Emergency Response Centers Officially Unveiled

Cheyenne and Arapaho tribes reaped over $8 billion from the American Rescue Plan that President Joe Biden signed last week. The guidelines accompanying the funds specified the tribes would use them to help with tribal governments and 26 tribes in Oklahoma hope the plan will pull them out of the fight against COVID-19. Nonetheless, some tribes in Oklahoma hope the plan will pull them out of the fight against COVID-19 and return to normal. They are hopeful and spending rules from the American Rescue Plan that President Joe Biden signed last week. The guidelines accompanying the funds specified the tribes would use them to help with tribal governments and 26 tribes in Oklahoma hope the plan will pull them out of the fight against COVID-19.

In early April, FEMA will begin providing financial assistance for funeral expenses incurred after Jan. 20, 2020 for deaths related to coronavirus COVID-19 to ease some of the financial stress and burden caused by the pandemic. The policy was finalized today, and FEMA is now moving rapidly to implement this funeral assistance program nationwide. To be eligible for COVID-19 funeral assistance, the policy states: The applicant must be a U.S. citizen, non-citizen national, or qualified alien who incurred funeral expenses after Jan. 20, 2020 for a death attributed to COVID-19. If multiple individuals contributed toward funeral expenses, they should apply under a single application as applicant and co-applicant. FEMA will also consider documentation from other individuals not listed as the applicant and co-applicant who may have incurred funeral expenses as part of the registration for the deceased individual. As an applicant may apply for multiple deceased individuals.

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Tribes to get record funding from American Rescue Plan

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Native Americans face persistent and systemic inequities and COVID-19 has dramatically, and often trebly, worsened existing disparities in Indian Country. People living on reservations are much more likely to have COVID-19 and are more likely to die from it. About 2.8 million Alaska Natives (AN) are nearly twice as likely to die from COVID-19 than white Americans. Native American and Alaska Native tribal governments also face severe economic challenges associated with the pandemic. And the loss of Native Elders threatens to erode the critical language, tradition and culture. Tribal governments and Native communities urgently need additional support and funding from the Federal Government to combat COVID-19 and safely re-open schools. American Rescue Plan devotes about $1 trillion towards building a bridge to economic recovery for Native Tribal Nations. These investments build on actions President Biden has taken in his first weeks in office to re-invest in Native communities, and expanding FEMA assistance and other federal programs to cover pandemic and economic costs to Native communities.

The American Rescue Plan will address the majority of a K-8 schools within the first 100 days of his Administration. These investments include set asides at the local and state level to ensure states and districts address the learning loss and social and emotional needs of students disproportionately impacted by COVID-19, including students of color, English learners and students with disabilities.

Deliver immediate relief to American families facing the brunt of the crisis.

The American Rescue Plan devotes about $1 trillion towards building a bridge to economic recovery for Native Tribal Nations. All families and individuals who are recovering from or at risk of COVID-19 will receive $1,400 per person, check, including annual tax credits. For those who have lost their jobs, the plan provides $300 per week unemployment assistance through the end of September 2021. The bill also provides assistance to help struggling homeowners with their mortgage payments and utility costs through the Homeowners Assistance Program. It provides additional funding for families and individuals who are recovering from or at risk of homelessness.

Increase the value of Supplemental Nutrition Assistance Program (SNAP) benefits. The American Rescue Plan will increase SNAP benefits by 15 percent through September 2021. The bill also funds partnerships with restaurants to feed American families and help struggling workers who have helped their communities get through the crisis.

Expand childcare assistance to help hard-hit children care providers cover their costs and increase tax credits to help cover the cost of childcare. This is the single biggest investment in childcare care since World War II.

Give families an additional tax credit to help cut child care costs Families will get back at least half of their spending on child care for children under age 6, and up to almost $8,000 for two or more children.

Provide an additional $1 billion to help school serve all students, no matter where they are learning, and help achieve President Biden’s goal to safely reopen the majority of K-8 schools within the first 100 days of his Administration. These investments include set asides at the local and state level to ensure states and districts address the learning loss and social and emotional needs of students disproportionately impacted by COVID-19, including students of color, English learners and students with disabilities.

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Economic impact of tribes in Oklahoma increases substantially as tribes anticipate future economic relief

By Kylann Degg, Gaylord News

The economic impact of the tribes in Oklahoma has increased substantially during the past year, according to a study from the American Rescue Plan. The tribes have funneled millions of dollars into the state economy, providing a significant boost to local businesses and the overall economy. The study found that the tribes contributed over $5.7 million to different economic sectors, including health care, education, social services, and various other industries.

"The tribes have been instrumental in helping the state recover from the economic impact of COVID-19," said a tribe representative. "They have provided crucial financial support to local businesses and organizations, and their contributions have had a lasting impact on the state's economy."

According to the study, the tribes provided nearly $198 million in revenue to various economic sectors, including health care, education, social services, and various other industries. The tribes have also provided significant financial support to local businesses and organizations, helping to keep them afloat during the pandemic.

"The tribes have been a lifeline for local businesses and organizations during the pandemic," said another tribe representative. "Their support has been crucial in helping to keep these businesses afloat and providing jobs for local residents."
House votes to reauthorize Violence Against Women Act

The House voted 422-17 to reauthorize the landmark Violence Against Women Act (VAWA), which gives legal protections to Native American communities and survivors of domestic and sexual violence.

The legislation ensures that unemployment benefits cannot be denied to individuals who lose their jobs due to sexual harassment or assault, domestic or dating violence or stalking, CNNS reports. It also closes the so-called “boyfriend loophole” in gun laws by banning gun purchases by dating partners. The bill also strengthens protections for Native American women.

The legislation is designed to allow for flexibility in the use of funds and to defer to tribal nation decision-making, giving tribes the opportunity to position the needs of their communities, the Biden administration said in a statement.

The legislation has been reauthorized more than 25 times since its enactment. It is sponsored by Rep. Martha McSally (R-Ariz.) and Sen. Richard Durbin (D-Ill.).

April: Sexual Assault Awareness Month

A woman’s eyes slowly scan a nearly stacked row of household items. She glances down and notices the scuffs and frayed laces on her own sneakers. These well-worn shoes symbolize the difficult journey of her past. Each movement forward has been an act of defiance against the trauma and toward a journey of healing.

This woman is one of the more than one in three (35%) of Native American/Alaska Native women that have experienced rape during their lifetime. She is asking our community for the ability to serve our citizens for the distribution of funerals.

Stand with survivors, making a public statement that you believe survivors of sexual assault.

Revive tribal cultural norms and values to respect a woman’s right to autonomy over her body.

Contact Us

If you have any questions, you can contact the Office of External Affairs:
Congressional Affairs at (202) 644-1600 or at FE-
MA-Congressional-AF-
fairs@dhs.gov.

Commercial Affairs at (202) 644-3440 or at FE-
MA-Commercial-AF-
fairs@dhs.gov.

Private Sector Engagement at (202) 586-3636 or at FEMA-
Erg@aol.com.

We all start at different places when it comes to creating awareness around an issue like sexual assault. Some may already be an outspoken advocate for survivors, and others might be hearing that they can make a difference for the very first time. It’s important to know that everyone can move the needle and make a difference in bringing awareness to sexual assault.

The woman mentioned previously in our story is just one of many of our relatives that have experienced the pain of sexual assault. However, this woman’s story stands apart from others. She has suffered through a process where no one could help her.

Our tribal community deserves to be safe and free from sexual assault. Please contact our program if you need help. The more we team up, the easier the process.

We lived in a community that upheld laws to protect women and children. We all stand together.

We are asking our community for the ability to serve our citizens for the distribution of funerals.
NYCP Assists Native Youth with Academic and Emotional Needs

Latoya Lonelodge, Staff Reporter

At the heart of the student body within Clinton Public Schools is the Native Youth Community Project (NYCP). It is a project providing mentorship services and assisting students in their academic endeavors and emotional needs. In a nutshell.

The NYCP grant was awarded in 2018, in a continued effort to assist youth, under the Cheyenne and Arapaho Tribe’s STEP program.

With their goals of helping students in need, NYCP strives to increase a student’s GPA, assist with college and career readiness, increase parent involvement, provide cultural education and tutor students.

Serving Clinton Public Schools, NYCP staff has been able to work with third through eighth graders who attend Southwest Elementary, Washington Elementary and Clinton Middle School in Clinton, Okla.

Three education specialists work with the principals and counselors, targeting the students’ every need.

“We mentor, we tutor, we advocate for our students. I serve the students in any way, shape or form they need,” Hauly Gray, education specialist said. Gray has been working with the students at Washington Elementary School.

“I also provide a lot of mentoring,” Gray said, the area she finds most fulfilling.

“We build the relationships with our students and give them somebody within the school that they can be comfortable with, somebody that they can connect with,” Gray said.

Gray said creating leaders among the students is the goal and her primary focus.

“The way that we do that is try to help them identify their values, their purpose, and we start with goal setting and big things like respect, being respectful in their classrooms at home, with their peers,” Gray said.

At Clinton Middle School, education specialist Kourtney Meat has been working with the seventh and eighth graders. Helping with tutoring, Meat meets with 15-20 students weekly.

“Right now we’re focusing on goal setting and preparing them for their state testing coming up in April,” Meat said.

“The counselor usually gives me referrals when students are struggling and I’ll pull those students out and we’ll just work on school work or whatever they need help with to get their grades up,” Gray said.

In dealing with student absences in the schools, Meat said the NYCP is working on providing incentives to persuade students to show up for school.

With truancy being one of the biggest obstacles they face within the schools, Gray said it’s safe to say the staff has had to adjust to some of the same things in helping students.

“We’re trying to think of new innovative ideas, providing incentives to try to help encourage our students to get to school and be at school, not only that, but to learn while they’re there,” Gray said.

NYCP school social worker, Mary Decraper, works with all three schools, but has a primary focus in Washington Elementary and Clinton Middle School.

“I work primarily off of referrals when it comes from the faculty or the parent, sometimes the student themselves, or from the education specialists. They’ll identify something that wasn’t identified before and they’ll send a referral to me to work with the students,” Decraper said.

Decraper said she also works with parents that have to attend truancy court.

“Truancy court can be very intimidating for families that aren’t familiar with it, so I go to help advocate for the families, be supportive, and help the family as a whole to understand the importance of education and see what else we can address to make improvements so they can progress out of truancy court,” Decraper said.

Decraper said one of her main focuses is helping students identify their Individualized Educational Plan (IEP).

“I think a lot of times, Indian country as a whole, we have students that have IEP’s and we’re not really familiar as a family on how to advocate on what that means for our children, so I’m a very big supporter of advocating for families and parents of IEP’s so they know and understand what that paper means,” Decraper said.

With IEP’s, Decraper said it’s important to understand how it affects a student’s learning ability.

“We really can’t help them learn if they don’t understand themselves where their strengths and weaknesses are, so that’s something we’ve really been focusing on, I think that’s a really good area,” Decraper said.

Decraper also provides counseling for students and their families who exhibit behavior, or other issues, in the classrooms.

At Southwest Elementary School, Deidra Flurry, education specialist, works with 57 students in the third and fourth grades.

Alongside tutoring and mentoring, Flurry said she has more flexibility in the elementary school and is able to provide talking round tables for students.

“We have different topics that we talk about, I know Hauly and I both addressed respect, how we respect ourselves, we respect others, and what exactly respect weekly,” Flurry said.

With NYCP serving all Native students and not just enrolled Cheyenne and Arapaho youth, Flurry said they also discuss culture and identifying their Native heritage.

“Another important role that we all have in the NYCP program is building that positive relationship with the school administration and the teachers as well,” Flurry said.

Having an open communication across the schools and their staff is what the NYCP staff is trying to build on.

“It also helps us empower our parents at the same time because if we already have communication, it’s easier to convey things to parents and it’s easier for them to feel comfortable seeing that somebody else has built this relationship with their students with us,” Flurry said.

In early 2020 when the COVID-19 pandemic had began its course throughout the communities, forcing businesses and schools to shutdown, the NYCP staff was put on temporary furlough when the Cheyenne and Arapaho Tribes shut down.

When the fall semester had begun, Project Director Mahgan Muskett said the schools had requested the staff return to work and continue their work with students.

“They had already identified a lot of mental health issues with their students when school started back from them being out for so long. Mr. McPaul, the assistant superintendent from Clinton Public Schools contacted Carri Whello, Department of Education executive director and wanted an update on trying to get feedback on when we were going to be able to return,” Muskett said.

In being away from the students during that time, Muskett said it put a drain on the project and the mental health of students.

With the NYCP grant originating from the STEP program, Muskett said the program saw a need and a component for the opportunity that NYCP would provide.

NYCP staff hand out care-packages, snacks, cultural activities and gifts as part of their monthly drive-thru’s for Clinton Public Schools in Clinton, Okla. (Courtesy photos)
Second Chances: Cheyenne and Arapaho Tribes Reentry Program Provides Hope for the Future

Rosemary Stephens
Editor-in-Chief

When Mark Smith Jr. stepped out of the prison system he called “home” for 32 years, he knew one thing for sure … he never wanted to return.

Smith was just 14 years old when he was sentenced to serve 80 years for his crime. At a time when he should have been playing ball in the field or hanging out with his friends, Smith was preparing himself for a life behind bars. He would serve 25 years of his 80-year sentence before receiving parole and a second chance at life.

His parole hearing, held in May 2019, laid out several stipulations that he would have to meet before being released. He would participate in a six-month work release program, psychological evaluations, and the big one, the Tribal Reentry Program.

And that’s when Norene Starr came into Smith’s life and introduced him to the Cheyenne and Arapaho Tribes’ Reentry Program.

“One mission is to reintegrate every direction of a life, the physical, the mental, spiritual imbalance, always moving up the ladder towards the milk way,” Starr said.

The reentry program, she said, is a program geared at assisting those that are incarcerated to reenter society and become a functioning member.

“We want them to enter the family structure, and the workforce. Starting over is difficult and everyone deserves a chance to change and make a better life for themselves,” Starr said.

Smith is one of the first successful candidates to go through the Tribes’ reentry program, celebrating his one-year of freedom on March 25, 2021.

“I had contacted Norene and started in contact with her before my expected release date. I am a tribal member and heard about the program through my cousin. Norene came to visit with me a few weeks before I was to be released and we had a really good conversation. The reentry program really helped me coming out of prison,” Smith said.

When Smith heard that the reentry program is a dream come true and a goal she has had since 2007. She has walked the same path as many whom she is working with through the reentry program, and knows firsthand how important second chances are.

“Upon my own release from prison, going into sober living that was only Christian based, I wanted and needed more of a solid foundation. We want to give others the opportunity to build self-confidence, recover from alcoholism and drug addiction and rebuild bonds using stories from our elders, our cultural values, our language, and building sweating and learning how to set up tips, along with bead work, making regalia, singing and dance,” Starr said.

According to a U.S. Dept. of Justice report on American Indians and Crime released in 1999, on any given day, an estimated 1 in 25 American Indians 18 or older are under the jurisdiction of the criminal justice system, 2.4 times the per capita rate of whites and 9.3 times the per capita rate of blacks. However, African Americans, with a per capita rate nearly double that of American Indians are more likely to be under the care or custody of the correctional authorities. The report was based on data collected over a five-year period.

A more recent report released March 11, 2020, showed U.S. incarcerations as of the year 2019 reflected American Indians/Alaska Natives were the second highest incarcerated at 420 incarcerations per 100,000 American, Africans were the highest rate of incarceration with 600 incarcerations per 100,000 of the population.

The recidivism rate is high if one is released back into the same environment from where they came from, however, statistics show the odds of successfully reintegrating back into life are higher if the prison system is greater when incarcerated individuals have family and community support, and a strong foundation to build from.

“Sobriety living teaches how to pay rent and bills, how to buy and purchase groceries, how to manage money for everyday living costs, it is self and a clean environment that encourages us to want to stay out of prison,” Starr said. “It’s the community that we live in that is the make or break time and it is imperative to change our minds and decide to go and grow with the help of others just like us.”

With the full support of Cheyenne and Arapaho Tribes Gov. Reggige Wassa- na, Starr has big plans for the coming months to strengthen the reentry program for Tribal citizens.

“The tribes are trying to help our tribal citizens faced with adversity and challenging it is to overcome. We want to help those who want to reintegrate into mainstream society, to help change their lives for the better and in so do, help strengthen and change the tribes for the better,” Gov. Wassana said.

Starr encourages any tribal citizen who is expected to be released from prison in the next six months to a year, to contact her for assistance with sober living, felon friendly jobs, medical and mental health assistance, if needed.

For Smith, his desire to change and take advantage of his second chance started in prison, where he completed his Associate Degree in Ap- plied Science. But the assis- tance he has received from the tribes’ reentry program has made a big difference in his life, he said.

“I have a loving family, a nice place to live with my family and I’ve got a decent job. Right now I am working in a factory but I would like to pursue better opportunities. I want to thank Norene for helping me through this, she’s been a great help and she’s a good person. And I know I have strong support to succeed,” Smith said.

To learn more about the Reentry Program, contact Starr at 405-422-7734.
kitchen and everything is up to code,” Damon Dunbar, head of the planning and development team overseeing each of the ERCs construction and upgrades for the Cheyenne and Arapaho Tribes. In March, Dunbar introduced Alan Fletch-er, who gave the invocation and performed the blessing of each room within the new ERC. Following the invocation, Gov. Wassana said, “I want to tell everyone that we could still be there for the public and our tribe. We’ve had emergency, like Reggeti mentioned, tornadoes or another ice storm, or especially COVID we have these facil- ities to help us. But when it’s all over I’m excited that we can come back and pick up where we left off and start having dances again … keep our culture alive,” Kendricks Sleeper, Speaker of the 8th Legislature said. “Our chil-dren and our grandchildren will have nice places to come to gather for years to come and make memories like we have.”

“We did think about it and put a lot of effort into these ideas and this is the first of many openings of these ERC facil- ities. When this pandemic is over the tribes can use these buildings for whatever purpose they want to use it for, so we tried to keep that in mind too for when the pan-demic is over,” Gov. Wassana said.

He closed with special recognition of all those in-volved in the planning, im- plementing and overseeing the project, including New Fire Design, Cander and the 8th Legislature, as well as Dunbar, Casey Peyton, Dan-iel Sellah and Troy Oglas- by for for new sound system.

“I want to tell everyone that we had a helping hand in these Emergency Re-sponse Centers. I’m happy and excited for our people and our tribe. We’ve had emergencies, like Reggeti men- tioned, tornadoes or another ice storm, or especially COVID we have these facil- ities to help us. But when it’s all over I’m excited that we can come back and pick up where we left off and start having dances again … keep our culture alive,” Kendricks Sleeper, Speaker of the 8th Legislature said. “Our children and our grandchildren will have nice places to come to gather for years to come and make memories like we have.”

“More of an opportunity to do grassroots services, to provide direct services to our students and meet not just the academic needs but their emotional needs and that was the idea in going after NYCP for Clinton Public Schools, that need was identified,” Muskett said.

With COVID putting a strain in the project’s effort in reaching out to parents, the once a month parent nights had to be stopped due to social distancing on- going.

In lieu of the parent nights, Maria Moore, NYCP coordinator, said they started hosting monthly drive-thrus.

“I would say that was one of the biggest obsta- cles, was not having our parent nights and having to figure out different ways we could still be there for the parents and the fami-lies and provide for them,” Moore said.

Muskett said the schools have really pivoted as far as hosting school activi-ties. Community partners feel. Also new, a big push is putting the Cheyenne and Arapaho Tribes were in-vited to partake in the after school activities nights. Another school outside of Clinton, Muskett said.

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The Chey-enne and Arapa-ho Tribes Office of Veteran Affairs held a drive-thru event March 23 at Lucky Star Ca-fe in Clinton, Okla.

The office handed out topi-cal Protective Equipment (PPE) to local tribal veterans during the covid-19 pan-demic. The PPE was donated by South Korea to Native American veterans.

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“The idea is that we’ve been identifying these needs in NYCP and in STEP from working in these communities, it kind of guided us to be able to develop this program because now we have a focal point of what our communi-ty needs and what we need to be providing to our students,” Muskett said.

Muskett said the pro-gram would be called the Cheyenne and Arapaho Academic Enrichment and Excellence Program. The project, including New Fire Design, Cander and the 8th Legislature, as well as Dunbar, Casey Peyton, Dan-iel Sellah and Troy Oglas- by for for new sound system.

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Leon Dean Cheney

Leon Dean Cheney was born on February 27, 1942, to Harry Robert Cheney Jr. and Ada Benezine (Bates) Cheney. Leon passed away on March 18, 2022, at the age of 80 years and 29 days.

Leon attended the Longdale School from first grade until fifth grade before he finished his education in Canton, Okla., graduating in 1959. In 2006, Leon was united in marriage to Deanie McWhorter in Canton, Okla., graduating in 1981.

Leon attended Oklahoma State University, where he earned a degree in journalism. He then traveled around the world for five years and later began working in the oil industry. Leon is survived by his family, including his children, Aniyah and Jilo Jr. (now deceased) and Marcela Rodriguez and sons, Manuel Rodriguez and Gavin Cheney.

Eugene was preceded in death by his parents, seven sisters, and Ramona Roman Nose (now deceased) and Martin Roman Nose Jr., all of Clinton, Okla., and his parents, seven sisters, and Ramona Roman Nose (now deceased) and Martin Roman Nose Jr., all of Clinton, Okla.

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Leon has worked in various capacities throughout his life, as a rig hand in the oilfield, he was a hog farmer, he worked in the rock quarry and worked for Rogers Tree Farm.

Leon moved to Ripley, Okla., where he worked as a rough neck and driller. He attended the First Baptist Church in Ripley, Okla., where he had children, Joshua Roman Nose and Gavin Cheney.

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Dark chocolate is loaded with nutrients that can have a positive effect on your health. As with all foods, moderation is key!

Dark chocolate has a de-
cent amount of soluble fiber and is loaded with minerals. A 3.5 oz. bar with 75-85% cocoa which is considered high quality, contains 11 grams of fiber and is above the recom-

mended dietary intake of iron, magnesium, copper, manganese, and has plenty of potassium, phosphorous, zinc, and selenium. It is rec-

ommended that you eat 3.5 ounces daily, only eating a small piece a day to improve overall health.

Dark chocolate is full of antioxidants such as poly-

phenols, flavonoids and cat-
cachins, which combat free radicals in cells that cause disease. Dark chocolate may improve blood flow and lower blood pressure by stimulating endothelium, the lining of the arteries, to produce nitric oxide (NO). Nitric Oxide sends signals to the arteries to relax, which lowers resistance to blood flow therefore, reducing blood pressure. These stud-

ies show the effect is usually mild.

Dark chocolate also rais-

es HDL cholesterol and pro-

tects LDL cholesterol from oxidation, improving risk factors for heart disease. Dark chocolate can also re-
produce insulin resistance an-
other common risk factor for many diseases like diabetes, heart disease. The flavo-

noids may also help protect you from sun damage and improve вас amounts of dark chocolate as you will have to consider calories. Also, be careful of the dark chocolate on the market. Good quality dark chocolate needs to contain at least 70% of higher content to be con-

sidered high quality.

For a personalized weight management plan that meets your individual needs, con-

sult a registered dietitian ei-

ther at the Diabetes Wellness Center or the Clinton Service Unit.

Happy 11th Birthday Hunter PJ Navanick.

We love you very much mom, dad and Johanna Navanick.

Thank you message for the funeral services for Jasper H. Washa Sr.

At this time, we want to thank everyone who offered prayers and well-wishes for our family. We would like to give special thanks to you Rev. Gerald Panama, who con-
ducted the services, and a very special thank you to Craig Hart for singing at the graveside services.

Thank you
The Family of Jasper H. Washa Sr.

Sheldon Leroy Hawk Sr.

Sheldon Leroy Hawk Sr. was born on December 24, 1973 in Kansas City, Okla. to Ler-

oy Hawk Sr. and Marla Jane Hogter. He passed away on March 16, 2021 in Oklahoma City at the age of 47 years. He leaves behind his daughters, Synia and Syd-

ney Hogter and his parents in Oklahoma City.

He went above and be-

yond for his home. There

was nothing he would not do for them. Sheldon was a jack of many trades. There was nothing he could not do. He worked as a roofer with his broth-

er, Robert Littlebird Jr. He helped build many bridges throughout Oklahoma. He rough necked and was very passionate about his tattoo work, “Warrior Ink.” He loved to fish and hunt. He had a heart of gold with folks of all races. He would always welcome anyone and everyone with open arms, no matter who they were. He loved and will

be missed by many of his family and friends.

Sheldon was saved and baptized at Mack-Alford Church of Jesus Christ of the Strumington, Okla. Sheldon loved his family and will always be missed by his brother.

He is survived by his children, Synia, Syd-

ney, and Christine Haws, Sheldon “Noah” Haws Jr., Sheldon “Smoke” Haws, and Rh-

ilynn Wilson-Hawk, his grandchild Kristen Wilson, his great grandchildren, Joel Connan-

ney, Jalen Wilson, Dany-

cia, Dexter, Octavia Haws, and baby Wesley Jannettas, his mother, Marla Jean Hogter, sisters, Chelsea Pearl and Summy James, Sandy, Karen Lee, Susan Haws of Germany, and Tashina Haws, brothers, Johnny Hutm, Tyree Lee, Tony Paul, Shawn, Johnny, James, Leroy Jr., Chris-

topher, and Trevor Hawk, father, Leroy Hawk Sr., companion Brittany Yates of the home, many “NIDS” brothers, many nieces and nephews, favorite uncle “Smoke,” as well as many other relatives and friends.

Sheldon was preceded in death by his grandparents, Mildred Hume and Neltie Hawk, step father Samuel M. James Jr., sister Tonya Hutm and a brother.

Alone Together
I am at the mountain’s bosom Seeking vision in a world, my mind has made Worn and weary from a treacherous path My soul hidden in the past Who I am, I no longer see In the still waters looking at me What have I become, I ask The serene and patient stones Guide me to the warrior No more the bane to release From his self-imposed cell That the walls he build No more protect from but hinder happiness That underwhelms it all You haven’t changed, merely forgotten who you are That while you sit in the shadows of cold stone walls The sun still shines, bird still sing And the mountain’s music still calls That his heart is the torch That can change you in that dark place Pray your prayers and make your chants Send your hopes to the heavens and your tears to the Creator Let you pain become the reality That you still feel and are alive That is that you still feel and are alive And let the music speak beneath the ears Remember the mountains are never far In the still waters looking at me That you still feel and are alive That the warden to release Tell the warden to release For more information and tips on health and wellness contact Tori Conway at the Diabetes Wellness Program 405-422-7685 or visit her at 30616 275th St. Oklahoma City, Okla. 73022 or by emailing tconway@cheyenneandarapaho-ns.gov, or_Matrix Conway 405-422-7665, toll free at 800-247-4612, ext. 25066 or by emailing tconway@cheyenneandarapaho-ns.gov. Source: https://www.ankeloskinet/nutri-
tion/7-health-bene-
fits-dark-chocolate
Message From Your District Legistor: Darrell Flyingman, Cheyenne District 3

Are You Getting the Most Health Care Benefits That Native Americans Are Entitled To?

65 and Over: Low Income Subsidary (LIS) could eliminate the cost of the Native American Part D Prescription Drug if Native American if Native American uses the Indian Health Clinic for their pharmacy needs, one could get $40 reduction off the monthly Part B.

Under 65: If Native American qualifies for the Affordable Care Act (ACA), tribal members get no cost Health Insurance.

Native American Health will be holding short meetings about Native American healthcare and the benefits you are NOT RECEIVING!

Call For Times at 405.487.7011
Leave a Call Back Number. Refreshments will be Served

Native American & Arapaho Tribal Tribune
With a sudden glance of intimidation, standing 6’7” tall and weighing 255 lbs., Caleb Hulbutta, 17, stands confident in his demeanor and is even more headstrong when it comes to competing in heavy weight powerlifting.

In his junior year at El Reno High School in El Reno, Okla., Hulbutta competes on the powerlifting team in the 275 lb. weight class. He first took an interest in weightlifting in the seventh grade, finding himself hooked from the get-go. Hulbutta comes from a small rural school, Darlington Ele-

Hulbutta said his dad, Chuck Hulbutta, got him into weightlifting and inspired him. "It's just something to look forward to everyday and that you love to do, it's just one of my passions. I love weightlifting a lot and I try to make it a priority every day," Hulbutta said.

And while it was his first time making it to state, Hulbutta said it was a fun experience for him. "I never made it to state before because I was just not there yet, but this off season I really stepped it up and I made it to state and got third," Hulbutta said.

"At the state meet Caleb had a 1350 lb. total for third place, compare that to the end of January in Dickson when he had a 1215 lb. total, pretty much within a month and a half he's gone up 135 lbs. That's pretty impressive," Austin Fedderson, head powerlifting coach said. Fedderson said Hulbutta was also the Northwest Region Champ in Woodward, Okla.

"Caleb has been one of our main poster kids in the program, if there's any example of what the weight room and program can do for someone, I always point to him," Fedderson said.

And in the weight room, Hulbutta said that is most challenging in powerlifting is the mentality. "It's really mental, like it's either you get it up or you don't. It's really a mind game," Hulbutta said. But despite his person- al struggles, Hulbutta said his family helps inspire him. "I just want to have a bright future in whatever I do and try to make them proud," Hulbutta said.

"This is my first year looking ahead to his senior year next fall, Hulbutta said he looks forward to playing football and to fo-
cus more on school work and trying to get better at both. Caleb plays left tackle and defensive end for the El Reno football team, where powerlifting has primarily helped him in the sport. "It just gets your mind and your body stronger so it's not as challenging," Hulb-

Butta said. With no plans set in stone after graduation, Hulbutta hopes to see himself contin-

El Reno School Powerlifter, Caleb Hulbutta

By Latoya Lonelodge, Staff Reporter

Butta said he works on legs and upper body the most and is in the gym everyday, twice a day. "In the comfort of his own home for workouts, Hulbutta has maintained a 3.8 GPA through his junior year. Looking ahead to his senior year next fall, Hulbutta said he looks forward to playing football and to focusing on school work and trying to get better at both. Caleb plays left tackle and defensive end for the El Reno football team, where powerlifting has primarily helped him in the sport. "It just gets your mind and your body stronger so it's not as challenging," Hulbutta said. With no plans set in stone after graduation, Hulbutta hopes to see himself continuing playing football at the col-

legiate level. He is scheduled to graduate in 2022. "Caleb has completely changed his body, mind, and spirit from when he came to us before his freshman year, the dude loves working and getting better and it's showed in his hard work and determination. Caleb's parents are Chuck and Linda Hulbutta. His sis-
ters will follow and look to."
COVID-19 VACCINES: GOOD INFO TO SHARE!

DO YOU THINK GETTING VACCINATED IS OK IF WE WANT TO HAVE A BABY?

MY SISTER, A NURSE, SAID THEY'RE SAFE & WON'T PREVENT US FROM GETTING PREGNANT OR HURT THE BABY!

WEREN'T THE VACCINES CREATED REALLY QUICKLY?

THEY WERE, BUT THE TESTING WAS EXACTLY THE SAME.

HOW IS THAT POSSIBLE?

BECAUSE OF ADVANCES IN TECHNOLOGY AND SCIENCE!

BY GETTING VACCINATED YOU'RE HELPING EVERYONE!

HOW MUCH DOES IT COST? WHAT IF I DON'T HAVE INSURANCE?

IT'S FREE, EVEN WITH NO INSURANCE!

UNTIL YOU & MOST PEOPLE ARE VACCINATED YOU WILL STILL NEED TO PRACTICE THE 3 WS:

...WEAR A MASK  ...WASH YOUR HANDS  ...WATCH YOUR DISTANCE

Hohóóú! How do I get my vaccine?

CALL THE IHS AT (580) 331-3433 OR CONTACT YOUR HEALTH PROVIDER TO GET VACCINATED.

A MESSAGE FROM THE:

...COVID-19 TASK FORCE
...DEPARTMENT OF HEALTH & IHS
...LUCKY STAR CASINO & TRIBAL HEALTH BOARD

ARTWORK BY BRENT LEARNED @BRENTLEARNED
GRAPHIC DESIGN BY LORI SIMS-COX