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**SHINING DIAMOND**  
Lauren Turner excels in class and multiple sports. ANI-GIDUWAGI, 9

# GIDUWA CHEROKEE NEWS

YSG. GWY A&P Official News Publication of the United Keetoowah Band of Cherokee Indians in Oklahoma September 2022

## UKB Solid Waste Program partners with Tahlequah City

### Programs under the Office of Environmental Services will provide cleaner spaces.

BY LANI HANSEN  
Reporter

**TAHLEQUAH** – In the past few months the UKB Office of Environmental Services have been making progress of a zero-waste nation and taking on a partnership with City of Tahlequah.

According to UKB Solid Waste Coordinator Curry Blankenship, the solid waste program has three dump trucks which has the UKB seal with the Environmental Services information sticker on the side to verify UKB trucks. The partnership with Tahlequah City provides UKB with 30 roll-off dumpsters.

“This allows us to clean up illegal dump sites on tribal members property,” Blankenship said. “We are also starting to get calls from tribal members to come clean up their yard or haul unnecessary trash off their lawn.”

Another program that has started is the recycling program. Blankenship said they ordered recycling bins for every building on the complex including the Stilwell office.

“We have bins for paper, plastic and aluminum,” he said. “We also have the recycle trailer which is available to tribal employees and tribal members

24/7. If the cardboard bin is full, we encourage people to use the one by CDC or the elder center.”

A scheduled recycle pickup for the complex is every week or if someone’s bin is full, Blankenship said to call, and they will send someone to pick it up.

“We do take recycle for tribal members,” he added. “We can take everything except Styrofoam and glass, if they have electronics, we can take that. With our partnership with Tahlequah City, we can use their recycle center free of charge.”

With the winter months coming up, the department has started a wood cycling program. If a tribal member or elder has a tree that has fallen in their yard, the department will go and cut the tree to distribute firewood to the elders in the wintertime.

Also, if you have been on the complex lately, you will notice several pet-waste stations throughout the area. These stations were setup by the environmental team and are a product of EPA General Assistance Program-UKB Recycling Program. These are dog liter only and will help keep

SEE PARTNER, PAGE 3

As part of a partnership with Tahlequah City, the United Keetoowah Band Solid Waste Program is able to clean yards and illegal dump sites with these dump trailers. The UKB is making progress toward a zero-waste nation. LANI HANSEN/ GIDUWA CHEROKEE NEWS



United Keetoowah Band Chief Joe Bunch addresses a crowd during a past Keetoowah Celebration State of the Nation address. This year marks the 72nd annual UKB Celebration. ARCHIVE PHOTO

## “Never Give Up” is the theme of this year’s celebration, which will be held in person.

BY LANI HANSEN  
Reporter

**TAHLEQUAH** – In case you haven’t heard, the United Keetoowah Band of Cherokee Indians in Oklahoma has announced that the 72nd annual Keetoowah Celebration will be held in person this year, we have missed everyone so come one, come all.

The event has been celebrated almost every year until Covid hit and our people were unable to meet. Every year the celebration follows on the first weekend honoring Oct. 3, 1950, when the UKB officially voted to have its constitution and by-laws ratified. The last time our tribe was able to meet in person to celebrate was in 2019. UKB Chief Joe Bunch and Assistant Chief Jeff Wacoche are both excited to have in-person festivities.

This year the UKB Celebration is coordinated by Barbara Foster. Foster serves

as our own John Hair Cultural Center and Museum Assistant Director. She has been with the museum since January of this year. Foster has been working very hard for everything to come together to make this celebration one of the best.

Every year the celebration has a theme, and this year they have chosen “Never Give Up.” According to a Keetoowah History book known as, Cherokee History As You’ve Never Heard it, the phrase was written in an 1860 paper by Keetoowah leaders.

According to Ernestine Berry Tribal Historian she quoted, “As a child, I often heard those words from my folks. More recently, I heard John Hair, our eighty-five-year-old former chief, used the same phrase to encourage his grandchildren. As Keetoowah’s, these words have meaning for our future existence. No matter

SEE CELEBRATION, PAGE 2

### SCHEDULE FOR 72ND ANNUAL KEETOOWAH CELEBRATION

**Thursday, Sept. 29**  
8:30 a.m.: Golf Tournament  
6 p.m.: Dignitary Dinner (Invite Only)

**Friday, Sept. 30**  
7 p.m.: Chili Supper  
9 p.m.: Stomp Dance

**Saturday, Oct. 1**  
8 a.m.: Car Show, Kids Fishing Derby

10 a.m.: Arts & Crafts Vendors, Children’s activities, Cornstalk Shoot, Horseshoe Pitch  
11 a.m.: Stickball Games, Tradition Keepers  
11:30 a.m.: Chief’s Address  
12 p.m.: Traditional Meal  
1 p.m.: Entertainment, Volleyball  
2 p.m.: Cornhole, Turtle Races

## Small town Keetoowah rising in music scene



**Blaine Bailey shares his story of becoming a Red Dirt musician.**

**“Everything I do in music now, it always leads back to playing in Lost City and Briggs.”**  
Blaine Bailey, UKB tribal member

United Keetoowah Band tribal member Blaine Bailey is seeing his stock soar on the Red Dirt music scene. COURTESY PHOTOS

BY LANI HANSEN  
Reporter

**TAHLEQUAH** – Lost City, a rural community outside of Tahlequah is the home of local UKB music artist Blaine Bailey. His passion for playing music started when he was a young boy, and as he grew older Bailey kept with it adding his own voice for vocals would later bring him to bigger venues such as Diamondhead Resort’s Diamond Stone Festival.

As he spoke about his childhood, Bailey had grown up around musicians. He received his first small guitar, which he believes was from Walmart, from his uncles so that he could strum along with them.

As he grew older, Bailey got his first guitar and learned the basics from his dad. He learned how to play solos before knowing the difference between chords in music. With a lot of spare time on his hands playing guitar was something he wanted to learn.

His music playing started getting serious as he got older, his biggest inspiration as a Red Dirt musician came from Tahlequah’s own Turnpike Troubadours and other musicians such as Jason Boland and the Stragglers and Cross Canadian Ragweed.

“I started writing songs when I was about 11 or 12 but didn’t really like them,” Bailey laughed. “But that’s what got me into writing songs that people might like, and I enjoy myself. My mom has helped me out a lot with encouragement, and my family has always been all for it.”

Bailey first started performing in front of an audience when he was playing with the

Rising Stars at the Roxy Theater in Muskogee. This helped him get over stage fright, he said.

He played electric guitar for a while before picking up on acoustic. He started writing songs again, then released his first five. His fanbase grew since he released those songs, Bailey started singing at open mic nights around Tahlequah and met people along the way.

Last year, Bailey started his first full band with Richard Wood playing bass and a drummer from Shady Grove. His band was able to get studio time in and from there released a full album called, “Lost City.”

As a Native-owned business, Bailey fully supports Cherokee Artists, if you haven’t seen his merch or album cover those were designed by Artist Dino Kingfisher.

After his album was released, it has taken the band to Oregon to play in the Wild Hare Country Festival, which was held in July.

Bailey said he has two drummers for his band that he uses, Noah Lyons and Jason Walker both from the Muskogee and Ft. Gibson area. With a full band and two drummers on hand, Bailey hopes to get back in the studio soon.

“Everything I do in music now, it always leads back to playing in Lost City and Briggs,” Bailey commented. “I’ve never really sung until I did at the Roxy, I was self-taught. Yeah, my dad did sing, but he never took it seriously. Been training my voice since I was 13.”

Bailey’s band is called, “Blaine Bailey Band.” Some other venues he’s played at

SEE BAILEY, PAGE 3



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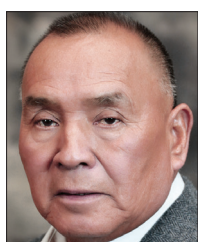
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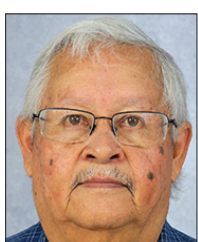
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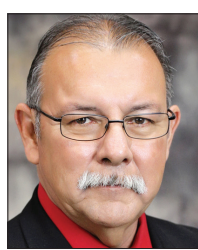
# COVID-19 still lingering, mask up

Si yo, ni ga da.  
Boy, the heat has been something; thank you Lord for the rain. I hope area farmers get another cutting of hay. High school and college football season is starting soon.

COVID is still around, as we are hearing of cases, but not as serious as the first round of deaths. The symptoms are like a cold, some have severe headaches, loss of taste and after a few days recover well. Because of this, last month the Council has initiated mask wearing in the office buildings. This is to safeguard the employees and tribal members, so wear your mask when entering the buildings at the United Keetoowah Band.

I had the opportunity to consult with the Indian Health Service officials during the self-governance conference in San Francisco. It was followed up with a visit from Rear Adm. Travis Watts, IHS Oklahoma City area director, to the Keetoowah Tribal Complex.

He inquired on how the IHS could better serve the UKB and how we are doing with behavioral health, we had a



## Chief's Corner

JOE BUNCH  
Principal Chief  
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constructive and exciting meeting.  
Assistant Chief Jeff Wacoche, Tahlequah District Rep. Alvin Hicks and I attended the Echota Skate and Wellness Festival, which had many attendees. We heard music, received handouts on health issues, and I had the privilege to introduce two projects the 4ward Project and Veterans4Life Project.

The first is about a family moving forward after their son ended his life, in doing so they created Eric's Rocks to remember Eric Ward and move forward. Eric spent his life helping others and in order to remember Eric's mission the rock is given to another.

To carry out Eric's mission, the rock

went to Brian Paul, a member of the 45th infantry National Guard. Paul's first deployment was the 1995 Oklahoma City bombing rescue mission, bringing survivors from the building.

We heard a staggering statistic of suicide among soldiers during the past 20 years, 7,057 were killed in combat while during the same time 30,177 lost to suicide. It was an honor to announce one soldier's mission and how his family uses a memorial rock in moving forward, and as one of his friends will keep the monument moving 4ward. Thank you, Echota Behavioral Health employees, for this community wide success.

I attended the John Hair Museum reception and offer a thank you for Keetoowah elders for their work preserving our rich language. The elders and discussion leaders were filmed preserving our conversational language, so visit with the museum to see where you can view the presentations.

Do da go hv i, until we see each other again. Keep the tribe, Council and tribal members in your prayers. Wado.

# GCN welcomes new media specialist

Siyo! I am Rita Courtwright and I have recently joined the staff of the UKB Media as the new Media Specialist. I worked the past year as the Public Relations Manager for Bacone College in Muskogee, Ok. I have over 25 years in journalism and mass communications experience, and I am looking forward to sharing that experience and knowledge with the UKB. As a member of the Muscogee (Creek) Nation and citizen of the Fort Mojave Band of Indians, I have always been immersed in tribal culture and community and I look



## Editor's Address

RITA COURTWRIGHT  
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forward to expanding those relationships within the boundaries of the UKB.

I worked with my own tribe as the Man-

aging Editor of Mvskoke Media for over two years where I was part of a group effort in helping to gain back Free Press in 2020 after it had been removed in 2018. I also continue to work with the Muscogee Creek Nation as a college instructor at the College of the Muscogee Nation in Okmulgee, where I have taught for 10 years. I am very excited to move forward with my true passion of journalism and communication by working with the amazing staff of the Giduwa Cherokee News and appreciate this opportunity.



Musicians provide entertainment during a past Keetoowah Celebration. This year the event returns in person following several years of the pandemic. ARCHIVE PHOTO

# CELEBRATION: Film academy students will record this year's event.

FROM PAGE 1

how bleak it seems, to have a bright future, we must carry forward with hope and never give up!"

Reflecting on why this year's theme is "Never Give Up" Foster stated, they were just thinking about all the tribal members the tribe has lost in the past few years and how people are struggling with those losses.

She said it felt appropriate for this year because our people are taught to never give up.

Chief Bunch said, "that is our story, we are survivalist and we have never given up."

With the celebration coming back to in-person events Assistant Chief said, "We're glad it's able to be back in-person and with Covid numbers rising and falling, we're still trying to follow CDC guide-

lines."

"We certainly want to stick with precautions," Chief Bunch said. "But with two years absence, we are excited about this year, and we have a lot to share with our general public. We are safe to say we're moving forward."

For this year, students from a Place of Belonging Film Academy will be recording the event. During the celebration, gas card drawings will also be held.

Food vendors will be setup throughout the event. If you wanted to set up as a food vendor the application has been available since Aug. 23. It is first come basis.

Booth location will be assigned when payment is received, there will be no refunds after 5p.m. on Sept. 23.

For information call, Barbara Foster at 918-871-2794.

# Candidates for 9 UKB Districts announced

Official voting date for the Council races is Nov. 7, 2022.

BY LANI HANSEN  
Reporter

TAHLEQUAH – The United Keetoowah Band of Cherokee Indians Election Board has announced the official list of candidates to run for office during the Nov. 7, 2022, UKB Tribal Council Election.

After completing background checks of the following, they have approved 14 candidates in the running for a seat in the nine districts.

In the Canadian District, current Representative Eddie Sacks will face off against challenger Joseph Two Shields.

In the Coeweescoowee District, current Representative Clifford Wofford drew no challengers.

In the Delaware District, Archie Buzzard will face off against Elmer Panther, Jr.

In the Flint District, current Representative Frankie Still drew no challengers.

In the Goingsnake District, current Representative Willie Christie will face off against challenger Sharon Benoit.

In the Illinois District, current Representative Peggy Girt drew no challengers.

In the Saline District, current Representative Charles Smoke will face off against two challengers John Mouse and Dylan Hayes.

In the Sequoyah District, no candidates were filed.

In the Tahlequah District, current Representative Alvin Hicks will face off against challenger Teresa Hair.

As we get further into campaigning season, more details will be provided about where each voting location will be held. For those who are running, contact UKB Media Department for information about advertisement in the newspaper. Also, we would like to request profiles from each candidate such as short bio, district, and why you are running along with a photo (headshot). UKB Media Department is in the UKB Services Building or call 918-871-2788 or 918-871-2843.

## GIDUWA CHEROKEE NEWS

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Indian Falls Creek officials honor featured veteran John Shoemaker, center, who attended the first Indian Falls Creek in 1947. COURTESY PHOTOS

# Veterans recognized at 75th annual Indian Falls Creek

BY LANI HANSEN  
Reporter

DAVIS – Indian Falls Creek celebrated its 75th year as the largest Native American church camp from July 31 to Aug. 5, and this year it held a special veterans recognition night.

Indian Falls Creek began in 1947, bringing in churches and their members representing over 50 tribes and over 250 churches. It was 30 years before IFC began, J.B. Rounds and W.D. Moorer founded Falls Creek Assembly. IFC was a Home Mission Board of the Southern Baptist Convention. The first year IFC was held it averaged 333 campers. This year's attendance was 2,160.

Over the years the camp has experienced many changes. IFC Executive Director Victor Cope reflected on the first years he attended, with morning and evening worship services and recreation time in the afternoon. The camp has added much, he said, as campers can now zip line. There is a skate park, basketball, volleyball, golfing, fishing tournament and a watermelon eating contest.

As far as the facilities, they have been updated. Back in the days the tabernacle lawn is where the recreation area used to be held with volleyball courts, softball fields and tennis courts that have been moved downhill from camp. The tabernacle is now a larger air-conditioned sanctuary, whereas it used to be an open auditorium with large fans to keep campers cool while sitting on wooden benches.

"I asked those who haven't been in a while if they have seen the tabernacle yet, and they said no. I told them to make sure and bring a blanket or something to keep warm because it gets cold in there," Cope said about the tabernacle.

Other events at IFC is the annual blood drive in partnership with Oklahoma Blood Institute, which has been ongoing

for 25 years. It brings hundreds of donations each year and during the days of the blood drive there is a health fair.

But one special event at IFC is that they take the time to honor Native veterans. Looking back six years ago, Marvin Delaware and Amon Leroy IFC Board members who oversee the veteran's recognition night, thought of the idea.

As IFC celebrated its 75th year, the drum group bringing in the vets were from the Comanche Indian Veterans Association. The ceremony began with the Comanche Color Guard and Absentee Shawnee Color Guard leading in the vets. During the ceremony, the featured veteran was John Shoemaker who attended IFC in 1947 and served in the Air Force.

"I thought it was really neat and exciting to see John come and dressed out in his military uniform for the ceremony," Leroy said of Shoemaker.

When asked about the veteran's recognition for this year, Delaware said, "I enjoyed seeing all the veterans come together. Especially for Brother John Shoemaker he is the eldest member at First Indian of Moore, and he was there at the first camp in 1947."

Leroy added, "The program has grown every year, but with this being our 75th anniversary this was our opportunity to expand a little bit better than these past years. This has given us a chance to honor veterans and invite those who aren't able to attend IFC all week."

There were 70-plus veterans participating in the 2022 ceremony. Patches were handed out to each to say "thank you" for serving for our country.

With this camp celebrating its 75th year, Cope, who has served on the board for 29 years, said, "I was glad to be around to celebrate the 75th year of IFC, I've been working camp all these years. I started coming to camp since 1965, it was a good time to remember and celebrate."

# Echota presents Wheels and Wellness Festival

BY LANI HANSEN  
Reporter

TAHLEQUAH – Echota Behavioral Health sought to promote their services in union with UKB and to the community of Tahlequah in hosting a Wheels and Wellness Festival in August.

The Echota Behavioral Health is a behavioral health clinic and counseling service covering many areas throughout Northeastern Oklahoma. They serve tribal and non-tribal citizens. They currently have sites in Tahlequah, Tulsa and Kansas, OK but are hoping to expand into other counties.

The Wheels and Wellness Festival was held in August. When Echota's Youth Coordinator and Recovery Specialist Carden Crow started at Echota he recognized the clinic needed a signature event. With the approval from Echota Director Jimmie Fite, Crow's idea moved forward with the help from his co-organizer Glen Turner, Echota's Project Director. The festival was to help build their reputation within the community and UKB, by making an impression with the tribe in working together.

"We are hoping UKB will use us for all your mental health needs," Crow said.

This year being the first Wheels and Wellness Festival for Echota brought in a very large crowd, Crow stated it was very much a successful event. They had bouncy castles, gelly-ball, sno-cone machines and cotton candy for the kids. They served free food for the entire event, Crow stated they never ran out and fed a lot of people.

They brought in Veteran Brian Paul, who is currently doing a Press Circuit for his own organization of Veterans 4 Life USA which he serves as the founder and President. As the guest speaker, Echota presented to him in exchange Eric's Rock. The Eric's Rock is a campaign about a veteran named Eric.

Crow believes it is important to shine a light on veterans and their mental health obstacles. Many may not know but suicide rates amongst veterans are high, according to Crow.

"When I wrote a speech for someone, I put in there the last 20 years we've lost just a little over 7,000 of our veterans to actual combat, but also in the same last 20 years we've lost over 30,000 veterans to suicide," he said. "We really wanted to shine a light over these veterans, and Echota feels their needs are being overlooked and we want to be a safe-haven for our vets."

Another area that Echota felt they could attract to help with mental health, would be the children who get dropped off or just hangs out at the skate park. Crow said he felt the need to do something with Tahlequah Skate Park and so he contacted his buddy Xander White who was all in for it. So, during the Wheels and Wellness event White hosted a skateboarding contest.

"With this event compared to other contests that we've had in Tahlequah bore, it seemed like there was a greater turnout and a lot of people leaving with their hands full with prizes," White commented on the skateboarding contest. "I think the Wheels and Wellness event overall went really good."

While the skateboarding competition was going on, school supplies were handed out to the kids, Echota had some good giveaway prizes such as tablets, gaming systems and gas card prizes.

UKB Education Department was able to set up during the event, handing out school supplies and backpack for UKB students.

"We were able to put them in the air-conditioning inside the Tahlequah Armory, so when kids came to get their school supplies, they could sit in the A/C but we gave them a little special treatment," Crow said.

A couple of other guests who made an appearance at the event was UKB Chief Joe Bunch and Assistant Chief Jeff Wacoche. Chief Bunch had the honor to introduce Veteran Brian Paul and present him with the Eric's Rock.

Echota Behavioral Health Clinic office hours are M-F, 9a.m.-5p.m. If you have any questions call, 918-708-9009.



Echota Behavioral Health kicked off the school year with the Wheels and Wellness Festival. It featured handing out school supplies and provided music in the form of the band Stone-gate Fence. LANI HANSEN/GIDUWA CHEROKEE NEWS

# BAILEY: Bailey learned to play guitar from his late father.

FROM PAGE 1

recently are at the Muskogee Brewing Company and Grove's Cherokee Casino.

In September his band is part of the lineup for the Diamond Stone Music Festival, which will be Sept 9-11 at Diamondhead Resort on the Illinois River.

"I'm really excited that we're on the lineup, because I grew up going to Medicine Stone with my mom, I know it's not the same but it's at the same place," Bailey said. "It has been one of my top shows that I've always wanted to play."

Besides music, Bailey is part of the crew for UKB Housing Department working alongside Loy Shade and Gil Hooper Jr. They work on minor rehabs and emergency repairs on UKB houses. He met Construction Manager Richard Vann a couple of years ago and has been with UKB Housing since.

His parents who he spoke of earlier, on his mom's side he is related to the Dreadfulwaters. His grandma, Rebecca Dreadfulwater is the director of UKB Title VI Programs. She is a big part of his support system in his music. Bailey's dad, Daniel Gourd is who he picked up playing guitar from.

His dad passed in 2020, Bailey stated when he plays music he plays for his dad.

Although Bailey may have numerous inspirations when playing music, his biggest and probably his number one fan would be his lovely girlfriend, Kelly Kowis. He said she helps him out on a lot with managing, marketing, decision-making and scheduling.

Blaine Bailey Band will only be playing a few more shows before wrapping up the year until 2023.

For more information, follow the Blaine Bailey Band on Facebook @BlaineBaileymusic or visit, www.blaine-bailey.com.

# PARTNER: The tribe wants people to report illegal dumps.

FROM PAGE 1

the grounds free of dog waste and prevent the spread of disease.

"We have four on the complex, and looking to get more for the Stilwell area," Blankenship added.

Office of Environmental Services and Historic Preservation Director Whitney Warrior said, they are excited to increase their program activities and wanted to thank everyone for support in Recycling with the UKB Office of Environmental Services.



These pet-waste stations have been placed on the UKB Complex, there are four of them set up as of now. LANI HANSEN/GIDUWA CHEROKEE NEWS

## REPORT ILLEGAL DUMPS

If anybody suspects an illegal dump site or has any questions regarding recycling, call the United Keetoowah Band's Solid Waste Program at 918-871-2765.

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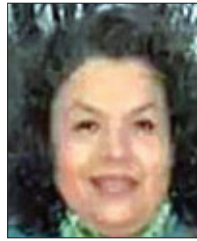
# OBITUARIES

## Nova Jayne Birdtail

Nova Jayne Birdtail, or "Dodie" to her family, was born on February 1st, 1973 in Tahlequah, OK, the daughter of Richard and Rachel (Ketcher) Birdtail. She attended school and graduated from Sequoyah High School. She worked as a Business Woman for the Cherokee Nation. She married and began her family of two sons and three daughters, Sean Ray Sarren, Brandi Sarren, Shalia Sarren, Nahni Sarren, and baby boy Sarren. They were her pride and joy.

She was a gifted Cherokee Artisan and loved to do intricate bead work.

The whole family played softball, and bringing the family together playing sports. She loved to cook and often made meals for her family including her goulash, lasagna, meat pies, Dr. Pepper Stuffing, potato salad and grape dumplings. She was constantly cleaning house. Dodie was traditional Cherokee, respecting of the old ways of living, attending the stomp grounds, if she had a dollar, and you needed a dollar, it was yours for the asking. The holidays were hers to make her family shine, the tree, the dinner, the gifts, everything to make the family have a memorable holiday. Her sense of humor was wonderful, her laugh con-



tagious. She loved to make you smile, even if she told a corny joke to get the job done. She pushed her family to be the best they could be, because she believed in them. She passed away at her home on July 21st, 2022 at the age of 49 years old. She will be greatly missed.

Nova has gone home to join her grandparents, Davis Ketcher and Peggy Boney-Ketcher, her mother and father, two sons, Sean Ray Sarren and baby Boy Sarren, and brother, Norman Birdtail. Those left to cherish her memory include her children, Brandi Sarrena and companion Vidal Sparks of Park Hill, Shalia Sarren and companion

Eagledancer King-Rich of Oklahoma City, OK, and Nahni Sarren of Tahlequah, and the father of her children, Vincent Serran. She leaves one sister, Nora Birdtail of Tahlequah. She will live on in her four grandchildren, Zerlina Sparks of Park Hill, Vidal Sparks Jr. of Park Hill, OK, Van Berry of Tahlequah and Z'Riyah King-Rich of Oklahoma City, as well as many nieces, nephews, cousins and a host of friends and loved ones.

Memorial services for Nova Jayne Birdtail were held July 28 at Reed-Culver Funeral Home with Pastor Henry Birdtail officiating. She was laid to rest at Greenleaf Cemetery next to her son, Sean Ray. Pallbearers for Nova included Vidal Sparks, Eagledancer King-Rich, Micky Birdtail, Ricky Birdtail, Dylan Hathcoat, and Sean Connelly.

## Minnie Marie Dew

Minnie Marie Dew was born on July 31st, 1950 in Leach, OK, the daughter of Sanders and Mary Jane (Dry) Dew. She attended Mesena and Black Gum schools and later took classes at Flaming Rainbow University. Minnie worked for a number of years at Cherokee Nation and recently retired from the Food Distribution Program. She devoted all of her spare time to her only child, Oliver, she adored him and they were the best of friends. They enjoyed traveling and making memories together. When they were at home, Minnie liked to sew. She made clothing, tote bags, and tons of masks at the start of the



first language speaker. She adored her great-nieces and great-nephews and loved watching them grow and play. A Baptist by faith, she last attended the Elm Tree Baptist Church. Even as sickness invaded her body, she kept her optimism high and her laughter still found its voice. The Lord called this wonderful woman home from all her

pandemic. She enjoyed beadwork and reading. She read all kinds of books, but Harry Potter was her favorite. She was proud of her Cherokee Heritage and the fact that she was a

labors on Thursday, August 4th, 2022 in Tahlequah, Oklahoma, surrounded by those she loved. She was 72 years of age and will be greatly missed.

She is preceded in death by her parents, Sanders Dew and Mary Jane Dew; her sisters Wanda Sanders, Geneva Dew, Edna Jones, Marilyn Dew; her brother Kenneth Dew, and nephews Zayne Dew, Christopher VanBuskirk, and Randy Hornet.

Those left to cherish her memory include her son, Oliver Dew, siblings Kathy VanBuskirk and husband Perry of Moody, Oklahoma, Jacqueline Clayton and husband Robert of Tahlequah, and Elvis Dew and wife Debbie of Tahlequah. She also leaves many

nieces, nephews, cousins and a host of friends and loved ones too numerous to mention.

A visitation for Minnie was held August 10 at Reed-Culver Funeral Home, 117 West Delaware Street, Tahlequah, Oklahoma 74464. A funeral service was August 11 at Reed-Culver Funeral Home. Minnie was laid to rest in Bill Batt Cemetery, Cherokee County, Oklahoma.

Serving as pallbearers are Justin Clayton, Michael Dew, Joshua Clayton, Levi Cantwell, Hector Rivas, David Horsechief, Matthew Dew, Ismael Falcon, Darren Cantwell, Alfred Sixkiller and Brent Sixkiller.

## McKenna Marc Mooney

McKenna (Big Mac) Marc Mooney, 25, of Jay, OK went home to be with his Lord and Savior on Tuesday, July 26, 2022 in Jay, OK. He was born on March 28, 1997 to Greg and Lisa Mooney in Grove, OK.

McKenna attended Jay Public Schools from Kindergarten to High School and graduated one of the top 10 of his Jay High School Class Of 2015. After high school he attended the University Of Oklahoma in 2016. He enjoyed watching football, wrestling, movies, playing video games

and spending time with his friends and his little buddy Christopher. McKenna was employed by Cherokee Nation Gaming. He was proud of his Cherokee Heritage and was a member of the United Keetoowah Band. McKenna sure loved his precious fur baby Fox, who he lost all the time from running away.

McKenna was a young man that loved to spread kindness and help anyone at anytime in need. He was a person that saw the positive side of things and never said anything negative or bad about anyone. He had a big loving heart that saw good in each



person that he met throughout his life. McKenna was loved by everybody and everybody loved him. He will be dearly missed by his fur baby Fox, family and friends.

McKenna is preceded in death by his sister, Lindsay Williams; his grandparents, Jess and Christine Mouse, Earl and Phyllis Looper.

He is survived by his parents, Marc and Lisa Mooney of Jay, OK; brothers, Satch and Chas Williams of Jay, OK;

sister, Mathysen (Mattie) of Springfield, MO; other siblings, Justus, Elius, Kilynn, Darkniz, Quincy, Cruxley and Ovi; grandparents, Danny and Sandra Mooney; numerous nieces, nephews, cousins, extended family and friends.

McKenna's Wake Service were held on August 2 at his parents residence in Jay. McKenna's Celebration Of Life Funeral Services was held on August 3, 2022 at Piney Baptist Church in Jay with Pastor Duke Pickup and Rowdy Foreman officiating. Followed by McKenna's funeral procession to Sycamore Cemetery in Jay, OK. Burial w at Sycamore Cemetery.

# LUNCH MENU

The United Keetoowah Band's Title VI Lunch Menu for September 2022 in the Jim Proctor Community Center at 18419 W. Keetoowah Circle in Tahlequah, Oklahoma. For information, call 918-871-2800.

**Sept. 1**  
Indian Taco  
Strawberry Shortcake

**Sept. 2**  
Biscuit & Gravy  
Scrambled Eggs  
Bacon  
Hash Browns, Yogurt

**Sept. 5**  
Kitchen Closed  
Labor Day

**Sept. 6**  
Ham/Cheese Sandwich  
Potato Chips  
3-Bean Salad, Pickle  
Fruit Cup

**Sept. 7**  
Pot Roast  
Whole Potato  
Baby Carrots  
Hot Roll, Fruit Cup

**Sept. 8**  
Brown Beans/Ham  
Fried Potatoes  
Cabbage  
Cornbread, Fruit Cup

**Sept. 9**  
Chili Cheese Coney  
Potato Salad  
Fritos, Pickle  
Fruit Cup

**Sept. 12**  
Tuna Salad on Wheat  
Potato Chips  
Mac n Cheese  
Pickles, Fruit Cup

**Sept. 13**  
Homemade Meatloaf  
Mashed Potatoes  
Broccoli Cuts  
Hot Roll, Fruit Cup

**Sept. 14**  
Lasagna  
Zucchini Sticks  
Salad  
Garlic Toast, Fruit Cup

**Sept. 15**  
Catfish/Tartar Sauce  
Black-eyed Peas  
Corn on Cob  
Hush Puppies, Fruit Cup

**Sept. 16**  
Wild Wings/Sauce  
Broccoli Rice Casserole  
Pickle, Garlic Bread  
Fruit Cup

**Sept. 19**  
BBQ Beef on Bun  
Steak Fries  
Pork n Beans, Pickle  
Fruit Cup

**Sept. 20**  
Spaghetti/Meat Sauce  
Italian Green Beans  
Salad, Garlic Toast  
Fruit Cup

**Sept. 21**  
Baked Potato/Fixings  
Pasta Salad  
Club Crackers  
Fruit Cup

**Sept. 22**  
Chicken n Dumplings  
Mixed Veggies  
Garden Salad, Hot Roll  
Fruit Cup

**Sept. 23**  
Little Smokies  
Baked Beans  
Zucchini Sticks, Pickle  
Hot Roll, Cherry Cake

**Sept. 26**  
Kitchen Closed  
UKB Offices Closed

**Sept. 27**  
Beef Stew  
Yellow Hominy  
Saltine Crackers  
Fruit Cup

**Sept. 28**  
Hamburger on Bun w/  
Fixings  
French Fries  
Cake, Ice Cream

**Sept. 29**  
Kitchen Closed  
UKB Celebration

**Sept. 30**  
Kitchen Closed  
Cleaning Day



We have moved to a temporary building while our dining room is repaired. Park in the drive-thru so meals can be brought to you. Protect yourself by wearing a mask, staying 6 feet away from others, washing your hands and staying home if feeling sick. Meal service is from 11 a.m. to 12:30 p.m., Monday through Friday. Meals are free to Keetoowahs 55 and older, as well as their spouses. Members of other tribes and their spouses must show their CDIB cards and contribute to the cost of a meal. Guest meals are \$5, while meals for children 0-17 are \$3.

# RECIPES

### Hopi Corn Stew

- 3 lbs. ground beef
- 1 lbs. carrots
- 2 (4 oz.) cans green chiles, with juice
- 3 cups hominy, white
- 2 onions, large
- 6 potatoes
- 3 (8 oz.) cans whole tomatoes w/ liquid
- 3 cups beef broth
- 1/2 tsp black pepper, ground
- 2 tbsp chili powder
- 1/2 tsp salt

In a large pot over medium heat, cook ground beef until brown. Stir in onions, and saute until soft and translucent. Season with chili powder and cook for about 2 minutes. Add potatoes, carrots, hominy, tomatoes and chilies. Pour in beef broth. Season to taste with salt and pepper. Reduce heat, and simmer 2 hours or until potatoes and carrots are tender.

### Ceviche

8 oz. raw, peeled small shrimp

To submit a recipe, email it to travissnell75@gmail.com or mail it to Giduwa Cherokee News, P.O. Box 746, Tahlequah, OK 74465.

- 8 oz. scallops (shelled)
- 4 sweet tomatoes
- 8 limes
- 1 white onion
- 1 ripe avocado
- Salt and (coarse) pepper to taste
- Garlic to taste
- Dried oregano (optional)
- 8 oz. squid, clean and sliced (optional)
- 1/2 cup diced sweet peppers (optional)
- Place seafood in ceramic or glass bowl. Squeeze juice from 7 of the limes onto it. Make sure all of it is covered

with juice. Cover with plastic wrap and refrigerate overnight. Drain seafood mixture through a colander to remove the lime juice. Chop the tomato but remove the white core and seeds. Finely chop the onions. Cut the avocado. Remove the pit and scoop out the flesh. Cut into cubes. Mix all ingredients together and squeeze juice of the remaining lime on the mixture and sprinkle salt, pepper, garlic and oregano to taste.

## UKB Lighthorse Tribal Police

An officer is always on-call if you are ever in need of emergency assistance or assistance with a civil or criminal matter.

Call 918-207-9955

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A weak immune system increases your risk not only for developing illness, but for a more severe case if you do become ill with something such as COVID-19. Fortunately, there are many ways the average person can strengthen his or her immune system. NEWSUSA

## Expert offers tips to boost immunity

NEWSUSA – The ongoing pandemic has highlighted the importance of keeping your immune system strong and healthy, said Leonard A. Farber, a health care executive and expert in emerging technologies and their impact on health.

A weak immune system increases your risk not only for developing illness, but for a more severe case if you do become ill with something such as COVID-19, said Farber, who also serves as a spokesman for nutritional supplement manufacturer Quadramune.

Fortunately, there are many ways the average person can strengthen his or her immune system. In many cases, following the obvious and well-known advice to get enough sleep, eat a healthy diet, and exercise regularly can help boost your immune system. Other factors include avoiding smoking and excessive alcohol consumption, and incorporating ways to relieve stress, such as with yoga, tai chi, or other mindfulness-related activities.

In addition, the right nutritional supplements can play an important role in reducing inflammation in the body and supporting a healthy immune system, said Farber. “At early stages, our bodies’ inflammatory response can fight off infection as well as play an integral role in injury repair. When inflammatory cells reach an unhealthy level such as in chronic inflammation, they can trigger your body’s immune system to attack healthy tissues and organs,” Farber said.

Nutritional supplements, such as those developed by Quadramune, are designed to help keep the immune system in balance. Anti-inflammatory foods such as salmon, tofu, walnuts, grapes, and

olive oil can have a positive effect on the immune system, and many of the active ingredients in these foods are actually found in Quadramune supplements.

The Quadramune supplements provide the benefits of infection-fighting power and protection against chronic inflammation, according to the company website. Several key ingredients in Quadramune supplements include:

- Pterostilbene. A natural dietary compound that has shown antioxidant activity and inflammatory properties.
- Epigallocatechin gallate. This powerful antioxidant plant compound boasts antioxidant properties and potential ability to help protect the lungs and promote healthy T cell activity.
- Sulphoraphane. This natural plant compound has been shown to help reduce inflammation, which may help protect your lungs and reduce your vulnerability to respiratory infections.
- Thymoquinone: phytochemical compound found in the plant *Nigella sativa*. This active ingredient is chemically related to hydroxychloroquine, but with no prescription needed. It has demonstrated to stimulate natural killer (NK) cells which are antiviral, and is a potential antiviral itself based on its mechanistic effects on cells.

This combination of ingredients “can be immune stimulating or boosting and preventative of an unhealthy immune response,” said Farber. “This allows the body a better chance not only to fight the onset of an infection or inflammatory reaction but also to lessen the severity of certain illnesses, especially those that are inflammatory-based in nature,” he added.

## Exercise without excuses

It’s all-too-common for those embarking on a regular exercise routine to skip a planned workout for one reason or another.

STATEPOINT – It’s all-too-common for those embarking on a regular exercise routine to skip a planned workout for one reason or another.

Here are some of the most common excuses that people make not to exercise, along with some solutions to overcome these challenges:

“I need low-impact exercises.” Many traditional workouts are tough on joints, which over time, can cause overuse injuries or exacerbate existing conditions. To achieve your fitness goals pain-free, consider low-impact exercises such as yoga, swimming and elliptical machines.

“I don’t have the space to work out at home.” Whether you live in a small apartment or just can’t dedicate too much space to a home gym, there’s good news. Certain manufacturers of exercise equipment have your back and are developing versatile, sleek fitness equipment to address your needs.

At less than 23 pounds, the Cubii Total Body+ (available now for pre-order) is a good example of a compact machine offering a low-impact, approachable and achievable workout that targets everything from abs and arms to quads and calves.

With a low-impact motion, you can hit eight key muscle groups using one machine. Its elliptical component features 12 resistance levels that can be adjusted from your phone, and its resistance bands range from 2 to 7 pounds, allowing you, to tone, sculpt and strengthen your upper body, no matter what your fitness level is.

“I’m not seeing results.” If you’ve been working out for a little while and haven’t seen immediate results, don’t get discouraged. Whether your fitness goal centers around weight loss or getting toned, it’s important to remember that

little changes add up over time.

“I’m just not motivated.” If keeping the exercise spark alive is difficult, consider turning to tech.

New apps that connect to your equipment via Bluetooth, like the Cubii App, can send you reminders to get moving, as well as help you track your goals.

They can also help you stay accountable by allowing you to connect with a fitness community and compete with friends, or join live and on-demand classes.

“I don’t have any time.” Between work, family and other commitments, finding the time to hit the gym for an hour or more isn’t always possible. But practicing self-care and prioritizing your own health and wellness is essential. What you may not realize is that a high-quality workout doesn’t need to happen in a specific place or require a lot of time. In fact, some forms of exercise can occur while you’re working or watching TV.

What’s more, even a short burst of activity is very beneficial to getting you strong, boosting your metabolism and energy, and improving your mood. That’s where a great versatile piece of equipment for the home or office can come into play.

For example, unlike a traditional standalone piece of fitness equipment, the Cubii Total Body+ is a 2-in-1 system that combines cardio with upper body strength training for a full-body workout you can do anytime, anywhere. To learn more about how to get active today, visit cubii.com.

Creating a new exercise habit can be an uphill struggle, especially if you are short on time, space or motivation. Luckily, new tools are emerging that can help you work out without excuses.

# Study: Americans aren’t planning for health care needs

If you haven’t considered your health care needs for the future, you’re not alone.

STATEPOINT – If you haven’t spent time considering what your health care needs will be in the years or even decades from now, you’re not alone.

Recent research suggests that many aging Americans aren’t aware of the full range of options available to them. As we age, our health care needs intensify, and experts say that the U.S. health care system will need to embrace home health care options to meet the demand of an aging population.

The new national survey, titled “Aging in Place: Assessing Senior’s Understanding of Home Health care Options,” conducted by Bredin on behalf of Cross Country Workforce Solutions Group, shows that while most people aged 50-79 years old would prefer at-home care as they age, 91% of respondents have not proactively researched the care they may need as they grow older. Further, 34% have not thought about their care needs, and awareness of existing managed-at-home care programs was low among the survey respondents.

“By living at home, seniors can maintain their independence and be close to their loved ones and community, and by and large, that is what they want to do. At-home care can both meet the needs of those requiring long-term care, while alleviating some of the mounting challenges faced by hospitals and health care systems,” said Pamela Jung, president of Cross Country Workforce Solutions Group, a division of Cross Country Health care, the nation’s leading provider of in-home clinical and non-clinical care for aging seniors.

As you explore your options, consider the following tips:

- From transportation to medical appointments to help with household tasks, consider what your potential needs might be and research programs in your community to address them. While there are assistance programs

available to help seniors age with dignity, the Cross Country Workforce Solutions Group survey found that the majority of older Americans are unaware of an important one: Programs of All-Inclusive Care for the Elderly (PACE), a national program of comprehensive care for adults age 55 and over who would prefer to remain living at home rather than in a nursing facility. In some communities, PACE is known as Living Independently for the Elderly (LIFE). These programs can make living at home safer and more affordable than institutionalized care.

“This program has provided me with the best caregiver. She is a great person with a great heart, and she goes above and beyond during my home care services,” said Luther Bell, PACE participant. “I feel like I have improved a lot in many ways because my caregiver meal preps for me, provides quality care, and our daily interactions bring positivity to my life.”

- Talk to your family and friends about your wishes and where you would like to receive care. Also, continue to have regular conversations with your doctors about your health.

- While the average senior collects just \$18,000 annually in social security, 57% of survey respondents have not considered the budget they will need for aged care services and support. Take time to learn how much various aspects of care will cost, factoring in standard living expenses.

For additional survey results and information about home health care, visit [www.crosscountryhealthcare.com/aging-in-place](http://www.crosscountryhealthcare.com/aging-in-place).

“At a time when the burden on hospitals and health systems has at times compromised their ability to deliver quality care, living at home with support can provide optimized care and independence to seniors,” said Jung.

National Certification

# Medical Administrative Assistant

Sept 12 -23 9:30a - 3:30p

United Keetoowah Band Campus, Tahlequah

This course prepares you for entry level administrative positions in health care facilities. Duties will include admitting and discharging patients, scheduling visits, electronic billing procedures, verifying insurance information and collecting payments at the time of service.



Work in Vision Clinics, Dental Offices, Chiropractic Centers, Urgent Care, Blood Donation Centers, Medical Equipment Companies, Medical Laboratories, Pediatric Offices, Nursing Homes, Retirement Communities and Hospitals! You will create a resume, learn interview skills, participate in mock interviews and job search online.

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# American Indian Services scholarships open

BY STAFF REPORTS

LEHI, UTAH – The American Indian Services Scholarship program helps undergraduate Native American students with financial support to attend college, maintain enrollment and graduate. Scholarship awards are based on up to one-half of tuition and need for the term the student is applying for and are allocated directly to the school for the student. Students will need to have their own email account in to apply.

## Requirements

- Enrolled or will enroll as a matriculated student in a university, college, junior college or technical school in the United States. Incoming freshman are accepted;
- Enrolled or will enroll with an accredited school. Check accreditation status with your school or visit <https://ope.ed.gov/dapip/#/home> for an accredited school list. If your school is not accredited by any of the agencies, it is not eligible;

- An enrolled member of a U.S. federally recognized American Indian or Alaska Native Tribe, or descendant of a base roll member. Visit <https://www.bia.gov/guide/tracing-american-indian-and-alaska-native-ai-an-ancestry> to contact your tribe, apply for enrollment and/or apply for a Certificate Degree of Indian Blood.

- Undergraduate student with no more than 150-semester credits or 210 quarter credits. First bachelor's degree only. Graduate studies are not currently eligible;

- Full-time or part-time status – excluding non-credit courses (minimum of 6 credits);

- Minimum cumulative GPA of 2.25 must be established and maintained after the first semester/quarter of college;

- Completed Free Application for Federal Student Aid or FAFSA; and

Complete the online application at <https://www.americanindianservices.org/apply>.

## Required documents

All required documents need to be uploaded to the student's application and are due by the deadline. AIS is no longer accepting emailed, faxed or hard copy documents. Late documents/applications will not be accepted. Be sure to request documents early to avoid missing the deadline.

- Recent photo of the applicant. It does not have to be professional, but old, tattered, blurry, filtered photos or a copy of



The American Indian Services Scholarship program helps undergraduate Native American students with financial support to attend college, maintain enrollment and graduate. AMERICAN INDIAN SERVICES

your ID will NOT be accepted. The photo will be sent to potential donors who may fund your scholarship and/or used for marketing purposes.

- Proof of heritage must show that you are either an enrolled member of a federally recognized tribe or you are not enrolled but are a descendant of a base roll member. If you are not enrolled but are a descendant, you will need to show proof of enrollment and relation. Ask your tribal enrollment office for a statement or you can apply for a CDIB from the Bureau of Indian Affairs.

Visit <https://www.bia.gov/bia/ois/tribal-leaders-directory/> to contact your tribe, apply for enrollment and/or apply for a CDIB.

- An essay in place of the biographical letter. The essay is not an actual document that you will upload, but rather

a text box on the application itself. Tell us about yourself. For example, something special about where you grew up, experiences with your tribe or how it has influenced you, what your family is like, the challenges you've had to overcome to get your education, etc. Desired career industry (uses a dropdown list). Why have you chosen this field? Explain why you feel you need this scholarship.

- Official tuition billing statement or an acceptable alternative. The statement must reflect the term you are applying for and the tuition amount.

Acceptable alternatives include a letter of an estimated cost of tuition from your school ([https://www.americanindianservices.org/\\_files/ugd/d5dcdc\\_7a3d5e14f-3244f40a072dd9a75bd308b.pdf](https://www.americanindianservices.org/_files/ugd/d5dcdc_7a3d5e14f-3244f40a072dd9a75bd308b.pdf)) stating your name, the term you are applying for and the estimated cost of tuition for

however many credits you plan to take for that term. Financial Needs Analysis ([https://www.americanindianservices.org/\\_files/ugd/d5dcdc\\_27b60a912f-9c45f983ce70650af2690b.pdf](https://www.americanindianservices.org/_files/ugd/d5dcdc_27b60a912f-9c45f983ce70650af2690b.pdf)) form in place of a tuition statement. FNAs for other organizations will not be accepted. Be advised that FNAs are for full-time status only. The AIS is accepting tuition statements for the academic year.

- Current transcript that can be unofficial. Do not wait for final grades to be posted and submit the most current transcript. You don't need to pay for an official transcript. You can submit an unofficial transcript. High school or GED transcripts are acceptable for incoming freshmen in their first two terms only.
- Thank You letter (only required if your application is approved).

## Deadlines

The AIS is accepting applications for the academic year (under Award III). Apply for the deadline that corresponds with your school's academic calendar:

- I Spring/Summer – Enrollment opens Jan. 1/Deadline: Feb. 1. If your term starts in April or May, you would apply for Award I;

- II Summer – Enrollment opens March 1/Deadline: April 1. If your term starts in June or July, you would apply for Award II;

- III Fall/Academic Year – Enrollment opens May 1/Deadline: July 1. If your term starts in August, September, October, or November you would apply for Award III; and

- IV Spring/Winter – Enrollment opens Sept. 1/Deadline: Nov. 1. If your term starts in December, January, February or March you would apply for Award IV

Incomplete applications will not be processed. Late documents will not be accepted. Please allow four to six weeks after the deadline for applications to be evaluated and updated online.

If your application has been approved, your application status will be updated and you will receive an email. Students will be required to write a thank you letter if approved, which needs to be submitted by the specified deadline.

Scholarship checks will be sent to the school after receipt of thank you letters. Follow American Indian Services on Facebook or Instagram for updates.

For other questions visit <https://www.americanindianservices.org/faq> or email [scholarship@americanindianservices.org](mailto:scholarship@americanindianservices.org) or call 801-375-1777, ext. 1002.

## Mellon Foundation gives \$2.5M to American Indian College Fund

The grant supports Indigenous high school students' paths to college, college transfer students and college retention.

BY STAFF REPORTS

DENVER – The Mellon Foundation recently awarded the American Indian College Fund more than \$2.5 million to support its Native Pathways to College Program.

The College Fund created this culturally based program to increase first-time college enrollment after high school, retention and graduation of American Indian and Alaska Native students.

Most recent data shows AIAN students make up less than 1% of students enrolled in college nationwide, with only 19% of 18-to-24-year-old AIAN students enrolled in college compared to 41% of the overall U.S. population.

The College Fund's Native Pathways program gives AIAN students the support and programming they need to go to college and graduate, using a three-pronged approach.

The Native Pathways program provides culturally specific resources to AIAN high school students to help them prepare for and apply to college, including guidance on choosing a major, coursework, college tours, budgeting, and financial aid.

The program also provides supports for AIAN students attending two-year tribal colleges and universities, completing an associate degree and students seeking to transfer to a four-year institution to earn a bachelor's degree.

The program provides coaching opportunities, training for TCU staff to assist transfer students and informational events focused on the transfer process.

Finally, the program provides in-person and online student events on a variety of college and career readiness topics including wellness, prayer and meditation, cultural identity, finding a sense of belonging on campus, storytelling for successful writing, choosing a major, careers, test-taking strategies, financial aid

and additional online offerings.

The Native Pathways program launched in 2016 and has since grown significantly.

Programming for the high school component initially served 29 reservation-based high schools in five states and grew to support 80 high schools and community partners on or near reservations in 12 states in 2020-21.

The TCU transfer component of the program originally supported students at 12 TCUs and in 2020-2021 grew to support students at 23 TCUs with direct coaching, staff training and in-person and online events.

In addition to an increase in outreach, the Native Pathways program's focus has also expanded.

While the original program worked with individual students and small groups through direct coaching, today the program focuses on deepening existing relationships and providing staff training to meet Native students' needs and deliver programming, all with the end goal to reach more students.

"As Indigenous students navigate an increasingly complex and global experience and as our young people strengthen their identities as Native people, we are called upon to be there for them, as mentors, supporters, and guides," American Indian College Fund President Cheryl Crazy Bull said. "We are called upon to help them become leaders, in their homes, communities, and in this nation. With the support of the Mellon Foundation and our many allies on their team, we can be the support that our young people need. We are able, together, to help them on their journeys. On their behalf, I offer sincere appreciation to the Mellon Foundation for its continued support."

For information about the American Indian College Fund, visit [www.collegefund.org](http://www.collegefund.org).



## ACT PREP STRATEGIES

### WHEN:

Monday evenings beginning  
Sept 26th through Oct 17th.  
6:00 8:30 PM

### WHERE:

UKB Education Building  
4547 S Whitmore Ln  
Tahlequah, OK

### COST OF CLASSES?

There is no charge for  
UKB members, and a \$50  
course fee for additional  
participants.

Don't miss out on this  
great opportunity!



Presented by the  
United Keetowah Band of  
Cherokee Indians Education  
Department

FOR FURTHER INFORMATION:  
[jwatson@ukb-nsn.gov](mailto:jwatson@ukb-nsn.gov) 918-871-2796

# UKB Housing staff gather for retreat

BY LANI HANSEN  
Reporter

DURANT – In August, the United Keetoowah Band Housing Department went on its annual retreat to Durant, sitting in two days of sessions joined by few of the UKB Council members.

The retreat lasted two days, where the UKB Housing Department gathered at the Choctaw Casino and Resort. This was its fourth annual training retreat, after missing one year due to Covid. They always invite the council, even Chief Joe Bunch to attend and learn about the Housing Department. During the retreat the staff learned more about their roles of titles, went over policies, procedures, bylaws, ordinance and had at least two guest speakers.

Roxana Wilden, UKB Housing Director opened day one session with a welcoming and introductions. Wilden who came as director after the retirement of Nancy McCause, is hoping to make changes in the housing department to better service our people.

During their first day of training Amanda Proctor, Housing Attorney had the opportunity to come and speak with the staff. She went over some of the Housing Ordinance, Bylaws, conflict of interest and policies for Financial Administration and Internal Controls.

“We went over some of our policies and procedures because there were some income guidelines that have changed,” Wilden commented.

Later in the first day of the training when Proctor spoke to them, she talked about the new and revised housing policies and procedures from HUD. HUD is an Indian Housing Block Grant that helps fund the department.



United Keetoowah Band Housing staff, committee and several Council members attend the 2022 Training Retreat. PHOTOS BY LANI HANSEN/GIDUWA CHEROKEE NEWS



Construction Manager Richard Vann introduces members of the UKB Housing crew.



Some staff, committee and Council members work in a small group activity.

In another session the staff learned about their individual learning strategies. The three categories were Navigators, Problem-solvers and Engagers.

On their last training day, everyone from the housing department had the chance to explain what they do for the department and what they go through. It started out with Occupancy Specialist

Amanda Mink, Procurement/Contract Specialist Nicole O’Kelley and Admissions Clerk Amber Forrest going over the programs of Housing.

Housing currently has the Storm Shelter Program, Rehab/Emergency Repairs Program, Elder Home Project, Replacement Home Program and they re-opened the College Student Rental Assistance

Program to 10 students which the application closed on Aug. 5.

The Housing Department could not get the projects they have completed without the crew who go out daily whenever someone calls about a leak in their house or need repairs done or just anything related to housing.

This past year, they have helped opened the housing of Coosa Watee which is made up of 10 rental units. The crew also helps with the elder distribution, a food distribution to UKB elders in each district.

The UKB Housing crew are Construction Manager Richard Vann, Maintenance Loy Shade, Inspector Marcus Thompson, Crew member Blaine Bailey and Gil Hooper Jr.

UKB Housing Accountant Lora King-Harjo and H.A.F Clerk Jacqueline Cochran was able to share what they do in the office and for the department.

To wrap up the training Director of the Peoria Housing Authority Jason Dollarhide, shared how smaller tribes’ housing department offer. He also went over how the roles of the department are important, and made the staff do an activity of working together on a project.

When asked about what they learned from the retreat Jacqueline responded, “I learned a lot about the whole department in what everyone does outside of my own duties and responsibilities such as, what the construction crew experience with homeowners and what they have to go through in order to get the job done.”

Nicole O’Kelley said, “The speakers were interesting, and I learned about other tribe’s housing department of how they operate and what they offer.”

For information, call, 918-871-2773 or email at housing@ukb-nsn.gov.



Improvements to sanitation facilities can reduce inpatient and outpatient visits related to respiratory, skin and soft tissue, and gastroenteric disease. Every \$1 spent on water and sewer infrastructure can save \$1.23 in avoided direct health care costs. INDIAN HEALTH SERVICE

## IHS gives \$700M to improve tribal water, sanitation

BY STAFF REPORTS

WASHINGTON – The Indian Health Service recently announced allocation decisions for \$700 million appropriated to the IHS in President Biden’s Bipartisan Infrastructure Law, which appropriates \$700 million in each fiscal year from FY 2022 through FY 2026, for a total of \$3.5 billion for the IHS Sanitation Facilities Construction Program.

“President Biden’s Bipartisan Infrastructure Law is rebuilding roads, expanding access to clean water, promoting environmental justice and investing in communities that have been left behind for too long,” said Health and Human Service Secretary Xavier Becerra. “We are one step closer to addressing sanitation deficiencies in American Indian and Alaska Native communities. Improving access to safe water and wastewater disposal will improve health outcomes for American Indians and Alaska Natives.”

“This funding will support crucial sanitation projects that will result in substantial improvements to clean water and sanitation systems in American Indian and Alaska Native communities across the country,” IHS Acting Director Elizabeth Fowler said.

The funding announced will provide 71,000 American Indian and Alaska Native homes with critical services such as water wells and onsite wastewater disposal systems and connections to community water supply and wastewater disposal systems. Improvements to sanitation facilities can reduce inpatient and outpatient visits related to respiratory, skin and soft tissue, and gastroenteric disease. Every \$1 spent on water and sewer infrastructure can save \$1.23 in avoided direct health care costs.

The IHS will allocate approximately \$581 million for its Tier 1 project construction costs. When combined with FY 2022 annual appropriations, these re-

sources will support 475 Tier 1 projects - PDF A Tier 1 project is considered ready to fund because planning is complete. The IHS will also allocate \$60 million for design and construction document creation activities related to these Tier 1 projects, which include engineering design activities for proposed sanitation facilities, contract documents, and contract plans and specifications.

Tier 2 projects have a level of their engineering assessment complete and have a well understood deficiency and a recommended solution while Tier 3 projects have deficiencies identified but are still in the planning phase, which may include identifying solutions. The IHS will allocate approximately \$33 million for the planning, design, and construction contract document creation for Tier 2 and Tier 3 projects. The IHS will also use FY 2022 annual appropriations to support additional planning, design, and construction document creation activities for Tier 2 and Tier 3 projects. The Sanitary Deficiency System – or SDS – currently includes 661 Tier 2 projects, totaling approximately \$2.2 billion, and 361 Tier 3 projects, totaling approximately \$505 million.

Lastly, the allocation includes \$21 million for salaries, expenses and administrative costs, \$3.5 million for the Office of the Inspector General to oversee IHS’s implementation of these resources, and \$1.5 million for special projects, such as studies, training or other needs related to sanitation facilities construction.

These allocations align with recommendations from tribal leaders to prioritize funding for projects that have completed the planning phase and can be immediately placed into the design and construction phase, and to provide funding for planning and design activities to get projects ready to fund.

Visit the IHS Division of Sanitation Facilities Construction website for projects and costs as of Dec. 31, 2021.

## Interior aims to increase Indigenous voter registration

BY STAFF REPORTS

WASHINGTON – The Department of the Interior recently announced that it is working with states to formally designate the DOI-operated post-secondary tribal institutions – Haskell Indian Nations University in Kansas and the Southwestern Indian Polytechnic Institute in New Mexico – as voter registration agencies under the National Voter Registration Act.

This designation will facilitate registration opportunities for enrolled students and members of the community.

The announcement follows the release of the White House’s Native American Voting Rights Report, which chronicles the barriers Native voters face and recommends actions at every level to help break down these barriers.

These efforts support President Biden’s Executive Order on Promoting Access to Voting, which aims to expand access to, and education about, voter registration and election information in order to enable all eligible Americans to participate in our democracy.

“Tribal nations have played a significant role in influencing the contours of American democracy, yet systemic barriers continue to disenfranchise Indigenous people and impede a free and fair electoral process,” said Secretary Deb Haaland. “The Interior Department is committed to defending the right to vote, which includes increasing access to voter registration and engaging young

people in our democratic system.”

Assistant Secretary for Indian Affairs Bryan Newland said the announcement helps further Biden’s goals of increasing voter outreach, education, registration and turnout in Indigenous communities.

“Haskell and SIPI serve as important touchpoints in their respective communities,” he said. “Designating these schools as voter registration agencies is an important move that will allow more Native people the opportunity to register to vote.”

In March 2021, Biden directed the creation of an Interagency Steering Group on Native American Voting Rights to study the barriers Native voters face in casting their ballot and to recommend steps to mitigate or eliminate these barriers. The group held six consultations with tribal leaders and Native American voting rights advocates across the country, and engaged in listening sessions with Native Hawaiians, organizations advocating for improved tribal voting rights, and state and local election officials in jurisdictions with sizable Native populations. These sessions sought to mitigate barriers to voting for Native communities and revealed recurring and unnecessary impediments.

To ensure that the White House report is accessible to an audience across Indian Country, the assistant secretary’s office is spearheading an effort to translate the report into six Native languages: Navajo, Yup’ik, Ojibwe, Cherokee, Lakota and Native Hawaiian.

## Disaster Recovery Centers open in northeast Oklahoma

BY STAFF REPORTS

OKLAHOMA CITY – Joint federal/state Disaster Recovery Centers are open in Adair, Muskogee and Tulsa counties to help survivors affected by the severe storms, tornadoes and flooding that occurred May 2-8.

Survivors from any of the seven designated counties can meet in person with Federal Emergency Management Agency and U.S. Small Business Administration specialists to get help with disaster assistance applications, upload documents and have questions about federal disaster assistance answered.

The seven designated counties are Adair, Cherokee, Muskogee, Okmulgee, Pottawatomie, Seminole and Tulsa.

Disaster Recovery Centers are open at: Adair County Adair County EMS, 4 E. Walnut St., in Stilwell

Hours: 10 a.m. to 7 p.m., Monday through Friday and 10 a.m. to 6 p.m. on Saturday. Closed on Sunday.

Muskogee County

Harris-Jobe Elementary School, 2809 N. Country Club Road in Muskogee  
Hours: 9 a.m. to 8 p.m., Monday through Friday and 10 a.m. to 6 p.m. on Saturday. Closed on Sunday.

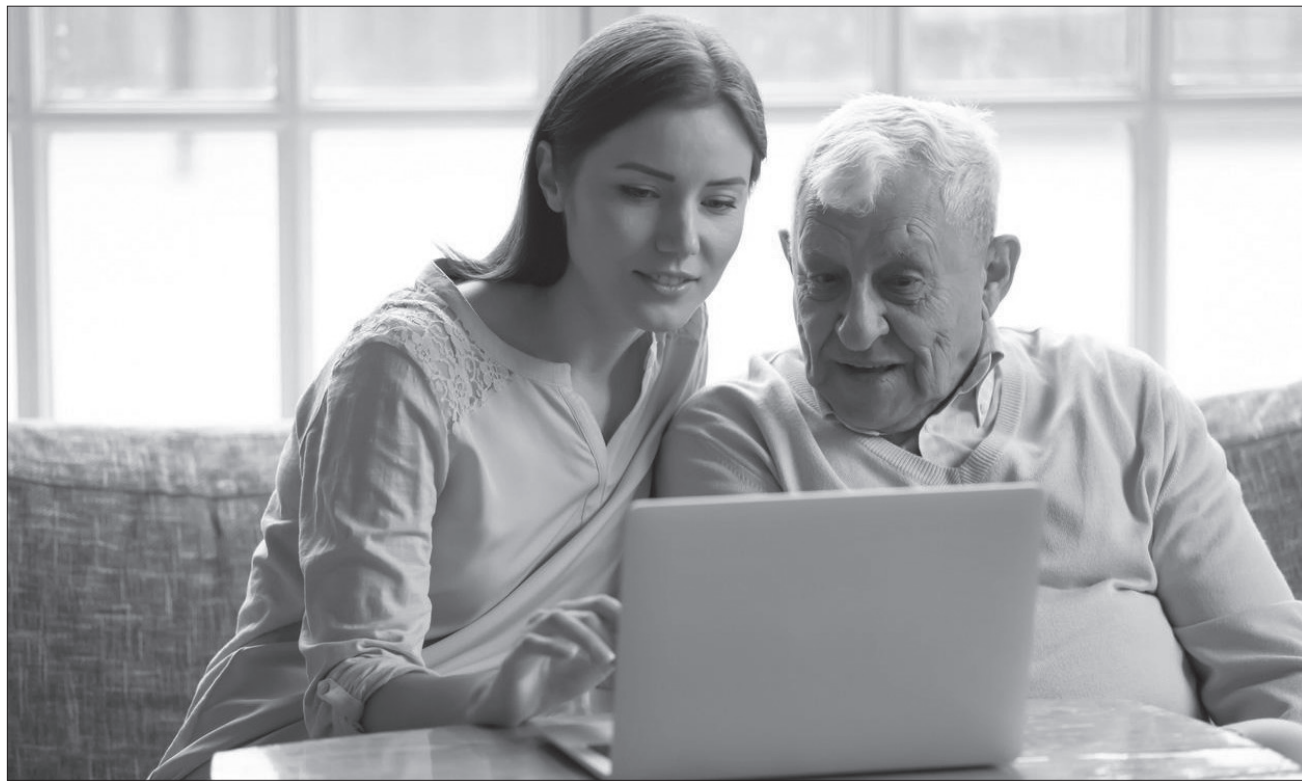
Tulsa County  
Bixby Community Center, 211 N. Cabaniss Ave., in Bixby

Hours: 10 a.m. to 7 p.m., Monday through Thursday and 10 a.m. to 5:30 p.m. on Friday. Closed Saturday and Sunday.

The centers will follow COVID-19 precautions. Masks are required for employees, volunteers and survivors.

Download the FEMA mobile app at [fema.gov/about/news-multimedia/mobile-products](https://fema.gov/about/news-multimedia/mobile-products) for more information about DRCs (under Disaster Resources, select Talk to FEMA in Person). Active Disaster Recovery Center locations and hours are available [FEMA.gov/DRC](https://FEMA.gov/DRC).

For the latest information, visit [fema.gov/disaster/4657](https://fema.gov/disaster/4657). Follow us on Twitter at [twitter.com/FEMARegion6](https://twitter.com/FEMARegion6) and like us on Facebook at [facebook.com/FEMARegion6](https://facebook.com/FEMARegion6).



Today, many adults have elderly parents who live independently. As the number of digital scammers preying on the elderly increases, however, your aging parents are at higher risk of financial fraud. NEWSUSA

## Protect aging parents from financial fraud

Monitor your parents' credit reports annually to ensure that no one is opening any false accounts using their identities.

NEWSUSA – Today, many adults have elderly parents who live independently. As the number of digital scammers preying on the elderly increases, however, your aging parents are at higher risk of financial fraud.

“You must be ready to safeguard your parents against the growing threat of digital scammers and become their trusted advocate,” Laura J. LaTourette, a certified financial planner, said. Not long ago, LaTourette had to come to the aid of her mother, who had been targeted by scammers pretending to help upgrade her computer.

Here are several tips LaTourette offers for protecting your parents' finances as they age:

- Talk it over. Sometimes talking about money is tricky, even with close family members. Older adults need to understand that they are at risk for fraud if they don't have someone to help manage their money as they age. Ask about spending, saving and philanthropic habits, and know who has access to your parents' account information.
- Form a team. Enlist other family members if needed, and identify other trusted contacts with whom your parents feel comfortable discussing money matters. If your parents work with a certified financial planner, set up a meeting to talk about fraud protection and create an elder care plan for your parents.
- Make safety simple. Set up online account infor-

mation and show your parents how they and you can monitor account activity. Set up automatic withdrawals for monthly bills. If your parents still like to review and balance their checking accounts each month, use that as an opportunity to identify anything that looks out of the ordinary.

- Establish power of attorney. As parents age, they may need someone else to communicate with financial institutions or health care providers. Make sure your parents have an updated power of attorney that lists you and/or any other trusted contacts. The same goes for a medical power of attorney.
  - Shred what you can. Many older adults have financial documents that don't need to be kept, but because of sensitive information cannot simply be thrown out or recycled. Once you identify old financial documents, either shred them yourself at home or gather boxes of material to take to a community shredding event, which occur periodically in most communities.
  - Check their credit. Be sure to monitor your parents' credit reports at least once a year; this helps ensure that no one is opening any false accounts using their identities.
- Visit LetsMakeAPlan.org for more information on how to assist your parents in safeguarding their finances as they age.

## 5 tips for buying life insurance

STATEPOINT MEDIA – More and more people are realizing that adding life insurance to their financial plan can provide some security for their loved ones. According to a survey by the financial services trade association LIMRA, the first six months of 2021 saw the highest number of U.S. life insurance policies sold since 1983, and nearly one in three Americans said they were more likely to buy coverage due to the COVID-19 pandemic.

Whether you're initially buying life insurance or reviewing a policy to ensure you have the right coverage:

1. Know the difference between term and permanent life insurance. Term life insurance coverage lasts for a set amount of time – most policies are for 10 to 30-year terms – while permanent life insurance covers your entire lifetime. There are advantages and disadvantages to both, but some prefer term since it has a lower premium compared to permanent; it can be tailored to the length of time it's needed (such as long enough for your mortgage or your children's college educations to be paid for). On the other hand, permanent policies often have cash accumulation and can be tailored to last your lifetime.

2. Determine how much you need. There are several factors to consider, including your age, debts, monthly expenses and number of children. Did you know that even stay-at-home parents and student loan cosigners could have a definite need for life insurance? An insurance agent can help you figure out who and what you need to protect. To estimate your coverage needs, use the free Erie Insurance life insurance calculator found at [www.erieinsurance.com/life-calc](http://www.erieinsurance.com/life-calc).

3. Purchase sooner rather than later. If you hold off buying term life insurance until age 50, the rate can be up to 212% higher compared to buying at age 30. So don't wait. Policies are more affordable than you may think. Permanent policies can also drastically change over time. For example, a \$250,000 Erie Family Life policy could cost less than \$15 a month, or about what you might spend on three or four coffee shop drinks.

4. Talk with a trusted advisor. An insurance agent can help answer any questions you have, walk you through the process, lay out the options that make sense for your life and budget, anticipate your needs and make the process efficient. In many cases, your advisor can tell you how much you need and how much it can cost in just a couple of minutes.

5. Choose a proper beneficiary. Decide who you want your benefit to go to when you pass away, such as a spouse, close family member or grown child. There's also the option to leave it to a charity, school or church. It's important to make sure you think through who your beneficiaries are and if any proceeds meant to benefit a minor should be held in trust. When selecting a beneficiary, a policy owner must select someone with “insurable interest” in the life of the insured. Insurable interest generally means that the beneficiary will incur some type of loss should the life insured pass away.

## 3 ways Millennials can save more money

Part of what's driving Millennials into saving could be memories of the Great Recession.

NEWSUSA – For too long, Millennials have gotten a bad rap about money and their ability to save for a rainy day or retirement.

However, a “Relationship With Money” survey by financial services firm Edward Jones found that not only do more Americans born between 1981 and 1996 consider themselves “savers” than those in their parents' Gen-X cohort (48% vs. 46%), but that Millennials also were better at socking away emergency funds (75% vs. 66%).

“This debunks the myth that Millennials aren't as financially focused as other generations,” said Edward Jones investment strategist Nela Richardson.

And the survey isn't some outlier. It's supported by other research. The Federal Reserve Survey on Consumer Finances found that while Millennials are deep in debt, more than 42% have retirement accounts, the highest share for those under 35 years of age since 2001.

Part of what's driving Millennials' emphasis on saving could stem from lingering memories of the Great Recession.

“Back in the late 2000's, the oldest cohort of millennials entered the worst job market since the Great Depression of the 1930's,” said Richardson.

“For younger millennials, watching their parents and other family members go through that experience Beliemay have also made them more aware of the risks of a market downturn or some other unexpected event, such as losing a home or a job, and so they're more conservative when it comes to spending and saving in their adult lives,” said Richardson.

One potential alarm bell uncovered by Edward Jones' sampling of more than 2,000 adults nationally age 18 and over: While 92% were honest enough

with themselves to recognize there was room for improvement in their financial health, the very thought of saving money sufficed to make more than a third feel either “anxious” or “overwhelmed.”

If that sounds familiar, here are three steps to consider:

- Identify your money-related emotions. People often have emotional responses to money. Getting a big bonus at work can make you feel euphoric; agonizing over what to do with it can be paralyzing even as the logical part of your brain (invest at least most of it) fights it out with the emotional part (splurge it all). What's key is knowing that letting your feelings dictate your spending, saving and investing choices can lead to poor decisions.
  - Develop a financial strategy. Keeping your cool starts with identifying main goals – a down payment on a new home, college for your children, a comfortable retirement – and then sticking to a sound, long-term path for attaining them.
  - Get an “accountability partner.” Meaning, someone with whom you're comfortable sharing your finances. It could be a family member. Or a professional financial advisor, such as a local one at Edward Jones, who has the perspective, experience and skills necessary to help you make the moves appropriate for your situation.
- “Whether you are strapped with student debt, saving to buy a home or trying to build an emergency fund, there are trade-offs that must be made in balancing these short-term goals and our long-term financial future, such as investing for retirement,” Richardson said. “Without a sound financial strategy, most people tend to be reactive rather than proactive and feel that their money is controlling them.”



For young adults starting out, money management can be a challenge. Many young adults are looking to refinance student loans to combine multiple debts, maximize interest rates, bring down monthly payments, or pay off faster. NEWSUSA

## Strategic money moves for younger adults

NEWSUSA – For young adults starting out, money management can be a challenge. You may be navigating rent, car payments, monthly bills, food and student loans. Many young adults are looking to refinance student loans to combine multiple debts, maximize interest rates, bring down monthly payments, or pay off faster. There are benefits to refinancing and many options for lenders that offer refinancing.

Refinancing student loans lets you take advantage of the best prices as rates change. Lantern, a loan comparison platform operated by digital personal finance company SoFi, lets you compare rates and find a plan that works for you. When looking to refinance student loans, borrowers should compare lenders and rates to find the best option for their situation. A few tips for anyone looking to refinance:

- Use filters when comparing online. Make a smart decision on refinancing your student loans by comparing multiple options side-by-side using filter on financing options based on lowest or highest payment, lowest or highest annual percentage rate, and lowest or highest term. The right refinancing

strategy can help young adults save thousands of dollars over time.

Find advice, useful tips and information through curated financial articles and calculators, comparisons of lenders and products by expert journalists and reviews from others who have used these services to refinance student loans. You'll also find financial recommendations based on your financial interests and current financial situation.

Financially savvy young adults also are leading the way in adopting cryptocurrency as a way to generate income streams and invest in the future. The NFT marketplace is a growing opportunity, and those who are early adopters are exploring, collecting, and minting NFTs for profit. NFTs are bought and sold in trading platforms much like you would buy and trade crypto or stocks.

Some features of the NFT marketplace that appeal to young adults include the convenience of not have to connect to, or withdraw from, a bank account. The marketplace allows users to pay for products via cryptocurrency without fees. The FTX exchange is connected to multiple cryptocurrency markets including Bitcoin and Ethereum.



# ABOVE & BEYOND

United Keetoowah Band member Lauren Turner makes the honor roll and helps her softball team win a state championship.



BY LANI HANSEN  
Reporter

**TAHLEQUAH**  
– The United Keetoowah Band has many intelligent students and student-athletes whether they are in high school or college, but this student has achieved so much in 2021-22 as a high school freshman.

Lauren Turner, 15, is the daughter of Daniel and Erin Turner out of Diamond, Missouri. She is a sophomore at Diamond High School where she is expected to graduate in 2025 and has a current GPA of 4.0.

Turner made the Honor Roll as a freshman completing her year as an all “A” student. Outside the classroom, Turner enjoys running, lifting and anything that helps her stay fit for school sports.

Looking back as a freshman, Turner has been a part of volleyball, basketball, softball and homecoming court for football. Her parents are beyond proud of all her accomplishments in sports from her freshman year.

Turner who plays “middle” for volleyball helped her team win District Champs. She was

named first team all-district, academic All-State and honorable mention all-conference.

In basketball she plays either guard/post and was named first team all-district and second team all-conference. She played with Golden City all-tournament team and Marionville all-tournament team.

In softball, Turner plays middle field and pitcher was named first team all-conference, first team all-district, first team all-region, second team all-state and academic all-state. She also helped her team win Conference Champs, District Champs and win the MO 2A State Championships.

During football season she was chosen as the Freshman Homecoming Attendant.

Looking forward into a new school year, Turner said she is “looking forward to getting together with her teammates and winning more state championships.”

Turner’s father commented on her accomplishments and said, “we’re proud of what she’s done, she works hard and practices all the time. She is always encouraging her teammates to come workout with her. One of her goals a couple of years ago was win a championship and she did that as a freshman.”

Turner is planning on helping her teams once again in winning another championship.

United Keetoowah Band member Lauren Turner is a sophomore at Diamond High School in Diamond, Missouri. Turner not only excels in class but in multiple sports as well. She recently helped her softball team win a state championship. COURTESY PHOTO



# UKB HOUSING Food Distribution

*For all exclusive UKB elders. Must be 62 years or older by your district’s distribution date. Please visit the district that you affiliate with your enrollment file. From 9 a.m. to 11 a.m.*

## IMPORTANT INFO!

PLEASE HAVE YOUR UKB MEMBERSHIP CARD WITH YOU. STAFF WILL HAVE A LIST OF NAMES BY DISTRICT, SO PLEASE DO NOT SHOW UP TO ANOTHER DISTRICT’S DISTRIBUTION.



## SEPTEMBER 2022

**Delaware 9/6**  
Across the highway from Sam Hider Health Center Jay, OK

**Coowescoowee 9/8**  
109 N. Dorothy Ave. Claremore, OK

**Canadian 9/12**  
3800 W. Okmulgee St. Muskogee, OK

**Salina 9/15**  
Behind Keetoowah General Store Kenwood, OK

**UNABLE TO MAKE YOUR DISTRICT’S DISTRIBUTION DATE? CALL AMANDA 918-871-2773**

# Shade, Guess Memorial Storytelling set for Oct. 15

Two original members of the Turtle Island Liars' Club invite the public for a night of storytelling.

BY LANI HANSEN  
Reporter

TAHLEQUAH – If you are looking for something to do in the month of October, the Turtle Island Liars' Club will be telling stories of Cherokee history, animals and even spooky supernatural tales for their annual Hastings Shade and Sequoyah Guess Memorial Storytelling night.

The Turtle Island Liars' Club came about years ago when four Cherokee storytellers got together around a campfire and began telling stories they have heard or have witnessed themselves.

The four who are Hastings Shade, Sequoyah Guess, Sammy Still and Woody Hansen each have their own stories to tell. Over the years between the four they have collaborated their stories and now have one published book which has been assembled by Cherokee scholar Christopher B. Teuton.

Since then, two of the four Cherokee storytellers have passed on Hastings Shade and Sequoyah Guess.

Hastings who formerly served as Deputy Chief of the Cherokee Nation from 1999-2003, passed away in 2010.

He served alongside Principal Chief Chad Smith at the time. Before he passed, Hastings was a traditionalist who was fluent in the Cherokee Language.

He was also known as a descendant of Sequoyah, who wrote the Cherokee Syllabary. Hastings carried on the language, history and culture all while having the heart as a traditional skilled artisan.

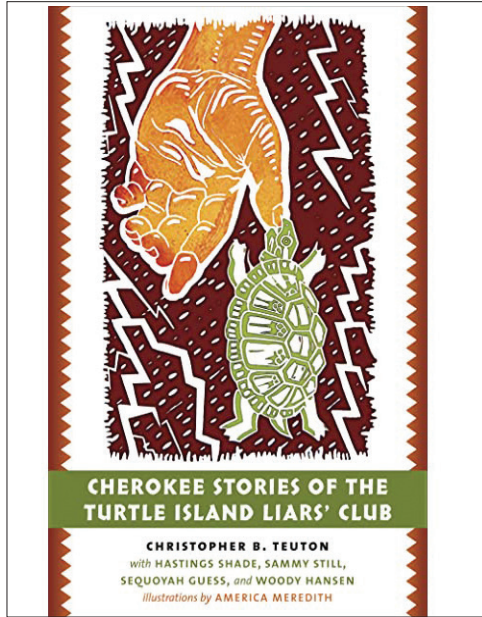
The biggest "liar" of the four Sequoyah Guess who was well-known within Keetoowah Nation, passed away in 2019. Sequoyah, during his lifetime authorized several books such as Kholvn, Red Eye, Uktan and Cherokee Stories of the Turtle Island Liars' Club.

He was a sixth-generation descendant of Sequoyah also. Since he was a published author, he received several distinguished writers awards and a lifetime achievement award.

Sequoyah was a proud UKB member and was recognized as a Wisdom



Two of the original members of the Turtle Island Liars' Club will tell stories on Oct. 15 as part of the annual Hastings Shade and Sequoyah Guess Memorial Storytelling event. Sammy Still, shown third from left in the front, and Woody Hansen, shown fourth from right, will tell stories about Cherokee history, animals and the supernatural. LANI HANSEN/GIDUWA CHEROKEE NEWS



The late Hastings Shade and Sequoyah Guess as well as Sammy Still and Woody Hansen are the original Turtle Island Liars' Club members. Their stories are featured in the 2016 book "Cherokee Stories of the Turtle Island Liars' Club. COURTESY



Hastings Shade



Sequoyah Guess

Keeper of the tribe.

After Hastings passed away and before Sequoyah passed, the storytellers thought it would be good to gather one night to remember Hastings and invite the public out to hear some good Cherokee stories. They continued this tradition and after Sequoyah passed, they had named it the Hastings Shade and Sequoyah Guess Memorial Storytelling Night.

Now that there are two of the original members from the Turtle Island Liars' Club, Sammy Still and Woody Hansen they are continuing the tradition with an upcoming event in October.

Sammy tells all sorts of stories like scary, comical, history and real-life events. He is

full-blood UKB and knowledge keeper of the Cherokee traditions, culture and history. His other activities include being a traditional craftsman. Sammy is known to be the only Keetoowah traditional stone marble maker.

Woody enjoys telling stories regarding Cherokee history and real-life events.


His name might sound familiar, where a lot of people know him as "Snake Man." Woody took up snake hunting as a hobby over 20 years ago and uses the catch to promote safety and awareness.

While he loves to go snake hunting, Woody serves as the pastor at Emmanuel Baptist Church in Claremore.

The Hastings Shade and Sequoyah Guess Memorial Storytelling night will be on Oct. 15.

Storytelling will begin approximately at 6p.m. with supper around 5p.m. Storytellers are invited to come out and share their stories.

For information about the storytelling location, visit <https://www.ukb-nsn.gov/giduwa-chokeee-news>.




**Congrats!**

Our own UKB Henry Lee Doublehead CDC has won "BEST DAYCARE" in the Best of the Best in Cherokee County Reader's Choice awards for the 4th Year in a Row!

They are thankful to all who voted and continuously support the center.

*"I am so proud of the staff who work hard everyday in service to the families and children who attend the center. They are the best,"* Childcare Director Christie Kirk said. *"When you see an HLDCDC staff out and about, don't forget to congratulate them on a job well done."*



Henry Lee Doublehead  
**CDC**

**ON SALE NOW!**



The UKB Media Department is selling Yansa (Buffalo) shirts and Keetoowah hats! \$25 each! Limited shirt sizes are available from S-2XL. Visit the UKB Services Building and ask for Media for your purchase. Cash only.

# 2022 UKB CAR SHOW

## UKB 72nd Celebration

## UKB Tribal Grounds October 1, 2022

**Original Cars**

1900 – 1959

1960 – 1973

1974 – 1999

2000 – Present

**Modified Cars**

1900 – 1959

1960 – 1973

1974 – 1999

2000 – Present

**Original Trucks**

1900 – 1959

1960 – 1979

1980 – 1999

2000 – Present

**Modified Trucks**

1900 – 1959

1960 – 1979

1980 – 1999

2000 – Present

**Top 2**

**Special Interest**

Rat Rods

Motorcycles

**Chief's Choice**

**Princess' Choice**

**Best of Show**

**Best Indian Car**

Hosted by

**Native Warriors**

**Auto Club**

**\$20 Entry Fee**

**Registration 8AM-Noon**

**Awards 3PM**

**For more info**

**text George Stopp**

**918-316-5176**



"NEVER GIVE UP"

- 1860 Keetoowah Manuscript



Ratified by the People October 3rd, 1950

# 72nd Annual KEETOOWAH CELEBRATION

### THURSDAY, SEPTEMBER 29

Golf Tournament 8:30 AM  
Dignitary Dinner 6:00 PM *(by invitation)*

### FRIDAY, SEPTEMBER 30

Chili Supper 7 PM  
Stomp Dance 9 PM

### SATURDAY, OCTOBER 1

8 AM	Car Show
8 AM	Kids Fishing Derby
10 AM	Arts & Crafts Vendors
10 AM	Children's Activities
10 AM	Cornstalk Shoot
10 AM	Horseshoe Pitch
11 AM	Stickball Game
11 AM	Tradition Keepers

<b>CHIEF'S ADDRESS 11:30 AM</b>	
Traditional Meal 12:00 PM	
1 PM	Entertainment
1 PM	Volleyball
2 PM	Cornhole
2 PM	Turtle Races

**FOOD VENDORS**

**GAS CARD DRAWINGS**

FOR MORE INFORMATION CALL

# 918-871-2794

*Barbara Foster, Celebration Coordinator*

*Event will be recorded by students from a Place of Belonging Film Academy*

## SEPTEMBER 29, 30 & OCTOBER 1, 2022

