Honoring The Lives of Those Missing: MMIW Honor Parade

Latoya Lonelodge, Staff Reporter

(CONCHO, OK) Filling the parking lot of the Concho powwow grounds one could see glowing different shades of red, bright and dark alike. The people, young and old, displaying the colors so distinctly, and with a purpose.

On May 12, the Cheyenne and Arapaho Tribes Domestic Violence program hosted a Missing and Murdered Indigenous Women (MMIW) Honor Parade in Concho, Okla., to bring awareness and allow the opportunity for others to raise their voices about the MMIW epidemic.

With statistics suggesting that Native American women are 10 times more likely to be murdered than any other demographic and are twice as likely to be a victim of crime, the honor parade paid homage to the lives of loved ones who have been missing or have been murdered.

Coming into the Cheyenne and Arapaho reservation that day was unlike any other, upon entering the aisles of tents that lined Black Kettle Road were red ribbons marking the path of the MMIW parade. An aura of camaraderie could be felt watching families coming together in support of the cause.

Gathering in the parking lot of the Concho powwow grounds, tribal citizens and community members decorated their vehicles and trailers with signs and emblems of the signature red handprint that represents MMIW to participate in the parade.

Beginning the MMIW event and parade, guest speakers were invited to share their stories and how the MMIW epidemic has affected their families.

The parade was scheduled after the recent passing of Ida’s Law, named after Ida Beard, a Cheyenne and Arapaho tribal citizen that went missing in 2011.

“There’s many of us that have or are going through this situation of losing a family member being murdered or gone missing. Our family and our men folk and Ida’s kids and grandchild, I want to say they’re thankful for the prayers that have pulled us through not being able to find Ida this long,” Black said, family member of Ida Beard.

Black said when Ida first went missing her family went door to door with her picture and rumors had begun circling on her whereabouts, some rumors being more terrible to mention than others.

“All of our prayers, they’ve been heard, and we’ve been grateful for the opportunity to be able to attend the event due to health concerns, Black said.

Sixteen years later they finally found her and put her in the morgue. Six years after that they finally did the test and told her family ‘It’s her, she’s been there all this time,” Black said.

Black said these kinds of situations need to be taken care of immediately.

“When you know that your family members don’t go off for three or four days, they might go out for a night or two and they’ll come back or notify you that they’re someplace, but when they’re gone and they don’t come back, we say help us and we don’t get that help, but with Ida’s Law, it’s a start,” Black said.

With Ida’s mother not being able to attend the event due to health concerns, Black said her sister Rebecca Ponikilla was walking in a yellowing woman.

“Sometimes you know when your loved one leaves and you put it to rest, but

Latoya Whitesaw, family member of Regina Curtis, shares Curtis’ story when she was reported missing in 2000 and how her disappearance has affected her family through the years when Curtis’ remains were not identified until 2016. (Photo by Latoya Lonelodge)

See MMIW HONOR pg 5

Cheyenne and Arapaho Tribes Hold Ribbon Cutting Ceremony for Property and Supply Building

Latoya Lonelodge, Staff Reporter

(CONCHO, OK) Gathering under cloudy skies, others came together to support of a positive cause that was long overdue.

On May 19, the Cheyenne and Arapaho Tribes held a ribbon cutting ceremony for the newly built Property and Supply building in Concho, Okla.

The building is located directly behind the new Food Pantry building and sits next to the R.E.Sp.E.C.T. building in Concho.

Cheyenne and Arapaho Tribes Gov. Reggie Wassana said the only thing missing is a ribbon cutting ceremony for the Property and Supply building.

While the Property and Supply building wasn’t initially on their priority list, the more they began to think about what the tribe’s needed to accomplish and what was needed down the road, it became a priority.

With the Property and Supply program housed in a half- room, Wassana said, “this is quite the accomplishment for that department.”

Those guys sitting in here that were in half of that room, they understand that this is a really big change, but I think that’s what it’s all about, tribal citizens, leadership and others are trying to accomplish is a change for the better, a change

See RIBBON CUTTING pg 4

Yearly Audits Completed

Tribal Government and Casinos Receive Favorable Audit Results

(CONCHO, OK) Unprecedented results. Financial auditors on the tribal government by outside national financial accounting firm, McCabe CPAs, Group, LLC, retained by the tribes and the executive branch for the annual single audit of tribal government programs revealed 2019 as a record year of clean audits by independent auditors filed with the Federal Audit Clearinghouse.

This filing establishes a permanent record of fact of tribal financial management and stewardship of both federal and state funds.

The audit results are unmodified opinion and this is the opinion the tribes received on its 2019 audit.

The second best opinion is a qualified/modified opinion and this is the opinion the tribes received on its 2018 audit.

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“My administration knows from the very beginning one of our top priorities was to improve our financial stability, specifically our tribes’ audits,” Cheyenne and Arapaho Tribe’s Gov. Reggie Wassana said.

“As a tribe, it is our duty to our citizens to be financially responsible and accountable.

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(CONCHO, OK) Unpre-
From the Streets of Despair to the Path of Dreams

Rosemary Stephens
Editor-in-Chief

Looking back four years ago, 31-year-old Asa Samuels, Arapaho/Choctaw, never dreamed he would be standing where he is today. A rookie with the Oklahoma City Police Department, he was just out of the Osage Rehabilitation Center, having just finished a successful two-week program for drug and alcohol addiction.

“I was 29 years old when I was released on bond. I had no plans, no goals, and I certainly didn’t have God in my life or heart. I had no one to turn to but myself that was not where I wanted to end up,” Samuels said.

Asa started trying and quitting drinking and had to be hospitalized because of the detox process. After spending 16 days at the referral center he agreed to rehab for the first time.

“I went to rehab at Ouage Nation. Once I got to the Ouage rehab I started getting more culturally influenced,” Samuels said.

He said he took hold of what they were doing, and that’s where he came to know God. “They all went to church on Sundays and seemed to be pretty enthusiastic about it, and I thought okay, I’ll try this church thing. So I started going to church with them on Sundays and eventually I would have prayer meetings, which I made it a habit to go,” Samuels said.

Although they didn’t have to, the rehab was set up that if one person didn’t go no one was able to go he said laughing, and he didn’t want to be that one who kept everyone from going.

Samuels picked up his first drink at the age of 13. At first he said it was just for fun and then it went into buying beer then it went into buying a pint a day, sometimes two pints a day of 100 proof.

“I started losing touch with my family, I couldn’t keep a job, I wasn’t able to see my kids, I didn’t have a car, I didn’t have a license and I was in and out of jail. Now I have a record because of that (drinking) with multiple DUIs,” Samuels said. “I was going down a very dark, dark path. I wasn’t in church and I certainly didn’t have God in my life or heart. Had no goals and no plans, and had no future. My only future was either jail or death.

That was one of the things that made me realize I had to stop. He was 29 years old when he found himself walking the streets of Shawnee and knew somewhere deep inside of himself that was not where he wanted to end up.

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Natural medicine is ‘Good Medicine.’

On June 1 I community of Weatherford in western Oklahoma will welcome its newest Medically based business. .Good Medicine Cannabis Company aka ‘Good Medicine.’ Entering the doors one may feel like they’re transported into an upper class New York medical urban shop, with a crisp clean interior design, but still a welcoming presence.

For Sonya Denzoon her husband, Chris, it is the start of being able to help others with a healthy alternative to medications – especially pain medications, such as opioids.

Sonya’s first-hand experiences of being prescribed pain medications after major surgeries prompted her to want to find a different way. Once she did, her goal was to help others. To help Sonya had several surgeries in the past and was about to have another on her neck and back, and while recovering from the first surgeries she was taking opioids and she was very concerned about getting addicted. Sonya said. She said she hated the way they made her feel, she was anxious and the opioids ad- dicted to them, and was feeling really unhappy with the whole experience. Luckily, she confided in a co-worker at work about what was going on and she was asked if she had ever tried CBD.

“She started telling me all about the healing properties it had and I thought how could I not know about this?” Sonya said.

She began to research CBD and read all she could about the healing properties and decided to give it a try, because, in her words, it couldn’t hurt.

“I was just amazed at how much better I felt. I was ready to go, I had no more pain. It was like instant. So I was beginning to think was I even need those pain pills, was it physically and socially with that was going on, she asked if I had ever tried CBD.”

Sonya said.

Not long after Oklahoma voters passed medical marijuana in 2018, and the industry began to flourish. Despite the med- ical marijuana to manage the pain. While recovering from back surgery, she said she was ‘sold.’

“For me that was huge, I could still function, I didn’t have any withdrawals that comes from being on opioids, especially an amount of time I would have had to be on those pills.” Sonya said.

Medical marijuana has been proven to be a treatment for many medical conditions, including, but not limited to, arthritis, depression, anxiety and PTSD.

Cheyenne and Arapaho Tribal Citizen Awarded the Prestigious Diversity Fellowship at Oregon State University

Latoya Lonelodge, Staff Reporter

While pursuing dreams of her own in the field of journalism, Joanna DeMeyer, a citizen of the Cheyenne and Arapaho Tribes, also has big ambitions of mentoring others, like herself, who want to get an education at the college level. Her enthusiastic and passion for education and in helping others can be seen through her determination, a demure so strong will that nothing has held her back from going after her dreams.

In finishing up her undergraduate degree at Oregon State University, DeMeyer has been awarded the Prestigious Diversity Fellowship from the graduate school. It was an opportunity for DeMeyer to continue her education to receive her PhD, where she will be studying the effects of trauma on attention and memory and it’s intersec-

DeMeyer’s interest in pursuing her education came when she was offered a second upward bound while in high school.

“It was a program for first generation or low-income students who could actually go to the University of Wyoming for the summer and take some college courses; live on campus and experience college life outside of school, see what the college life is like, and experience other people’s life situations,” DeMeyer said.

“It was an opportunity for DeMeyer to meet people outside of her natural, and to see how she would like attending college.”

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According to a 2020 study published in the Journal of Psychopharmacology, people with major traumatic injuries or pain have found CBD effective for managing pain. However, the use of medical marijuana is not without controversy and may lead to addiction if not used correctly.

Joanna DeMeyer, a citizen of the Cheyenne and Arapaho Tribes, was recently awarded the Prestigious Diversity Fellowship at Oregon State University in continuing her education for her PhD in Psychology. She is pictured with her husband, Phillip DeMeyer and their daughters Sarah Grace and Savannah. (courtesy photo)

New Medical Marijuana Dispensary Opens in Weatherford

Sonya and Chris Denzoon are the owners of the new medical marijuana dispensary, Good Medicine, in Weatherford, Okla. (Photo / Rosemary Stephens)

Rosemary Stephens, Editor-in-Chief

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my five year goals I had and have already achieved different insecurities. I’m a loss of a child, and many obstacles to get where I am, Seminole State College. set out to fulfill his dreams Jack Hanna. Jeff Corwin, Steve Irwin and Bound and was a huge fan of shows, such as Homeward life,” Samuels said. want do with the rest of my said to myself this is what I where I found my purpose. I wildlife running free and that and all the other kinds of were roaming free, the deer Grass Prairie Reserves.

Ribbon cutting for the remodeled Canton Emergency Response Center was held May 19 in Canton, Okla. (Photo / Chris Roman/Nevv)

Another ribbon cutting signifying the opening of the brand new Kingfisher Emergency Response Center was held May 19 in Kingfisher, Okla. (Photo / Chris Roman-Nevv)

Ribbon cutting for the new state of the art Dept. of Treasury building was held Wednesday, May 19 in Concho, Okla. The new Treasury department is housed in the former head start building, completely renovated and redesigned. (Photos / Rosemary Stephens)

The ribbon cutting for the new state of the art Dept. of Treasury building was held Wednesday, May 19 in Concho, Okla. The new Treasury department is housed in the former head start building, completely renovated and redesigned. (Photo / Latoya Lonelodge)
when you don’t know, it’s just out there, there’s nothing you can do or say to mend your broken heart. I know that Becky would appreciate all of you being out here and all of you taking the time,” Black said.

Grabbing the attention of many, standing front and center, Marilyn Black, Ida’s niece, with a fixed gaze began to plead for anyone to come forward with any information on Ida’s whereabouts.

“We all miss her and if anybody knows anything please let us know because she’s missing out on her granddaughter’s life. I know in my heart she’s still out there and all I want to say is that Ida’s law isn’t just for our family, it’s for everybody and for all our people.”

Next to speak was the family of Regina Curtis, a Cheyenne and Arapaho tribal citizen that was reported missing in May of 2000. A month after Regina was reported missing, her remains were found near Lake Stanley Draper in Oklahoma City, but would fail to lead to „solved until 16 years later.

Lafreda Whitecrow, Regina’s niece, said her remains were not identified until February 2016 and that the Oklahoma City Police Department has admitted fault in the handling of her case.

“It was a long and agonizing 16 years looking for her. Regina’s mother passed away one year after reporting her missing and her father passed away one year after burying his daughter’s remains,” Whitecrow said. “Eventually our family is now just looking for answers as to why it took so long and who is responsible.”

Alyssa Hill, social worker for the MMIW event. SORNA Technical Assistant for the Tribal Justice Program, said that it’s something that’s affected many times.

“I lost my cousin when I was 7; she was 17 and pregnant, seven months pregnant. That’s something that’s affected me from an early age and I was always thinking about it and trying to help and them get the answers to the cause,” Faris said.

“They had helped to bring awareness to the MMIW epidemic throughout her life and she said she thinks it’s good to see Ida’s Law pass.

“People are still suffering out there… it’s something that’s affected me from an early age and I was always trying to help and them get the answers, to the cause,” Faris said.

Whitecrow said she hopes the event brought awareness to when people are missing or murdered.

“It’s been a struggle for all of us since the first weekend in April. Everyone I’ve met affected by the MMIW epidemic. We’re waiting for the answer. I’m hoping that we will be able to get more families answers to what happened to their loved ones and eventually make more awareness to some of the cases that are becoming cold cases.”

“I think anyone you bring awareness to when people are missing or murdered, I think you have a very good chance on solving these cases and making sure that those people that have done the injustice are caught and apprehended,” Wassana said.

With May 5 being a day of recognition for coalitions and groups across the United States to honor the victims of MMIW, Sabrina Norris, Domestic Violence Program coordinator said the program got together with the Social Services Executive Director Winona Youngblood to discuss the possibilities of what the tribes could do to honor loved ones.

They hoped the event brought awareness to when people are missing or murdered.

“Just to see the amount of support coming not only from our programs and the tribe itself, but to the whole communities and the surrounding areas, even other tribes that came to support and supported this event, it was tremendous, I had goosebumps,” Norris said.

Today means that I can be with family and friends or those that have passed. She hopes to continue seeing others honor MMIW victims and eventually make the parade an annual event.

“If we can make this an annual event where we’re able to honor our loved ones and hopefully with the passing of Ida’s Law we’ll be able to get more families answers to what happened to their loved ones and just keep bringing awareness to it until we bring up every one of our sister’s home,” Norris said.

We have people still coming up to us and asking us for shirts, I’m so happy that we’ve been able to make more laws to prosecute people who come and do this,” Faris said.

In witnessing others coming together to support a cause, Faris said it was a good day to come and honor those that have passed.

“Our loved ones and be with family and friends and co-workers, share our stories and it’s just a good way for us to heal together,” Faris said.

With May 5 being a day of recognition for coalitions and groups across the United States to honor the victims of MMIW, Sabrina Norris, Domestic Violence Program coordinator said the program got together with the Social Services Executive Director Winona Youngblood to discuss the possibilities of what the tribes could do to honor loved ones. Norris said they formed a planning committee and got the other Social Services program together and started meeting on a weekly basis since the first weekend in April.

“The goal was to honor our loved ones that are missing or have been murdered. I know I have all we’ve loved ones that we’ve lost way too soon or that have been taken from us tragically, so just bringing that awareness up to the community together to help honor them, not only that but to come together and heal, I think that was really important,” Norris said.

In bringing the MMIW parade alive with an enormous amount of participation and Norris, the MMIW parade a success, Norris said the event exceeded her expectations.

“We are hoping to continue seeing others honor MMIW victims and eventually make the parade an annual event.

“If we can make this an annual event where we’re able to honor our loved ones and hopefully with the passing of Ida’s Law we’ll be able to get more families answers to what happened to their loved ones and just keep bringing awareness to it until we bring up every one of our sister’s home,” Norris said.
Carson Matthew  
Antelope  
Bachelor of Arts  
Metropolitan State University of Denver

Isabell Campos  
LPN  
Chisholm Trail Technology Center

Joanna “hisei hi3e” (Pedro) Delleyer  
Bachelor of Science  
Oregon State University

Stacy Lynn Fletcher  
Bachelor of Science  
Northeastern State University

Rhonda Medicinewater  
Master of Science  
Bastyr University

Mason Ott  
Bachelor of Arts  
University of Louisiana at LaFayette

Asa Samuels  
Associate of Science  
Seminole State College

Charles Sleeper  
Bachelor of Science  
Oklahoma State University

Silvia Sutton  
Bachelor of Arts  
Southwestern Oklahoma State University

Caitlin Amber Ta  
Bachelor of Science  
University of West Florida

Not Pictured:  
Angelica Littlehawk  
Bachelor of Social Work  
Colton Romanross  
Bachelor of Science  
Victoria Turner  
Master of Speech Language Pathology  
Marcy Turner  
Master of Speech Language Pathology  
Amaris Sweezy  
Master of Business Administration  
Samantha Blackowl  
Associate of Arts  
Walter Blackowl II  
Associate of Science  
Jamia Bird  
Bachelor of Science
I learned my A-B-C’s and 1-2-3’s, to tie my shoes and when to say please, but it’s time to move on. I’ve had lots of fun, but look out Kindergarten - Here I Come!

Sponsors of the 2021 Graduate Tribute:

Allie’s Bakery
Nutrition Hub
IGG Screenprinting
JKM
Ross Seed & Feed
Cheyenne and Arapaho Tribal Tribune

Congratulations
Christopher Isaiah Potter, 24 years old, was born in Tulsa, Okla., on July 7, 1996 to Shay Nicole Potter. He was “Isaiah” to all who knew and loved him.

Isaiah was the adoring fa- ther to Zion Bear Potter and loving companion to Zion’s mom, Francesca Vazquez.

He was the cherished and beloved son of Joey and Shay Starbuck, loving father of Levi, adored grandson of Jay and Patti Potter, nephew to his aunts and uncles that he loved dearly, a fun and most certainly loved cousin, God son to Jeremy and Susan Robinson and a close friend to many.

Isaiah lived in peace and was preceded in death by his grandparents, Pauline Ridgebear Goss and Toby Potter.

Isaiah grew up in Cowe- nia, Okla. and graduated from Coweta High School in 2015. He was an exemplary student, exceptional athlete, and service-minded commu- nity member. He served as vice-president of the National at Junior Honor Society and was a member of the National Honor Society throughout his time of attend- ance at Oral Roberts University.

Isaiah was a member of the debate team, the archery team, and the Fellowship of Christian Athletes. He was an avid camper and was a 5-year Kamp Kanakuk atten- tende.

Isaiah played basketball, baseball, truck trash, and his most beloved sport, bowling. He was a loud, fast-talking pitcher. Much to Joey’s dismay, he loved showing the “funny side” of his knackluggage.

Isaiah played on many clubs and teams when he was younger and he and his family formed treasured relationships prior to making the high school baseball team.

Isaiah was beloved by many baseball brothers dearly. Isaiah al- ways set the trend for a new haircut and was freely known as “Dressed” multiple years in a row.

Isaiah was one to remember, he was an old soul, wise beyond his years.

Isaiah loved his battles with fierce support from everyone who loved him. He desired a purposeful life and was passionate in his beliefs.

Isaiah formed deep re- lationships and touched the hearts of everyone he met. He will forever remain in our hearts and we will trea- sure memories of such precious memories.

Godspeed my son, we will see you soon. I love you, mom.

Frederick Mack Warden

Frederick Mack Warden, 60, of Tahlequah, Okla., passed from this life at his home May 19, 2022.

Frederick was born on Jan. 9, 1962 in Oklahoma City, Okla. to Alvin, Sr. (Gus) Warden and Mattie Belle (Wade) Warden.

He spent his working years as a laborer, operating heavy equipment for road construction jobs. In high school he was a wonderful football player, powerlifting champion and made all dis- trict as a football player. Frederick graduated from Kinard High School in 1980.

He was a citizen of the Chey- enne and Arapaho Tribe, brother to two sisters and four brothers, grandchild of Cyrus, Arie, Shaka, and Keena Eby, son of Brady and Dorothy Warden, and grandson of David and Dorothy Williams.

He father George Gibson, mother Loreta Ginn Martinez, and grandson Xavier Kantleh predeceased him in death.

A wake service and fu- neral was held at the Huber Bensen Memorial Chapel with Rev. Gerald Panama officiating. Burial followed at the Highland Cemetery in Coweta, Okla.

Christine Fingerman Starr

Christine (Fingerman) Starr was born on Dec. 21, 1931 to Pete Fingerman and Lenua Fingerman in the Whiteshield Camp north of Okmulgee, Okla. She passed away at home in her residence on May 15, 2021.

Christine has lived her lifetime in Hammon. She at- tended and graduated from Hammon High School in 1951.

She married Frank “Toby” Starr on Aug. 28, 1951 and has been a home maker and stay at home mom.

Her father was Leislie Pekah, mother Cindy Lynn, and brother Tommy Pekah and son David Pekah predeceased her in death.

She was a proud citizen of the Cheyenne and Arapaho Tribal Community and was an active member of the Christian Church in Connerville, Okla. and Marshall Niedo of Lawton, Okla.

Christine was preceded in death by her parents, Alex and Mattie Belle (Wade) Starr and brother Martin Fingerman.

Allena Sioux and Tris- sue Martinez, and grandson Shia, and Keanu Etcitty, So- nate Georgia Gibson and 10 grandchildren.

She was a member of the Native American Church and was a special ability to deci- de for herself and her family and was highly committed to the Native Spirit Ministry Production. He would just eulogy all year for the event, having a love of his life, Frankie, gave birth to their son, Zion Bear Potter. Isa- iah was a devoted and active member of the church with group and was a self-taught pianist. Isaiah sang solos during his time of attend- ance of Liberty Freewill Baptist Church in Broken Arrow, Okla.

Christine was a member of the Bottum Church in Tulsa in which he and his family be- longed.

A love for Jesus and education was a strong influence in Christine’s life.

The memory of Christine and the lives of everyone he met.

Hinonoei

Lydia Louise Peka

Lydia Louise Peka was born Dec. 22, 1937 in Law- ton, Okla. She passed away May 12, 2021 at her home in Oklahoma City.

Lydia lived in house- keeping most of her life.

Her father was Alex Mac Warden, mother Mattie Belle (Wade) Warden, and brother Martin Fingerman.

Brett and Bobby Warden, son Hipolito Espi- nora and Lorena Espinoza.

Lydia was a member of the Nation- al Honor Society throughout her school career at ORU and was focused on his senior year at Oral Roberts University.

Isaiah was a current member of the youth group at Guts Church in Tulsa.

Isaiah was currently em- ployed by Turner Peaches as a para-profes- sional. He loved the difference in the lives of the students.

Isaiah loved to convince others to do something that he would never do, like sit down to a red wrap seat or eat a ghost pepper and then laugh at their surprise and outraged. He was a pro- tector. He enjoyed challenging people’s beliefs and entering deep conver- sations about controversial subjects.

The memory of Isaiah’s bright smile, curious mind, warm hugs, and loving heart, will never be forgotten. We will forever feel the loss and ripeness of his absence.

Isaiah loved his battles with fierce support from everyone who loved him. He desired a purposeful life and was passionate in his beliefs.

Isaiah formed deep re- lationships and touched the hearts of everyone he met. He will forever remain in our hearts and we will trea- sure memories of such precious memories.

Godspeed my son, we will see you soon. I love you, mom.
Happy Birthday Bob!
Your birthday has always been a special day to me too!
Years ago, I gained the best friend I will ever have on this day, the day you were born. Thank you for being there for me brother. I hope all your wishes come true today.
Happy Birthday, love your brother Bill

Happy 88th Birthday
Elsie Ruth Lamebull Ross
June 1
Love all your family & friends

Congratulations Michelle Ferrell for receiving the “Student of the Month” award and
Happy 11th Birthday May 25
Michelle is the daughter of the late Felicia Yellow Eyes, and granddaughter of Carol Whiteskunk.
We love you Michelle
Your many family and friends

Congratulations
to
Cyan Shadden on graduating!
From your uncles, grandmas and all your family

Congratulations &
Happy 18th Birthday
Aiyana Lambert
May 29
Aiyana Lambert is a 2021 graduate of Cherokee High School in Cherokee, N.C., where she was recently inducted into the National Honor Society. She has been accepted to the University of Oklahoma and University of North Carolina Asheville, and has decided to attend UNC Asheville. She plans to later attend UNC Eshelman School of Pharmacy at the University of North Carolina at Chapel Hill to obtain a PharmD degree.
She is the daughter of Amanda Gould & Will Lambert of Cherokee, N.C. Paternal grandparents are Kathy Williams of Canton, Okla., and the late Rupert Gould. Maternal grandparents are Mary & Ernest Lambert of Cherokee, N.C. Paternal great grandparents are the late Kenneth and Ida (Nibbs) Williams. Paternal grandparents are Mary & Ernest Lambert of Cherokee, N.C. Paternal great grandparents are the late Daisy (Gould) Green and Wilson Lime.
We are so proud of you! Love your family

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Happy 51st Birthday
Elvia Ruth Lamebull Ross
June 3
Love all your family & friends

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We are so proud of you! Love your family
Voter Registration: Are you 18 on or before Oct. 5, 2021 - Please Register to Vote Before June 15

At the end of the day, after months of preparing, Chris and Sonya was easy and Sonya, who owns the building, said, "With our products, every strain we carry, I will have knowledge of the chemical make up of it, the compounds, the healing properties of it, then I will be able to effectively help you find something whether it's for arthritis or anxiety," Sonya said.

Good Medicine's soft opening is June 1, with operating hours of Monday through Saturday 10 a.m. – 8 p.m. They are offering tenor discounts, Veteran discounts and a 15% discount for a citizen of any Native American tribes. "I am definitely going to be an advocate for medical marijuana as an alternative from opioids. I believe that addiction is out of hand, and marijuana as an alternative will be an advocate for medical marijuana," Chris said. "It’s for arthritis or anxiety," Sonya said.

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Voter registration for the Cheyenne and Arapaho Tribes 2021 Elections is now open. Voter registration will close on Oct. 5, 2021 and will not reopen until after the 2021 elections. Cheyenne and Arapaho citizens may submit their voter registration form online by visiting www.cheyenne-nsn.gov and click on the Election Commission tab, or contact one of the Election Commissioners, A1 Ray Mosqueda at 405-306-9281, C1 Sandra Hinshaw at 405-933-7944, A2 Dale Hamilton at 405-248-7584, C2 Norma Birdshead at 405-422-7584, C3 Ramona Welch at 405-464-6043 or C4 Sarah Orange at 405-637-6656 to have a voter registration form mailed to you or by filling out the voter registration form below, cut out and mail back to the Cheyenne and Arapaho Election Commission, PO Box 89, Concho, OK 73022.

All Tribal citizens 18 years of age or older are eligible to vote.

If you have registered to vote in the past election, please contact your district election commissioner to verify your correct address is still current. If your address is not correct, or if you have moved, and you request an absentee ballot, your absentee ballot will not be delivered to the correct address. Please ensure your address is correct by contacting one of the election commissioners listed above.

In accordance with the "Cheyenne & Arapaho Tribes Constitution Article IX Sections 1 & 2":

A. Members of the Tribes age (18) eighteen or older shall be eligible to vote in an election;
B. Cheyenne voters shall register in the Cheyenne District in which they reside. Cheyenne voters who do not reside within a Cheyenne District shall register to vote in any Cheyenne District; provided that once registered in such District, the voter shall not be permitted to change districts unless he or she establishes residency in another Cheyenne District;
C. Arapaho voters shall register in the Arapaho District in which they reside. Arapaho voters who do not reside within an Arapaho District, shall register to vote in an Arapaho District; provided that once registered in such District, the voter shall not be permitted to change districts unless he or she establishes residency in another Arapaho District;
D. Members of the tribes who possesses both Cheyenne and Arapaho blood shall register to vote in either a Cheyenne District or an Arapaho District, provided that such member may only change from a Cheyenne District to an Arapaho District or from an Arapaho District to a Cheyenne District, once;
E. A member who is properly registered to vote in a District shall not subsequently register to vote unless the member establishes residency in another district or fails to vote in (2) two consecutive elections.

If I certify I have read and understand the Cheyenne & Arapaho Constitution Article IX, Section 1 & 2 and all the information given is true and accurate.

Signed (Registered Voter) ____________________________ Date __________

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<tr>
<th>District effective (date)</th>
<th>Verified by (Election Commissioner)</th>
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<td>Date Eligibility Receipt Mailed</td>
<td>E-Mailed</td>
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RETURN TO: C & A Tribes of Oklahoma, Election Commission, PO Box 89, Concho, OK, 73022, 1-800-247-4612, ext 72619.

AUDIT

This is the fourth year in a row that all of our citizen's have received an unqualified opinion and is a testament to the casino Gaming Commission staff that have worked hard to ensure that we have full accountability of our gaming money, Gov. Wassana said. A copy of all of the audit reports are available at the Cheyenne and Arapaho Tribes Office of Records. For more information, contact the communication's office at (405) 422-7928.

In accordance with the Gaming Regulatory Act (GRA).

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JACOB LONG, ERHS Track & Cross Country

By Lauren Lomolino, Staff Reporter

(EL RENO, OK) While building up his endurance and gaining momentum making his way across the terrain, running cross-country has become much more than a sport for 17-year-old Jacob Long.

Long, in his junior year, is a part of the Track and Cross Country team at El Reno High School.

His love for running began when he was attending the University of Oregon.

"They always had track and I started that in 3rd grade, it's been a long time, I was maybe 10 and I started running cross-country there," Long said.

Long was among the first group of cross-country runners for the El Reno High School team.

Long got state runner up his eighth grade year. Being part of that first group of cross-country runners was the reason Long began running college cross-country, and although Long has had his ups and downs, Long believes it worth it.

"I think it feels really rewarding to do it and it's just so fun, it really is just running out and running all day," Long said.

And while running as a sport is tough in itself, Long said what inspires him the most is just doing good for his team-mates.

"My team motivates me, we all motivate each other and it's like that," Long said.

Running alongside his teammates, Long said running has also taught him what teamwork means.

"To push your teammates and get the whole team better and you need all your teammates to be good in order for like your team to be good," Long said.

When Long first transitioned into high school from El Reno, he said he had only one friend but soon became close with friends elsewhere.

In continuing his running journey through track and cross-country in high school, Long admits, it's been hard, Long being from Oregon State. It has been a long journey DeMeyer has faced during her academic journey.

"I wish we could've continued too because our team would've went to state sooner, but I'm only one out, it kind of sucked because I know they're still around, but they're in football or basketball so that's good for them," Long said.

Looking back to when he was introduced to cross-country and track, Long said over the years he believes he has improved in his running.

"I get stronger, I'm more of a team work runner, I care for the team and I really try to push my guys and get them better as well, I've gotten more endurance and I'm just a smarter runner, more experience, I've gotten more diligence and become more hard working since then, like I want it now," Long said.

Looking forward to his senior year of track and cross-country, Long said his goal for next season is to make it to state.

"I wish we could've continued too because our team would've went to state sooner, but I'm only one out, it kind of sucked because I know they're still around, but they're in football or basketball so that's good for them," Long said.

Looking forward to his senior year of track and cross-country, Long said his goal for next season is to make it to state.

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CHEYENNE & ARAPAHO HEAD START

CONCHO CENTER

OPEN RECRUITMENT

At this time applications can be picked up and dropped off at the center on Tuesday–Thursday from 8am to 3pm

Selections for the 2021-2022 school year will be made on:
- Initial Selections - June 3rd
- Final Selections - June 30th

PLEASE BRING THE FOLLOWING INFORMATION:

- Proof of Income
- Birth Certificate
- Social Security Card
- Medical/Sooner Care Card
- Immunizations (Shot Record)
- CDIB (If Applicable)
- Court Documents (If Applicable)
- Disability information (If Applicable)

If you have any questions, please call:
Camisha @ 405-422-7645 or Kristy @ 405-990-3945