

**SOUTH DAKOTA PUBLIC UTILITIES COMMISSION
LIFELINE/TRIBAL LINK UP ADVERTISING/OUTREACH
ANNUAL REPORT
SEPTEMBER 29, 2023**

Company: Cheyenne River Sioux Tribe Telephone Aut

Address: PO Box 810
625 N Main Street
Eagle Butte, SD 57625

Telephone number: 605-964-2600

Company contact: Mona Thompson

Study Area Code: 391647

Lifeline/Tribal Link Up Advertising/Outreach Activities:

- Advertise in media of general distribution.* (See attached advertisement(s).)
- Letter to existing and new customers regarding the availability of Lifeline/Tribal Link Up within 1st 30 days of service.* (See attached letter.)
- Company's Lifeline/Tribal Link Up information in directory.
- Company's Lifeline/Tribal Link Up information available on Company website.
- Company's information posted on USAC website.
- Other (describe):

*Required



**Cheyenne River
Sioux Tribe**
Telephone Authority

Dear C.R.S.T. Telephone Authority Customer,

Please read this letter carefully.

Individuals who reside on tribal lands and meet the eligibility criteria may qualify for discounts [on the telephone bill] through **Tribal Lifeline and Tribal Link Up programs**. Tribal lands are defined as any federally-recognized Indian tribe's reservation, pueblo, or colony; Indian Allotments; and areas that fall outside the boundaries of existing Tribal lands but have been designated by the Federal Communications Commission as Tribal lands for the purpose of receiving Tribal Lifeline and Tribal Link Up support.

Tribal Lifeline helps eligible residents of tribal lands save up to \$34.25 on their monthly phone bill. The discount applies to wireline or wireless residential telephone service plans and is limited to one line per household. **Tribal Link Up** provides a one-time discount for the connection or activation charge for new telephone service at the applicant's primary residence. The discount is a 100 percent reduction, up to \$100, of the customary charge to initiation of service (up to \$200) on a deferred schedule, interest free.

Eligible consumers may also be able to sign up for free toll blocking or toll limitation service that either blocks or limits long-distance calls from your phone.

Both programs have eligibility requirements. You may qualify if you, one or more of your dependents, or your household participates in any of the following programs:

- Supplemental Nutrition Assistance Program (SNAP, formerly known as food stamps)
- Supplemental Security Income (SSI)
- Medicaid (example, Title XIX/Medical State Supplemental Assistance)
- Federal Public Housing Assistance (Section 8)
- Veterans Pension & Survivors Benefits Programs

-Tribal Specific Programs

- Bureau of Indian Affairs(BIA) General Assistance
- Tribal Temporary Assistance for Needy Families(Tribal TANF)
- Food Distribution Program on Indian Reservations (FDPIR)
- Tribal Head Start (only households that meet the income qualifying standard)

2021 Federal Services Poverty Guidelines	
Number in Residence	135% Guideline (Annual)
1	\$18,347
2	\$24,719
3	\$31,091
4	\$37,463
5	\$43,835
6	\$50,207
7	\$56,579
8	\$62,951
<i>For each additional person after 8, add \$6,372 to the annual guideline.</i>	

PO Box 810, 625 N. Main Street

Eagle Butte, SD 57625

Ph: (605)964-2600 Fax: (605)964-1000

www.crstta.com

Tribal Lifeline and Tribal Link Up Telephone Assistance Programs

Proof of Eligibility

If you qualify for Tribal Lifeline or Tribal Link Up based on income, you may be asked to provide proof of your income. The following documents are acceptable proof:

- Last year's state, federal or tribal tax return
- Current income statement from an employer or paycheck stub
- A Social Security statement of benefits
- A Veterans Administration statement of benefits
- A retirement/pension statement of benefits
- An Unemployment/Worker's Compensation statement of benefits
- A federal or tribal notice letter of participation in General Assistance
- A divorce decree, child support award, or other official document containing income information

If the prospective subscriber presents documentation of income that does not cover a full year, such as current pay stubs, the prospective subscriber must present the same type of documentation covering three consecutive months within the previous 12 months.

If you qualify for Tribal Lifeline or Tribal Link Up based on **program-based eligibility**, you may be asked to provide proof of your eligibility. The following documents are acceptable proof:

- The current or prior year's statement of benefits from a qualifying assistance program
- A notice or letter of participation from a qualifying assistance program
- Program participation documents
- An official document demonstrating the prospective subscriber, one or more of the prospective subscriber's dependents or the prospective subscriber's household receives benefits from a qualifying assistance program.

To apply for the Lifeline benefit, you can: (1) apply online by going to the National Verifier consumer portal at **CheckLifeline.org** and creating an account; (2) you can send an application by mail to **Lifeline Support Center, PO box 7081, London, KY 40742**; or (3) you can contact **C.R.S.T. Telephone Authority** for assistance with your application.

Important information

- Not all telephone providers in South Dakota offer the Tribal Lifeline and Tribal Link Up discounts.
- Tribal Lifeline is available on only one line per household. A household is defined as any individual or group of individuals living together at the same address as one economic unit. An "economic unit" consists of all adult individuals contributing to and sharing in the income and expenses of a household. A household may include related and unrelated persons.
- Tribal Lifeline and Tribal Link Up discounts cannot be applied to past due telephone bills.
- It can take up to two months for the discounts to show up on your bill as a credit. You must pay the bill until that time.
- Tribal Link Up will not cover the cost of a phone or wiring your home.

You must notify C.R.S.T. Telephone Authority when you no longer qualify for the program.

Sincerely,

C.R.S.T. Telephone Authority



LIFELINE LINKUP

TRIBAL LIFELINE AND LINKUP PROGRAM

Qualifying customers who reside within the boundaries of the Cheyenne River Sioux Indian Reservation may be eligible for discounted telephone or broadband service.

Tribal LinkUp:

Tribal LinkUp provides a one-time discount for the connection or activation charge for new telephone or broadband service, and is only available on Federally Recognized Tribal Lands. Only one LinkUp discount is eligible per household.

Lifeline:

Lifeline is a federal program that lowers the monthly cost of phone and internet. You can only use Lifeline for either phone or broadband service, but not both. Only one Lifeline discount is eligible per household.

Eligibility:

You may qualify for LinkUp or Lifeline by meeting one of three criteria:

INCOME GUIDELINES

You can get Lifeline if your income is 135% or less than the federal poverty guidelines. The guideline is based on your household size and state.

FEDERAL ASSISTANCE PROGRAMS

You can qualify for Lifeline if you (or someone in your household) participates in one of these federal assistance programs:

- Supplemental Nutrition Assistance Program (SNAP), formerly known as Food Stamps
- Medicaid
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance (FPHA)
- Veterans Pension and Survivors Benefit
- Tribal Programs (and live on federally recognized Tribal lands)



- Bureau of Indian Affairs General Assistance
- Head Start (only households meeting the income qualifying standard)
- Tribal Temporary Assistance for Needy Families (Tribal TANF)
- Food Distribution Program on Indian Reservations

Program History:

On January 01, 1998, the basic Lifeline and Linkup program was implemented. This program was designed to assist low-income consumers with the cost of basic telephone service. On October 01, 2001, the Enhanced Lifeline and Link-up rules were implemented. This “enhanced” program applies to low income consumers living on tribal lands.

Lifeline Household Worksheet

Lifeline Assistance Application

Fiber for the Future

In our 60+ year history, it has always been our mission to provide the Cheyenne River Sioux Reservation with a modern and reliable communications infrastructure. Today, this includes approximately 1,500 miles of fiber optics reaching 20 communities and spread out over 2.8 million acres of land. This innovative technology offers our Reservation a platform to build and sustain self-sufficient and thriving communities.

[Learn More](#)



TEST YOUR
SPEED



WEBMAIL



DIRECTORY



PAY MY BILL

Numbers to Know



Companies Near Me

This tool can help you find companies in your area that offer [Lifeline](#) and the [Affordable Connectivity Program \(ACP\)](#) service. These programs can reduce the cost of phone or internet service by providing a monthly discount.

ACP service providers may have their own application process, so consumers should contact their preferred service provider for more information. Consumers may also be eligible for a one-time discount on a laptop, desktop computer, or tablet through ACP. Ask your service provider if they offer devices or use this tool to see a list of providers who offer discounted devices.

Find a Company

Enter Your Zip Code

OR

Example: 12345

Enter Your City and State

Select A Program:

ACP

Lifeline

[Clear Results](#)

Companies near 57625

The order of these companies are random and may be different the next time you search.


An asterisk (*) after the company name means that this service provider offers both ACP and Lifeline.

Types of Service:

Home Service: Lifeline home phone or Internet service

Mobile Service: Lifeline mobile phone or Internet service

Showing 2 of 2 companies

Download List: 

Company Name	Phone	Type of Service
Standing Rock Telecom*	701-854-7098	Mobile Service
C.R.S.T. Telephone Authority*	605-964-2600	Home Service

If you want to see more companies, [see the list of companies in SD](#)

More About the Data

- *Search results are based on program enrollment and information provided by the companies.*
- *Information on the availability of devices and plans free with the ACP benefit are self-reported by providers and subject to change.*
- *The search results may include a company listed in your area that may not provide service to your address.*
- *Also, the search results might not show every company that is near you. A company may still offer Lifeline and/or ACP service even if it is not on the list. Please contact the company to confirm if they offer Lifeline or the ACP service for your address.*

Tell Us What You Think

We will continue to update this tool, so please check back often. If you have any comments or see something wrong - or if you are a company that needs to add or update your Lifeline or ACP information, email us at LifelineProgram@usac.org or ACProgram@usac.org.

Employment Opportunities Indian Health Services - Eagle Butte, SD

	Opens	Closes
Nurse (Inpatient, Outpatient, ER)	01/06/2023	12/31/2023
Physician (Emergency Medicine)	01/03/2023	12/31/2023
Physician (Family Practice, Internal Medicine, Peds)	01/03/2023	12/31/2023
Pharmacist	01/04/2023	12/31/2023
Advanced Practice Nurse (Nurse Practitioner)	01/02/2023	12/31/2023
Clinical Laboratory Scientist	01/03/2023	12/31/2023
Billing Technician	01/06/2023	12/31/2023
Security Guard	01/09/2023	12/29/2023
Telephone Operator	01/09/2023	12/29/2023
Physician Assistant	01/10/2023	12/31/2023
Health Technician (EMT)	01/19/2023	12/31/2023
Health Technician (Paramedic)	02/08/2023	12/31/2023
Diagnostic Radiologic Technologist	02/13/2023	12/31/2023
Supervisory Physician (Emergency Medicine)	03/03/2023	12/31/2023
Supervisory Security Guard	06/26/2023	09/27/2023
Super. Health Technician (Para - Shift Super.)	07/24/2023	12/31/2023
Health Technician (Phlebotomy)	08/15/2023	09/25/2023
Supervisory Nurse (Shift Coordinator)	08/31/2023	09/25/2023
Chief Optometrist	09/11/2023	12/29/2023
Nursing Assistant (Inpatient)	09/13/2023	10/04/2023
Medical Records Technician (Scanner)	09/15/2023	09/29/2023
Medical Support Assistant (Patient Registration)	09/18/2023	10/06/2023

For more information and to apply, go to www.usajobs.gov or you may contact HR Specialist Michelle Parkhill at (605) 226-7553. Public computers are available at IHS Administration to apply for positions.

Prairie Doc Perspectives: Exercise for healthier aging

By Kelly Evans-Hullinger, MD

We all know that exercise is great for our overall health. Exercise is important for our cardiovascular health of course, which is why the American Heart Association recommends 150 minutes of moderate intensity exercise every week. No less importantly, and especially as we get older, another huge benefit of exercise is in fall and injury prevention.

Starting an exercise routine, especially when starting from scratch, can be daunting. The simplest way to get started is to start a timed walking routine. Start with 15 minutes per day. If you can't walk outdoors or on a treadmill, find a long hallway or a large indoor space like a store or mall and just walk. If you are consistent, you will find that week by week you will be able to increase your time ideally up to 30 minutes a day or more. If you have a friend or family member who shares the same goal, a walking partner will increase your odds of success.

If you have a condition or disability that keeps you from walking, alternatives abound. Some people are much more able to use a stationary bike, or exercise in a pool. Chair exercise or upper body only routines can be found online; use the same principles, starting at 15 minutes and increasing the time gradually.

Already got walking or your alternative down? You can increase the intensity by exercising more briskly or adding some hills or resistance to your routine. And better yet, you can add some strength training to maintain and build muscle. No fancy equipment needed – start with some squats from a sturdy chair; try a 30 second plank. Adding some variety to your routine is great to keep things interesting and reduce any risk of overuse injury.

There are some great ways to work on exercise in a group if your community has access. Many communities have free group chair exercise or walking groups that you can try out. If able, try a yoga, pilates, or tai chi class. That pesky friend who keeps inviting you to play pickle ball – say “why not” and give it a go! Probably the most important thing to help you be consistent with exercise is to find activities that you actually enjoy doing, so don't be afraid to try something new!

Our exercise abilities and goals might change as we get older, but the benefits of moving our bodies are present at all ages. So get out there and move! You'll be glad you did.

Kelly Evans-Hullinger, M.D. is part of The Prairie Doc® team of physicians and currently practices internal medicine in Brookings, South Dakota. Follow The Prairie Doc® at www.prairiedoc.org and on Facebook featuring On Call with the Prairie Doc® a medical Q&A show providing health information based on science, built on trust, broadcast on SDPB and streaming live on Facebook most Thursdays at 7 p.m. central.

Letter to the Editor

By Floyd Braun

History is repeating itself. What will America and its allies do?

I recently read “From playgrounds to parade grounds: Russian schools are becoming increasingly militarized,” by Tim Lister and Katharina Krebs, detailing efforts by the Russian government to militarize culture through changes in the educational system.

What is happening in Russia is nothing short of a free people being forced from a free society into a dictatorship and totalitarian regime. It should be scary to anyone who understands the old saying by Winston Churchill, “Those that fail to learn from history are doomed to repeat it.” In 1933 Germany, the Nazi Party put Hitler into power with promises of ending the dark times they endured after World War I. This was done by creating a false economy based on warfare, putting the unemployed back to work, giving people roofs over their heads and food in their stomachs. When the shell of this plan showed cracks, he used fear to rule. He began the final solution, and ordered schools to teach children to be soldiers and ordered the removal of religion and higher education.

In my opinion, we are seeing a modern-day equivalent in Russia. The next question is, as a free nation allied with other free nations, what are we to do?

History shows that Hitler was allowed to do much harm while the free world not only did nothing to stop it, but embraced it, welcoming Nazis to do business in free nations. It was only after it was almost too late that we took action.

As a result of actions by the free world, including Russia, Hitler was stopped. But the cost of doing so went on for decades. As part of ending the war, Russia was given areas to control and the Cold War ensued.

The free world can no longer afford to sit back and watch what is happening in Ukraine and elsewhere and only send money and arms. Right now, Russia has a leader who not only has asked for the okay to use nuclear weapons, but is ready to do so.

It's time for the free world to stop this monstrous destructive form of government that benefits only a privileged few before the free world is consumed. It took over 50 years to bring every Nazi to justice. I do not think we have that kind of time. We are all potential victims if we do nothing.

We owe our children and ourselves more than a repeat of history.

Read more at <https://www.cnn.com/2023/09/24/europe/russia-schools-pro-war-parade-grounds-intl/index.html>.



**Cheyenne River
Sioux Tribe**
Telephone Authority

Tribal Lifeline & Linkup Program

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- Medicaid
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- Federal Public Housing Assistance (FPHA)
- Veterans Pension and Survivors Benefit
- Tribal Programs (and live on federally recognized Tribal lands)

TRIBAL LIFELINE

Tribal Lifeline lowers monthly costs even further. You can qualify for Tribal Lifeline if you live on Tribal lands AND you or someone in your household participates in one of the following:

- Any of the federal assistance programs listed above
- Bureau of Indian Affairs General Assistance
- Head Start (only households meeting the income qualifying standard)
- Tribal Temporary Assistance for Needy Families (Tribal TANF)
- Food Distribution Program on Indian Reservations

Call for an application or for more information:

(605) 964-2600

625 N. Main Street • P.O. Box 810 • Eagle Butte, SD 57625

**CHECK IF YOU'RE
ELIGIBLE!**

CHEYENNE RIVER SIOUX TRIBE TELEPHONE AUTHORITY
391647

Line 1222 Details on the number of minutes provided as part of the plan.

The C.R.S.T. Telephone Authority only provides its lifeline customers a flat rate local service. There is no measured local service provided, so the number of minutes provided is not necessary.

Line 1223 Additional charges for toll calls, and rates for each such plan.

The C.R.S.T. Telephone Authority provides access to toll service providers for its lifeline customers. The lifeline customer has to choose its own toll service provider, so no additional charges are noted or required by the C.R.S.T. Telephone Authority.