School Stadium
El Reno, Okla.

8 am-12 pm Oct. 25
Southwestern Oklahoma State University Stadium / Weatherford, Okla.

REQUIREMENTS:

- 18 YEARS & OVER
- 2 FORMS OF ID
- 3 MILE TEST WITH A 45 LB PACK IN 45 MINUTES

If you are 45 years of age or older and/or have a disability, need current physical

**Test Administered by BIA
Drug Screening Will Be Done on Site**

For more information call
E.I.D. Director Nathan Hart 405.422.7461
Program Specialist Carrie Tallbird 405.422.7457
Winona Youngbird 405.422.7437

2016 INTERTRIBAL VETERAN'S STAND DOWN

SAVE THE DATE

FRIDAY, NOVEMBER 4TH, 2016
10:00 TO 17:00
COX CONVENTION CENTER, OKC

ON-SITE VA REPRESENTATION, WELLNESS CHECKUPS TO INCLUDE DENTAL/PODIATRY/AUDIOLOGY, CAREER SERVICES, FREE HAIRCUTS FOR VETERANS AND WIDOWS, AND MUCH MORE.

FOR MORE INFO (THAT INCLUDES; BOOTH SPACE, TRIBAL PARTICIPATION, LEADERS, PROGRAMS AND HONOR GUARDS) PLEASE CALL:

CARESSA JAMES
CHEYENNE & ARAPAHO TRIBES EXECUTIVE OFFICE
405.422.7734
CJAMES@C-A-TRIBES.ORG

Transportation Request: The Executive Office in collaboration with the Tribal Transportation program and R.E.Sp.E.C.T. program want to ensure that all of our veterans that want to attend the 2016 InterTribal Veteran's Stand Down have transportation to and from the event.

We will need any veteran requiring transportation to this event to please RSVP to 405-422-7734 no later than Wednesday, Oct. 19, 2016 by 3 p.m. We will provide a complete

transportation schedule for this event the following Monday, Oct. 24.

The transportation schedule will be available at the following sites: Tribal Website www.c-a-tribes.org, Cheyenne Arapaho Facebook page, Cheyenne & Arapaho Executive Office Facebook page, the Watonga Republican, Cheyenne & Arapaho Tribal Tribune, tribal community centers and a copy will be sent to your district legislator's office.

For more details or questions call 405-422-7734.

SWOSU

Southwestern Oklahoma State University

Black Kettle Hall

SAVE THE DATE {10.15.2016}

Ribbon-Cutting for Black Kettle Hall & Dedication Honoring Cheyenne Chief Black Kettle and Arapaho Chief Little Raven

11 a.m. Lunch - Memorial Student Center Ballroom
12:30 p.m. Dedication - Black Kettle Hall

Weatherford, Oklahoma



This WEEK at

Lucky Star CASINO

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
PLAYER'S CHOICE EARN 10PTS GET \$10 EARN 20PTS GET \$20 10AM - 4PM MONSTER MASH DRAWING AT 8:30PM	 MONSTER MASH MYSTERY CASH 2X ENTRIES	PLAYER'S CHOICE EARN 10PTS GET \$10 EARN 20PTS GET \$20 10AM - 4PM MONSTER MASH DRAWING AT 8:30PM	 MONSTER MASH MYSTERY CASH 2X ENTRIES	★ MATCH PLAY ★ \$10 DAY PLAY 11AM TO 2PM AND/OR \$10 LATE NIGHT'S 11PM TO 2AM EARN ENTRIES TO MONSTER MASH MYSTERY CASH	★ MATCH PLAY ★ \$10 DAY PLAY 11AM TO 2PM AND/OR \$10 LATE NIGHT'S 11PM TO 2AM EARN ENTRIES TO MONSTER MASH MYSTERY CASH	SUNDAY FUNDAY COME AND GET \$10 Star Play with 10pts earned Monday - Sunday 10AM - 11PM Senior's 55+ Day 10AM - 11PM <small>(Excludes Concho location)</small>



MONSTER MASH MYSTERY CASH

THIS OCTOBER, WIN UP TO \$5000

PLAYING THE MONSTER MASH MYSTERY CASH MATCH AND WIN BOARD!

EARN ENTRIES DAILY
3 POINTS = 1 DRAWING ENTRY

DRAWINGS EVERY MONDAY AND WEDNESDAY AT 8:30PM

MATCH 3 AND WIN:
\$100, \$250, \$500, \$1000 OR \$5000!

Must be a Star Card Player. One promo per person, per day. See Player's Club for details.



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

Promotions valid during Player's Club hours. One promo per person, per day. Management reserves all rights to cancel or modify any or all promotions without prior notice. ©2016 Lucky Star.