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# Addressing mental health at first Women's Wellness Conference

Latoya Lonelodge Senior Reporter

"Breathe," is the word that comes to mind when I think of my wellness journey and my state of mental health. When I sat as an attendee of a women's wellness conference alongside other women, breathe is a word that was mentioned many times when addressing topics of mental health and overall wellness.

It was my first time attending an all-women's conference as the Cheyenne and Arapaho Tribes held the inaugural Women's Wellness Conference "Honoring Her Journey" at the Oklahoma City Convention Center June 3-5.

Like many, I looked forward to the conference. Little did I know the impact it

would have on myself and how I evaluate everything about me – mind, body and soul.

As a mother, sister, auntie, coworker, often times I am consumed by thoughts of am I enough or am I doing enough?

It wasn't until my first day of the conference that I realized it was nice to be a part of and do something for myself and myself only. As a caregiver and nurturer, women naturally pour into others, we fight battles that no one knows about and often times despite struggling with mental health, we are expected to do our daily duties. And like many women warriors, I do my duties proudly. But sometimes, taking a moment to breathe, let loose and recharge is what is needed

WOMEN'S CONFERENCE / pg. 5



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# Embracing Mental Health

Latoya Lonelodge Senior Reporter

Native American youth were invited to participate in the second annual Mental Health Youth Summit June 1 at the Frisco Conference Center in Clinton, Okla. The summit was hosted by the Cheyenne and Arapaho Tribes prevention programs.

Breakout sessions included animal therapy, TV and film, stickball and traditional hoop games. A cultural exhibition was held with various forms of traditional dancing being performed and ending with a very popular Native youth fashion show.

Comedian and motivational speaker Kasey Nicholson was the special guest emcee, bringing his energetic charisma to the stage to help youth get engaged with the day's activities.

Motivational speaker Christian Wassana, was invited as the guest speaker for the event.

"It's awesome. The kids here are really fortunate and blessed to have the amount of activities that are happening right now. The greatest words are being shared by some of the staff and by some of the special speakers such as Christian, so far so good, I think honestly more communities and more organizations need to put on these types of things," Nicholson said.

In bringing awareness to mental health for the youth, Nicholson said any type of gathering where you're bringing everybody together, could show the youth they are not alone. He said there are people that have struggled with mental health and overcame their challenges or are currently working on them.

From shared stories and experiences about mental health, Nicholson said people can draw knowledge and strength.

"I think coming together at a summit or conference is just really powerful, even though you might not have admitted or think that you're not going through something, it still gives you the idea that I'm not alone in this and I think that's really pivotal to let the youth know that they're not alone," Nicholson said.

One of the many messages Nicholson likes to convey through his career as a motivational speaker is to tell youth to be vulnerable, be brave and be you ... be authentic and find your true north. And what Nicholson means by true north is that there's a direction that everyone truly wants to go towards and sometimes there's different factors that lead them off that true north.



Glory Gray (left), 11, and Tina Ortiz (right) 18, walk the fashion show runway showing designs from Choke Cherry Creek collections during the second annual Mental Health Youth Summit. Pictured center is Malachi Large from Comanche Nation's IAMNDN youth group showcasing Rebeka Jarvey's fashion line. (Photos / Zachary Blackowl)



Tribal youth Ammar Kelly, 12 smiles as fellow peers participate in a game as part of the mental health youth summit's activities. (Photo / Latoya Lonelodge)

In addition to the many breakout sessions and the cultural dance presentations, the youth summit presented a Native youth fashion show focused on showcasing models of all ages. The Native Youth Fashion Show featured special guest designers Rebekah Jarvey and Angela Howe, who were excited to showcase their designs on the runway as part of the youth summit.

An enrolled citizen of the Crow Nation and a descent of the Blackfeet Nation, Howe has been sewing and beading since she was a teenager. She began her designer brand Choke Cherry Creek over two years ago and has since done six collections and traveled all over, including to Paris, France, New York Fashion week twice and across the United States doing fashion shows.

"I love working with youth, I'm so very happy to be here

and very honored," Howe

It was during last year's first youth mental health summit that Howe became familiar with the event, when her husband Supaman was a special guest. When asked to come do a fashion show for the youth summit, Howe excitedly agreed.

The highlight of Howe's career is to see young women and men, young and old feeling empowered, beautiful and confident.

"I love seeing these first time models going out there and coming out of their shell is such a good feeling and I know we need it, we need to have love for ourselves," Howe said.

Howe said with the talk of the day discussing topics regarding suicide prevention, self-love and confidence is

important. And Howe loves how that's also part of her job, creating beautiful clothes that are a reflection of her culture.

"The designs I do, I'm a beadwork artist so it's something that I can do that directly links me to my culture and so the models can also have confidence and feel that value of their clothes, there's something behind them, there's value behind what they're wearing and feel good in that," Howe said.

For the native youth fashion show, Howe featured her spring collection, which stem from her beadwork designs in floral and geometric designs.

Indigenous fashion designer Rebekah Jarvey, Chippewa, Cree and Blackfeet, showcased two of her collections for the fashion show.

Inspired by the youth and made for the youth, Jarvey's first collection is called survival of the fashion, which incorporates the Cree symbol and features a comfortable clothing line and leisure wear. Her other collection, NEO, features vibrant bright colors with a lot of patterns on the clothing.

"I think it's very incredible to see how much people show up, the Native fashion scene is really huge here in Oklahoma and it's so cool to see some of my friends who are makeup artists and some of the models that I know and to just come and help be a part of this show," Jarvey said.

For the youth who were interested in participating in the fashion show as models, Jarvey said it was their day to be a part of it and be on the runway.

Jarvey said being a model or designer all ties into one's mental health as it promotes self awareness, self confidence and taking oneself to the next level of mentality. To push oneself and put themselves out there in front of people.

By Kimberly Burk, Tribal Tribune Correspondent

## Office of Veterans Affairs hosts Veteran outreaches to share knowledge and encouragement

(CONCHO, OK) The annual veterans' luncheon was a lighthearted affair, complete with door prizes and plenty of wisecracking by master of ceremonies Max

But Jerry Chebon Levi, director of the Cheyenne and Arapaho Tribes Office of Veterans Affairs, keeps a serious list in his head of ways to help his fellow veterans. So does Vietnam Veteran Harvey Pratt, who designed the National Native American Veterans Memorial and serves on the tribal veterans' board.

One priority is to convince Cheyenne and Arapaho military veterans to avail themselves of services provided by the U.S. Department of Veterans Affairs.

"Only half of Native veterans, once they are discharged, enroll in any kind of VA health system program," Levi said during an interview prior to the luncheon. "Among non-Natives, it's 75 to 80 percent."

Levi used himself as an example.

"I'm nearly 50 years old, but it wasn't until 2022 that I did anything," he said.

A veterans' service officer told him to get evaluated for a hand injury and his migraine headaches, Levi said. "I didn't think I was going to be eligible

for any help, much less get compensation for it," he said. "A lot of veterans give the VA one

chance, and after that they want nothing to do with them," Levi said.

Pratt and others are working to start an intertribal association of veterans.

"There is strength in numbers, and we can have a better voice," he said.

Michael Gardner, a Native American nurse navigator for the VA who spoke during the May 24 luncheon in Concho, thinks that's a great idea.

"If we can get Native veterans organized, that would be a force," said Gardner, who is Choctaw and Comanche. "That would be a political force that cannot be ignored."

Ray Orphan, director of veterans' services for the Chickasaw Nation, is among

about getting services to Native veterans who live in rural Oklahoma.

Kiowa Tribe Veterans Director LaRue Guoladdle is the only woman serving in Oklahoma as a tribal veterans' services officer. She's been in that post since 2021, following a 23-year career with the U.S.

Guoladdle is also hopeful about what an intertribal association could mean to rural veterans. Challenges, she said, include computer literacy, technology access and distance from the VA in Oklahoma City.

"Hopefully we can get some laws changed or bring some things to the attention of the Oklahoma governor," she said.

Shayla Goombi, who served in the U.S. Army from 2014 to 2023, was among the tribal employees who attended the luncheon. She works as a language and culture apprentice and is learning the Arapaho language.

Goombi said she was stationed at Ft. Hood and deployed from there to Syria and Iraq, where she was exposed to burn pits and other hazards. She was approved by the VA for 90 percent disability and is working toward full disability. Receiving full military disability benefits would not prevent her from working for the tribe, she

"The VA system is changing and evolving," she said. "I would say to my fellow veterans, don't be afraid to seek help from the VA. They are there to assist us in all our needs and with our health."

Pratt also hopes for the day when Native veterans can register with the VA by tribal affiliation rather than just being shown on applications as "Native" or "Pacific Islander." But he admits there has been some progress. When he enlisted, he said, there was no category for Indians and he was forced to identify himself as "white."

Levi announced during the luncheon the launching of Saturday coffee socials, which he said are "a safe space for our veterans to come and talk."

The tribes' Office of Veterans Affairs



Max Bear (left) and Ed Wilson address Veterans at the Veteran's Memorial Day cookout May 23 in Concho, Okla. (Courtesy photo)

The Robert K. Wilson PACT Act will honor a veteran who attended last year and was immediately rated for 100 percent disability. Wilson was a Vietnam veteran who died a few months later, "but it improved the quality of Robert's life for those few months," Levi said.

Gardner told the audience that the VA has a contract with the Indian Health Service.

"When a veteran gets healthcare at IHS, we pay for it," he said.

"You can use the IHS as much as you want and use the VA as much as you want."

Bear, a military veteran and director of the Chey-

enne and Arapaho Tribes' Historic Preservation Office, reminded the audience of the important role veterans play in Native culture.

"There are certain things that veterans have the right to do," he said.

"You can't hold Chevenne and Arapaho ceremonies without veterans there. We all took an oath, similar to what our Society men take."

Gov. Reggie Wassana and Lt.Gov. Hershel Gorham also spoke during the luncheon.



Shayla Goombi is a military veteran and a Cheyenne and Arapaho Tribes' employee who encourages her fellow veterans to sign up for VA benefits. (Photo / Kimberly Burk)

Wassana said he grew up with uncles who had served in World War II.

"All the things those people have taught us, and shown us, we don't pay much attention to them until we get older," Wassana

"But those people who came before us,

they made us who we are today." Gorham is a military veteran who deployed to Iraq.

"As Cheyenne and Arapaho people, one of the most important legacies we can leave is that we did the best that we could," Gorham said.



Cheyenne and Arapaho Gov. Reggie Wassana welcomes Veterans to the Veteran's Memorial Day Cookout/Luncheon in Concho, Okla.

those to whom Pratt has proposed an association.

"All coming together, we could brainstorm and come up with good ideas, and find avenues for our problems," said Orphan, a U.S. Marine Corps veteran who served in the first Gulf War.

Orphan said he is especially concerned

staff attended training in San Antonio in October to help them better serve veterans with PTSD, Levi said, and the OVA has applied for a suicide prevention grant.

On July 26, the OVA will hold its second PACT Act, from 8 a.m. to 5 p.m. at the Respect Gym in Concho. The VA will be on hand with mobile exam rooms, he said.



Amaris Sweezy, a Veteran of the U.S. Navy is an employee of the Cheyenne and Arapaho

Tribes. (Courtesy photo)

# Office of Veterans Affairs

Robert K. Wilson Memorial

**PACT Act Disability Event** 

Concho OK

RESPECT Gym 8a-5pm

- . VA and their Mobile exam units will be here
- Submit Disability Claims and Increases
- Possible Disability Rating Given Same Day
- All Veterans Welcome, BBQ Lunch
- Screenings for Exposures to Toxins
- Enroll in VA Healthcare
- Over \$40,000 in Monthly Claims were granted at last year's event
- . Widows and Families of Vets are encouraged to attend. Bring ALL Documents!







Pictured I-r: Jim Ramey, Colorado director for the Wilderness Society, Chester Whiteman, Colorado Governor Jared Polis and Fred Mosqueda. (Photos / Facebook)

#### **Elevate Conservation awards Cheyenne** and Arapaho Tribes Outdoors for all Award

(DENVER. Cheyenne and Arapaho Tribes receive the Elevate Conservation: Outdoors for all Award for leadership on the renaming of Mt. Blue Sky in Colorado. The event was held May 30 in downtown Denver, Colo.

The organization brought together over 50 Colorado and conservation national organizations, outdoor companies, industry and diverse community leaders as hosts to honor the intersection of outdoor recreation and conservation, celebrate the ways organizations work together, "challenge ourselves to do more, and acknowledge how equitable policies are critical to our long term."

A local Denver community dance group provided an honor song and dancing demonstration to open the program. The Emcee was Conor Hall, the director of the Colorado Outdoor Recreation **Industry** office. Colorado Gov. Jared Polis was also a special guest being honored for creating the landmark climate wildlife and land fund and expanding the critical conservation easement tax credit program.

Chester Whiteman and Fred Mosqueda accepted the award on behalf of the tribes addressing the crowd of more than 200 people. Whiteman and Mosqueda have been instrumental with the renaming efforts in Colorado since 2019.



Above is Fred Mosqueda, Arapaho Outreach Specialist for the Cheyenne and Arapaho Tribes Arapaho Language and Culture program.

Below is Chester Whiteman, Cheyenne Outreach specialist for the Cheyenne Language and Culture program.



#### **National Native American Boarding School Healing Coalition** launches historic initiative: **National Indian Boarding School Digital Archive**

(Minneapolis, MN) The National Native American Boarding School Healing Coalition (NABS) is proud to announce the launch of the National Indian Boarding School Digital Archive (NIBSDA), the first-ever digital archives database on Indian Boarding Schools. NIBSDA is a groundbreaking project aimed at preserving and bringing to light the history of the U.S. Indian Boarding School era. Over the last four years, NABS has been dedicated to compiling and digitizing records from Indian boarding schools.

Indian Boarding Schools hold a complex and often painful legacy in American history. For generations, Native American children were forcibly removed from their families and communities and sent to these schools, where they were subjected to cultural assimilation and abuse. The repercussions of this traumatic chapter continue to reverberate through Native communities to this

Through NIBSDA, survivors, families, researchers, educators, tribal leaders, and the general public will have the ability to access information that allows them to gain a better understanding of what happened at Indian boarding schools. This digital repository will include documents, photographs, and oral histories, offering invaluable insights into the experiences of those who attended these institutions and the impact they had and continue to have on Native communities.

"This initiative marks a significant milestone in NABS commitment to truth, healing, and justice," said

NABS CEO Deborah Parker (Tulalip Tribes). "The majority of all Indian boarding school records are currently not available to the public, by making these records accessible, we are taking a big step towards honoring the history and strength of Native peoples and building a more just and equitable fu-

ture." In August, NABS released our latest research, identifying 523 boarding schools across the U.S. This is the largest list ever compiled, and we know it is going to take years and the support from all of Indian Country to collect records for all of these institutions.

We invite the public to explore this resource and join us in our efforts to acknowledge the past and create a brighter future for generations to come.

For more information and access to the Native Indian Boarding School Digital Archives, please visit boardingschoolhealing.org/nibsda/.

The National Native American Boarding School Healing Coalition is available for interviews and further inquiries. Contact Joannie Suina, Director of Communications at jsuina@ nabshc.org to schedule.

The National Native American Boarding School Healing Coalition (NABS) is dedicated to advocating for Native peoples impacted by U.S. Indian boarding schools. NABS seeks truth through education and research, justice through activism and policy advocacy, and healing through programs and traditional gatherings, http://boardingschoolheal-

## Welcome!

#### Connor Bushyhead, **Acting Executive Director,** Department of Health

#### **Background & Experience:**

Connor holds a degree in nursing from the Canadian Valley Technology and is currently enrolled at Excelsion University pursuing a BSN. Her certificates include a LPN (8 years), Certified Wound Care Associate, Certified Correctional Health Professional, BLS/ACLS.

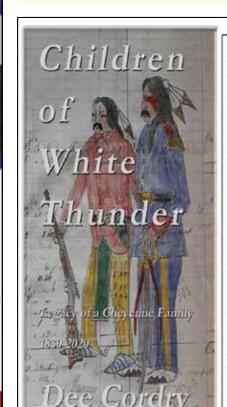
Connor has worked in the health field since 2013. Her experience includes working for Cheyenne Arapaho Tribes Health Education, Tradition Not Addiction, and the

R.E.Sp.E.C.T. Program before becoming a nurse in 2016. Most of Connor's nursing career has consisted of working in the psych field, specifically drug and alcohol. She has experience in long-term care, correctional, and home health nursing. She has also worked in many different capacities as a nurse, including lead/charge nurse, assistant nurse manager, nurse manager, and director of nursing.

Fun fact: Last summer, Connor was selected to present on Mental Health and Music Therapy at the National UNITY conference in Washington, D.C.

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# It's Men's Health Month: Why Men Should Be Aware of Their Health

By Armin Brott, Men's Health Network

In 1920, the female life expectancy in the United States was one year longer than for men. Half a century later, that gender gap had grown to 7.6 years. Over the next few decades, the difference shrank to 4.8 years. But, over just the past two years, while women's life expectancy has remained steady, men's declined, and the gender gap has crept back up to 5 years. Despite numerous advances in medical science, men continue to die at younger ages and in greater numbers than women of nine of the top

Within the broader men's health crisis, there is one area where differ-

10 causes of death.

ences between male and female mortality and morbidity are especially stark: mental health, the most visible manifestation of which is suicide.

Across all ages and ethnicities, American men commit suicide at far higher rates than women. According to the most recent CDC data, between the ages of 15 and 64, roughly 3.5x more men than women commit suicide. From 65 to 74, male suicides outnumber females by more than 4:1. For those over 74, the difference is a startling 9.3:1. Overall, for males, suicide is the 7<sup>th</sup> leading cause of death. For females, it's number 14.

sub-population One that's profoundly affected by the epidemic of male suicides is the military. Historically, service members were less likely than their civilian counterparts to take their own lives. But since 2001, more active duty service members (including Reserve/Guard) have killed themselves than have died in combat. And the number of veterans who complete suicide dwarfs those numbers. According to the *Military* Times, veterans account for a total of 14 percent of all adult suicides in the US, even though only eight percent of the population has ever served.

The alarming disparity

in suicides is undoubtedly driven by equally alarming disparities in the underlying mental-health conditions that lead to suicide itself, including depression and anxiety<sup>[v]</sup>, psychosis, and substance abuse. In fact, nowhere is the connection between suicide and an underlying mental health condition more obvious than with

substance abuse.

Between 2015 and 2016, male life expectancy decreased by .2 years, a rather dramatic decline over such a short period of time. That decline was driven, to a large extent, by an even-more-dramat-

MEN'S HEALTH / pg. 5

## Tribal Ready, PBC Chairman and CEO Commends the Launch of the Center for Tribal Digital Sovereignty

Washington, D.C. – The American Indian Policy Institute (AIPI) at the Sandra Day O'Connor College of Law at Arizona State University and the National Congress of American Indians (NCAI) announce the launch of the Center for Tribal Digital Sovereignty.

The center will be the first and only of its kind in the nation. It is intended to provide the resources and support needed for Tribal leadership and communities to institute a digital sovereignty plan.

"On behalf of Tribal Ready, I would like to congratulate AIPI and NCAI on this groundbreaking announcement. The needs of each Tribe differ and require unique planning that accommodates their values and way of life," said Joe Valandra, Chairman and CEO of Tribal Ready. "The Center for Tribal Digital Sov-

ereignty is designed to assist with policies that can help Tribal Communities access and use all of the benefits of digital connectivity while not sacrificing sovereignty."

About Tribal Ready

Tribal Ready is a Native American-owned-and-governed company with decades of expertise in communication network design and delivery to high-cost rural areas. Our team has the knowledge and

relationships vital for tribes to access broadband grant funding, as well as the trust necessary to preserve culture and advance tribal sovereignty. We are committed advocates for tribal sovereignty, fighting for the right to govern our own communities and benefit from access to modern technology. Our mission is to ensure that high-speed broadband reaches every Native American individual and community.

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#### **MENTAL HEALTH SUMMIT**

continued from pg. 1

"I think this is really good and it ties into that mental health where they're taking them out of that comfort zone but then I know at the end of the day they'll be happy that they did something so courageous yet beautiful because being Indigenous is so beautiful," Jarvey said.

As youth were encouraged to participate in the day's agenda and activities, many enjoyed learning the topic of wellness and mental health.

Cheyenne and Arapaho youth, Aracelie Chavez, 15 said mental health is a big thing and we need to focus more on the topic. Participating in the youth summit, Chavez thought it would be a great opportunity to experience it a second time, as she was in attendance at the first summit.

Chavez said the summit has been eye opening for her and she liked the discussion of mental health and being scared to get out of one's comfort zone.

"I've learned that it's

"I've learned that it's okay, you have to feel defeat before you can feel like you're coming out of your comfort zone to where you feel you can do anything, you have to feel

defeat first "Charge said

Cheyenne and Arapaho youth Azlynn Salinas noticed the summit grew in size and attendance from the previous year's sum-

Salinas' favorite part was learning about animal therapy and interacting with the animals. Salinas said overall the summit is a good experience and she feels like more people should come because there's nothing to lose and it's pretty fun.

And when it comes to learning about mental health, Salinas said she feels there's not enough attention on it.

"Some people like to keep it to themselves and that's not good, I feel like people should talk about it more because it could prevent a lot of bad things that's happened to people," Salinas said.

With the mental health youth summit deemed successful in attendance and participation from youth, the Cheyenne and Arapaho Tribes prevention programs wanted to create something that would be ongoing annually specifically for tribal youth. To highlight youth and let them know they

they have a purpose and

dreams are not too big,

"I think this is real-good and it ties into Cheyenne and Arapaho fashion, art, singing, DJ, at mental health where youth Azlynn Salinas no-acting or film.

"Their dreams do matter," Kati Sullivan, director for the Cheyenne and Arapaho Tribes Dept. of Health Prevention Program, said.

Sullivan said they see a lot of youth facing depression and suicidal thoughts, anxiety and they don't know how to cope with it.

"They don't know how to handle it and we have gotten feedback that they feel like they aren't able to express that," Sullivan said.

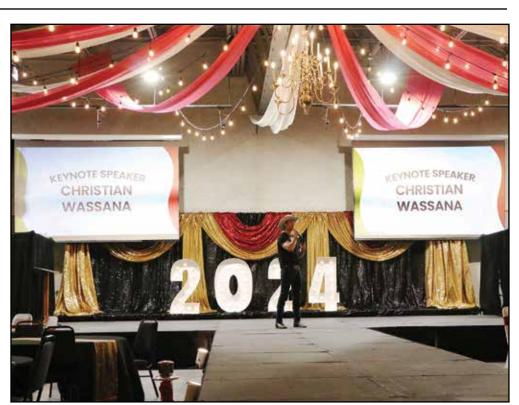
Visiting schools, including high school, junior high and colleges, Sullivan said the prevention programs work with a lot of the youth and want them to know that they are there for them.

"Their dreams matter, what they want to do with their life matters and their voices and whatever experiences they've had, need to be heard, they are the next generation of this life," Sullivan said.

Sullivan said.

Sullivan said the purpose of the summit is all about the youth, to highlight them and thank them for being who they are and for being able to ex-

press themselves freely.



Keynote Speaker Christian Wassana talks about the importance of mental health to youth during the second annual Mental Health Youth Summit. (Photos/Latoya Lonelodge)



Domingo Whiteman and Courtney Reeder showcase a presentation on traditional dancing during one of the breakout sessions offered at the Mental Health Youth Summit.

#### **MEN'S HEALTH**

continued from pg. 4

ic nine percent increase in the male suicide rate, which, in turn, was related to a parallel increase in substance abuse, in particular opiate use, among men. Such a change in the suicide rate over the course of a single year could easily be classified as the bellwether of a looming public health catastrophe. Actually two catastrophes. The second is the dramatic increase in opiate overdose deaths. According to the Kaiser Family Foundation, between 2015 and 2016, those deaths increased 20.4 percent among women and 31.5 percent for men, primarily middle-aged men, who would otherwise be expected to be among the most productive members of their communities and our society as a whole.

Medical providers, members of the public health community, comorganizations, munity politicians, and the media have collectively been unable (or unwilling) to acknowledge the massive scope of the mental health issues that affect men. As a result, tens of thousands of American men and boys are dying and suffering from what many experts believe are preventable or treatable behavioral and



mental health issues.

The effects of this collective mismanagement of mental health issues in men and boys extend into nearly every aspect of American society and have broad implications for the ways we provide (or don't provide) preventive mental health services to our fathers, sons, brothers, partners, and friends. (The Affordable Care Act, for example, provides girls and women with annual, free, well-woman visits, which include mental-health screenings. No such coverage exists for boys and men.)

At the very least, the lack of adequate mental health care negatively impacts men's and boys' academic endeavors and achievements, their productivity in the workplace, the overall quality of their

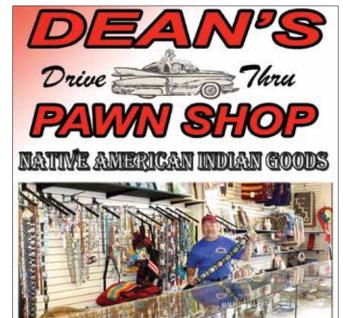
family life, their ability to care for their children and spouse or partner, and their level of community engagement and the contributions they make to the social capital of their communities and our nation.

So what can we do about the male mental-health crisis? First, most experts agree that in order to help boys and men manage the behavioral health and mental health issues, particularly those that are inextricably linked to violence, we need male-focused tools, programs, social support systems and clinical care, not only in primary care providers' offices, but also in our schools, work environments, social support networks, and community organizations, both on the hyper-local and national levels.

Second, rather than criticize "toxic masculinity," we need to celebrate fathers and other male role models. From a very young age, boys grow up hearing that "big boys don't cry," "play through it," and "man up." Those powerful messages keep boys and men from recognizing that they need help and from reaching out to get that help, especially with regard to mental health issues. Fathers and other adult male role models can help boys and young men understand that expressing emotions and asking for help are signs of strength, not weakness, and that caring and nurturing are far better ways of showing you're a man than committing senseless

acts of violence.





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#### **WOMEN'S CONFERENCE**

continued from pg. 1

without even realizing it. And that's what I came to realize when attending the conference.

On day one of the conference breakout sessions and workshops, I participated in a jewelry-making workshop where I learned that creating things with my hands could also be therapeutic. In a world full of chaos and duties, it was peaceful and satisfying to make something for myself, such as a traditional bone and bead necklace. I saw many women leave that workshop wearing their necklaces proudly.

Throughout the conference, various workshops were held with the focus primarily on mental health. There were workshops for information on physical health, self-defense, budgeting and debt reduction, art therapy, modern dancing, confidence and self-esteem, talking circles were available simply to just talk, and the list went on of different workshops that were held for just us women.

The keynote speakers for the conference were Darryl Tonemah, a Native health psychologist and musician who is Kiowa, Comanche and Tuscarora, and Cecilia Firethunder, a citizen of the Oglala Lakota Nation and president of the Oglala Lakota Nation Education Coalition. Dr. Henrietta Mann was also a special guest for the conference.

Various things stuck out to me when listening to the guest speakers and some were revelations to how I address my mental health. Such as when Tonemah was wrapping up his discussion, he pulled out his flute to play a harmonious melody, in which I was reminded to

breathe as I closed my eyes and really pondered my inner thoughts. I thought 'wow, when do I ever just take a moment to really channel my emotions and feelings?' It felt empower-

spoke, she mentioned she self on the wall from the time she was a little girl on up to adulthood. It was to serve as a visual reminder of who you are and of the memories that are reminders of the good and the bad and the ugly that we face in

I realized that going through the good, the bad and the ugly is normal and as human beings, the emotions we feel are nothing to be ashamed of. If anything, it shows we are well and alive. Again, I breathed a sigh of relief knowing this.

During one of the panel discussions about mental health and grief, what struck me the most about the topic is that while everyone deals with grief differently, we all need someone to help us and love us through the darkness. Usually, when I feel my mental health declining, I resort to brushing it off and not dealing directly with the racing thoughts inside my head. My revelation during the conference was coming to terms with my mental health and addressing where I am in my wellness journey and to really ask myself what is it that helps me when I'm struggling?

different magazine cutouts on my vision board of what

When Firethunder would put pictures of her-

makes a happy home and a happy version of me. breathe. ference, I came to realize that what I pour into myself is reflective of what I pour

responsibilities and figuratively one of those respon-It was when I participatsibilities is making sure we ed in a vision board workare of good health, mind, shop that I really thought body and soul. about what I envision for Participating in the conthe future. I cut and pasted ference that was focused



On the final day of the Women's Wellness Conference keynote speaker was Cecilia Firethunder, citizen of the Oglala Lakota Nation. (Photo / Adriel Clements)

Throughout the entirety of the conference, we were given tools and opportunities to expand our minds on wellness and what it means. And while channeling our inner thoughts at various times during discussion or a break out session, we were reminded yet again to

ness helped me think and

affirmations together as one, our voices collectively echoed through the room, "I am worthy. I am enough. By the end of the con-I am deserving. I am my own perfect. I am worthy of receiving love. I am beautiful ..." into the world and others. Taking a day, or even two As Cheyenne and Arapaho women, we have many

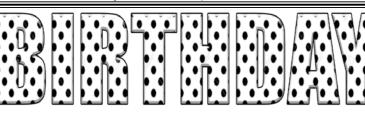
to recharge and address my mental and physical state of being was significantly important, as I became aware of the need to address my mental health. And while I venture through my wellness journey addressing those needs, it was nice to primarily on women wellbe reminded to just breathe.

held power in and of itself.



Sabrina Norris (l) and Jennifer Riggles share a moment to take a photo during the first Women's Wellness Conference hosted by the Cheyenne and Arapaho Tribes in Oklahoma City. (Courtesy photo)







June 7 Wishing you the biggest slice of happy today happy birthday mom! We are always here for you and we love you. Toya, Tommy and Jackie





Happy 6<sup>th</sup> Birthday River Rose! June 9 To my sassy little girl - here's to another year of being the amazing kid you are. You will always be my shining star. Love, mom.



HAPPY 1<sup>ST</sup> BIRTHDAY ZORI ROUX! JUNE 20 YOU HAVE BROUGHT SO MUCH HAPPINESS INTO OUR LIVES SINCE THE MOMENT YOU WERE BORN. WE LOVE WATCHING YOU GROW INTO YOUR OWN LITTLE PERSON. MOMMY AND DADDY LOVE YOU!





Happy 2nd Birthday Yunique Skie Osage Here's to another year on this earth may you continue to grow and be blessed! We love you sis, our sour patch baby! Love mom and dad





To the Best Father on Dad's Day! Love your family



Happy Father's Day Nick! Love your Aunties





To the BEST Dad Love your family in El Reno





Taylor R. Sutton **Business Administration** University of San Diego Congratulations from all your family & friends

The Battle of the Little Bighorn, also known as the Battle of the Greasy Grass, and commonly referred to as Custer's Last Stand, was an armed and Arapaho Tribes and the 7th Cavalry Regiment of the United States Army.

July 4: Fourth of July

#### Authentic Native American Art Fetishes

Jewelry





**Eleanor Lefthand** www.agalleryofnations.com

FILED MAY 3 0 2024 IN THE TRIAL COURT CHEYENNE AND ARAPAHO TRIBES OF OKTAHOMA P.O. BOX 102

In the Matter of Dissolution of Marriago Case No. JFD-2024-0014 JUDITH C. GARCIA RODOLFO PRECIADO-GARCIA

#### CIVIL SUMMONS BY

CHEYENNE AND ARAPAHO TRIBES TO: RODOLFO PRECIADO-GARCIA

YOU ARE HEREBY SUMMONED TO FILE A FORMAL WRITTEN ANSWER to the Petition which is the Office of the above-named Court. A copy of the Petition is available through the Court Clerk's office ile your Answer with the above-named Court within twenty (20) days of service of this summons, exclusive

IF YOU FAIL TO APPEAR before the Cheyenne and Arapaho Trial Court on the date set for hearing; a ent by Default can be entered and the Plaintiff shall be awarded the relief asked for, in the Petition.

YOU MAY SEEK THE ADVICE OF AN ATTORNEY on any matter

Dated this 30th day of MAY, 2024

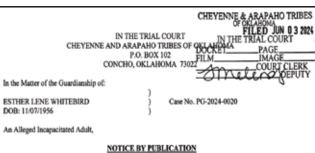
The Cheyenne and Arapaho Tribal offices will be closed on the following dates: June 19 Juneteenth, officially Juneteenth National Independence Day, is a federal holiday in the United States. It is celebrated annually on June 19 to commemorate the ending of slavery in the United States. The holiday's name is a portmanteau of the words "June" and "nineteenth", as it was on June 19, 1865, when Major General Gordon Granger ordered the final enforcement of the Emancipation Proclamation in Texas at the end of the American Civil War.

#### June 25:

engagement between combined forces of the Lakota Sioux, Northern Cheyenne, The battle, which resulted in the defeat of U.S. forces, was the most significant action of the Great Sioux War of 1876. It took place on June 25-26, 1876, along the Little Bighorn River.

Carmen Harvie at

charvie@cheyenneandarapaho-nsn.gov



The Cheyenne-Arapaho Tribes to: ANY INTERESTED PARTIES TAKE NOTICE that Rose Bighorse, has filed in this Court a Petition for Guardianship, and is hereby set

for a Hearing to be heard by the Cheyenne-Arapaho Trial Court of Conche, Oklahoma in the Courthouse located at 100 W. Black Kettle Boulevard, P.O. Box 102, Concho, Oklahoma, on the 24th day of JULY, 2024 at 10:00 A.M. at which time you may appear and show cause, if any you have, why said relief should not be granted YOU ARE HEREBY NOTIFIED TO APPEAR on the above date and time indicated for the

of your case before the above-entitled Trial Court. You have the option to appear in per-

e. Your smart device will need a camera, microphone, and a stable internet connection. If you do not ress to a smart device, you can use a non-smartphone or traditional telepho

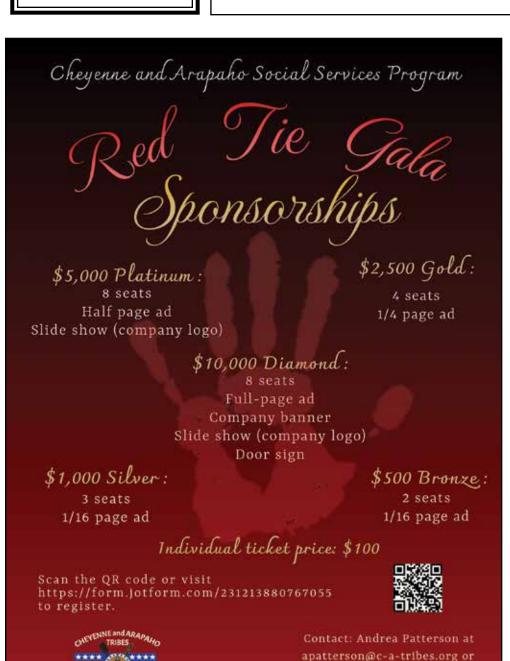
Meeting ID: 452 425 1494

one conferencing for non-sm

Telephone number: 1 (346) 248-7799 ng ID: 452 425 1494

Dated at the Trial Court this 3rd day of June, 2024.

Tawny Melendez, Deputy Court Clerk Cheyenne and Arapaho Trial Court

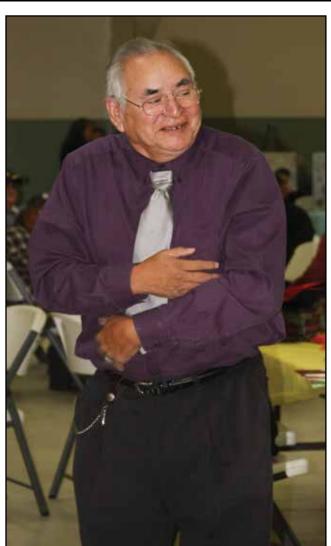




Join the Cheyenne and Arapaho Tribes Social Service Program to bring awareness and funds to the Cheyenne and Arapaho Missing and Murdered Indigenous Peoples Chapter.

Contact: Andrea Patterson at apatterson@c-a-tribes.org or Carmen Harvie at charvie@cheyenneandarapaho-nsn.gov

## CONSCIONALIES CO



Cheyenne Chief Harvey Kenneth Monetathchi, He-Am-Vehoe-Neve "High Chief", was born on Dec. 29, 1944, at Clinton Indian Hospital to Edgar Monetath-

chi and Anola Heap of Birds. He passed away peacefully on June 7, 2024, in Yukon, Okla.

Following his grandfather, Chief Joshua Black-

#### Cheyenne Chief Harvey Kenneth Monetathchi

wolf, Harvey was chosen to serve his people at the age of 13 by a council of chiefs.

Harvey attended Concho Boarding School in his youth and eventually graduated from Clinton High School. He briefly went to Haskell University and began his working career, which saw him obtain a wealth of knowledge and experience throughout Oklahoma and Texas. Later in his life, realizing his responsibilities required him to further educate himself to properly serve and provide for his Native people, he completed his associate of arts degree from Redlands Community College. Harvey then received his Bachelor of Arts and Master of Liberal Studies from the University of Oklahoma. This allowed him to better assist his people by working for various Cheyenne and Arapaho tribal programs in numerous capacities - including business manager, health education director, and lieutenant governor to name a few.

Harvey deeply cared for the Concho community where he resided. He formed a boy scout troop to benefit tribal youth, which assisted throughout tribal territory at different powwows and functions. Boy Scout Troop 844 was chosen by Billy Mills to help carry the Olympic torch through the Cheyenne and Arapaho Nation. They were also invited by the Circle Keepers to accompany them to ancestral Cheyenne homelands in Colorado, Wyoming, and South Dakota.

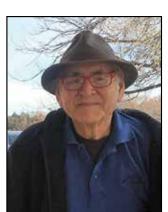
He attended Sacred Heart Catholic Church in El Reno and was a lifelong member of the Native American Church. Harvey enjoyed carpentry, fishing, and playing cards with family. He liked classic cars and antiquing. Harvey loved sharing knowledge through story telling. He also taught many youths Cheyenne culture through gourd making, singing, beadwork, put up teepee, and introductions to sweat lodge and the Native American Church. He enjoyed playing softball and watching OU football, as well as NFL football.

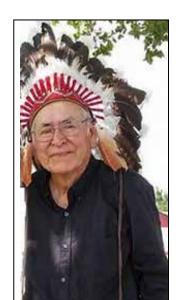
Harvey spent his later years as an elder Cheyenne chief providing guidance and encouraging the continuance of traditional ways. In which, he enjoyed preparing for and going to Sundance ceremonies.

He is survived by companion Mary (Barnes) Monetathch, sons, Harry Tofpi, Dusk Monetathchi, Joshua Monetathchi, Eli Monetathchi, daughters Gina Monetathchi Frazier, Clarice Monetathchi Shirley, Nola Monetathchi Robertson, Mary West, sisters, Christina Waters and Evelyn "Taters" Waters and numerous cousins including, Ramona Welch, nephew Eddie Henry and numerous grandchildren and other relatives.

He is preceded in death by his father Edgar Monetathchi, mother Anola Heap of Birds, aunts Evelyn Gouse and Angie Old Bear, brothers Rollo Waters and Wadie Waters, sister Sandy Spottedwolf, daughter Tina Monetathchi, nephew Orlando Waters, grandchildren Matthew Jones and Angela West.

A traditional all night visitation was held Sunday June 9 at the Clinton Emergency Response Center in Clinton, Okla. An all-night wake service and Native American Church services were held Monday June 10 at the same





venue, and funeral services were held June 11 with Alan Fletcher officiated, followed by an interment at the Clinton Indian Cemetery under the direction of Kiesau-Lee Funeral Home.

#### Cheevers Heap of Birds

Graveside Service for Cheevers Heap of Birds, 66-year-old El Reno resident, will be held Thursday, May 30, 2024, at 11:00 A.M., at Chief Black Shortnose Allotment Cemetery, with Gerald Panana officiating, under the direction of Lockstone Funeral Home.

Cheevers Heap of Birds was born May 19, 1958, to Alfrich Heap of Birds and Joyce Standingwater and passed away Sunday, May 26, 2024, at the Oklahoma Heart Hospital in Oklahoma City. Cheevers was raised and attended school in Weatherford, graduat-

ing from Weatherford High School in 1976. He married Ramona Tall Bear and later made their home in Oklahoma City where they raised their three children.

He was preceded in death by his father, Alfrich Heap of Birds; mother, Joyce Standingwater; and one brother in infancy, Daniel Heap of Birds.

Cheevers was survived by his son, Robert Heap of Birds of El Reno, Oklahoma; two daughters, Rachael Heap of Birds of El Reno, Oklahoma, and Janet Heap of Birds of Oklahoma City, Oklahoma; one brother, Kinsley Heap



of Birds and wife, Margaret of Thomas, Oklahoma; three sisters, Cleo Heap of Birds of Thomas, Oklahoma, Celeste Heap of Birds of Oklahoma City, Oklahoma, and Roberta Heap of Birds of Arlington, Texas; and nine grandchildren.

#### Charyl Kay LittleRaven Mackety

Charyl Kay Littleraven Mackety was born on July 5, 1947 in Concho, Okla., to Troy Alfred and Alberta Christine (Miller) LittleRaven. Kay passed away on May 30, 2024 in Edmond, Okla., at the age of 76. Kay grew up traveling coast to coast with her family since her father was in the Navy. She worked for AAFES while she earned her bachelor's degree in business administration in Lawton, Okla. Kay loved her job as an accountant and was very dedicated, serving over the years as senior staff accountant, Tribal business manager, treasurer for the Cheyenne & Arapaho Tribes of which she was also a proud citizen of, retiring in December 2023 after 22 years of service, also celebrating 40 years of sobriety.

Kay loved cooking, her most requested dish was her spicy rice, and made the best potato salad. She loved the holidays, especially Christmas, making it a special holiday for her family. She enjoyed powwows and attending Arapaho Sundance in Ethete, Wyoming every year. Kay's favorite color was red, and her favorite flower are carnations. Most of all, Kay has been a loving mother, daughter, sister, grandma, auntie, and a true friend. Kay will be dearly missed and cherished always.

Survivors include her children, Donna M. Hamilton of Tacoma, Wash., Alisa C. Mackety of Lawton, Leah C. Mackety of Fountain Valley, Calif., and Shirleen E. Mackety of Geary, Okla., her grandchildren, Jonathan S. Hamilton, Stephanie C. Hamilton, Stefan J. Wahkinney, Quintin A. Sessoms, Justice L. Hamilton, Lauren T. Hamilton, Sophia K-L Hamilton, Shaun'Da K-A Goodson, Rosemary G. Sleeper, Monte J. Goodson, and Jessye B. Goodson, her 10 great-grandchildren, her siblings, Troy L. LittleRaven of Geary, Okla., Janis L. LittleRaven of Tacoma, Lyle D. LittleRaven of Calumet, Okla., A. Dennis LittleRaven of Geary, and Rory



D. LittleRaven of Geary, as well as many other relatives and friends.

Kay was preceded in death by her parents, Troy A. and Alberta C. LittleRaven, her siblings, Barbara A. Beard, Kris A. LittleRaven, Bonita J. LittleRaven, and David B. LittleRaven, her grandchildren, Jeramy M. Hamilton and Stevaughn S. Mackety, her great grandson, Jonathan M. Chillous Jr., and a very special friend, Lee W.

Graveside services were held June 4 at the Concho Indian Cemetery, with Rev. Kevin Wahkinney Jr., and Rev. Waylan Upchego officiating, under the direction of Turner Funeral Homes.

#### Denise Lynn Tallbear-Jones

Denise Lynn Tall-bear-Jones, the daughter of the late Herman Ray Johnson and Lesa Rose (Tallbear), was born on Aug. 19, 1957 in Clinton, Okla., and passed away on May 19, 2024 in the local hospital at the age of 66 years and 9 months.

Denise grew up in Watonga, Okla., and attended the Indian Boarding School. She had a long career as a cook working with the Dornick Hills Country Club, Salvation Army, Ardmore Public Schools and several of the local nursing facilities. Denise had recently been baptized at the New Hope Church of God on April 14,

2024. In her leisure time she enjoyed reading, cooking, sewing and loved watching her soap opera. She was proud of her Cheyenne and Arapaho heritage.

She leaves to cherish her memories her husband Thomas Carl Jones Jr., sons, Thomas Carl Jones III, Anthony Orlando Jones and Charles Ray Jones, sisters, Dyane Tallbear and Lela Tallbear, brothers, Anthony Tallbear, Darren Tallbear and Keith Tallbear, numerous grandchildren, several great-grandchildren, numerous nieces and nephews. She was preceded in death by her parents, daughter Christina



Jolene Tallbear, brothers, Gary and Kevin Tallbear.

Memorial services for Denise Lynn Tallbear-Jones were held June 10 at the Centennial Chapel of Harvey-Douglas Funeral Home in Ardmore, Okla., with Rev. Nathan Gauwitz officiating.

#### Lamont 'Cowboy' YellowEyes

Lamont "Cowboy" Yellow Eyes of El Reno, Okla., passed away on May 25, 2024 at St. Anthony's Hospital in Oklahoma City.

Cowboy was born March 27, 1955, at the Lawton Indian Hospital in Lawton, Okla., to his parents, Doris Loneman Hamilton and the late Lamont Yellow Eyes Sr. He was raised in Watonga, Okla.

Cowboy attended Watonga Public Schools. He worked as a security guard at the Lucky Star Casino in Concho, Okla. Cowboy was an avid OU Fan. In 2009, he and his family attended an OU game against Texas

A&M, sitting on the 50 yard line.

He is survived by his mother Doris Loneman Hamilton, brother Samuel James Yellow Eyes of the home, son Thomas Laverne Koons and his grandchildren, Malichi, Michelle, Michaela Yellow Eyes and Michael Farrell, all from Weatherford, Okla., and numerous nieces and nephews.

His family preceding him in death include his father Lamont Yellow Eyes Sr, stepfather, Walter Roe Hamilton; 2 daughters, Charmaine and Felicia Yellow Eyes, and 1 son, William Michael Yellow Eyes.



Wake services were held May 31at the Concho Emergency Response Center in Concho, Okla. Funeral services were held June 1, at the same venue, followed by an interment at the Concho Indian Cemetery under the direction of Huber Benson Funeral Home.



deepest sympathies
during this hard time of loss
may memories give strength
may the love of your dear ones
help you through the days ahead

# FIBER OPTICS JOB FAIR

BRING YOUR RESUME AND BE PREPARED TO TALK TO INDUSTRY REPRESENTATIVES

For those inviduals who have not recieved certification training: On-site training program enrollment will be available and job opportunites for ground hands and general laborers.

#### PRESENTED BY OSUIT AND THE CHEYENNE AND ARAPAHO TRIBES JUDICIAL BRANCH





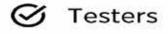




LUNCH PROVIDED TO ALL ISP VENDORS

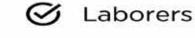
#### **JOB OPPORTUNITIES**

Lineman





Ground Hands



RESPECT Gym 220 E. Black Kettle Blvd. Concho, OK 17 MINUTES WEST OF OKC **NORTH ON HWY 81** 



July 2, 2024 10 AM - 2 PM

**RSVP to Brandon Dinsmore** 



🕲 918.293.4983 🖾 brandon.dinsmore@okstate.edu



OVER 200,000 IN CASH & PRIZES GIVEN AWAY SATURDAY, JUNE 8TH, 15TH, 22ND & 29TH!

Drawings Saturday, June 8th, 15th, 22ND & 29TH at 11pm at Concho and Clinton.



Drawings Saturday, June 8<sup>™</sup>, 15<sup>™</sup>, 22<sup>™</sup> & 29<sup>™</sup> at 11pm at Canton, Watonga, Concho Travel Center and Hammon.



Blackstone 1935 On the Go Scissor-Leg Griddle

One (1) name will be drawn every hour from 7pm to 10pm Saturday, June 8TH, 15TH, 22ND & 29TH at all Lucky Star Casino locations.

(Valued at approximately \$299.99)



Earn entries starting MONDAY, JUNE 3, 2024. Ten (10) points equals one (1) entry. Five times (5x) entries on Fridays.

