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MUTTON BUSTER

A 5-year-old sees success in his first year riding sheep.
ANI GIDUWAGI, 9

GIDUWA CHEROKEE NEWS

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

UKB recognizes vets Hicks, Hansen

Leroy Hicks served in the Air Force while Howard Hansen served in the Army.

BY LANI HANSEN
Reporter

TAHLEQUAH – With Veterans Day being recognized on Nov. 11, the United Keetoowah Band wanted to honor those who have served and those who are currently serving in the U.S. military, including veterans Leroy Hicks of the Air Force and Howard Hansen of the Army.

UKB Assistant Chief Jeff Wacoche said the Native American community serves in the U.S. Armed Forces at a higher rate per capita than any other ethnic group and that Native Americans have been defending and fighting for the country since 1492.

Hicks, of the Tenkiller Lake area, has a wife, two daughters, a stepson and stepdaughter.

He served in the Air Force from 1969-76. Hicks served in Vietnam in the beginning before taking a short “re-enlistment” in 1972.

When he enlisted, Hicks went from basic training to advanced individual training (AIT) with the Army Corps of Engineers in Virginia before being assigned to North Africa.

“I remember we had been working



Howard Hansen



Leroy Hicks

12 hours a day and 7 days a week, on Sept. 1, Labor Day weekend; they said we could get the day off,” Hicks said. “Come that Labor Day, they were banging on our door telling us to get up to go work and we told them it’s a holiday. They said you must go work now. Come to find out that’s the

SEE VETS, PAGE 3



The Tulsa Oilers host the Wichita Thunder during Native American Heritage Night this past season. This season the Oilers will hold Native American Heritage Night on Nov. 19. LANI HANSEN/GIDUWA CHEROKEE NEWS

The Tulsa Oilers hockey team will again host its Native American Heritage Night on Nov. 19.

BY LANI HANSEN
Reporter

TULSA – Native American Heritage Month begins on November 1 and UKB is ready for some ice hockey. The UKB Department of Education is proud to be a part of the Tulsa Oilers Native American Heritage Night on Saturday Nov. 19.

The Tulsa Oilers are a professional ice hockey team based in Tulsa and they play in the East Coast Hockey League. Their partnership with UKB started in 2021, when some people with the Oilers reached out to UKB Education Director Dr. Leslie Hannah asking him if UKB could be the coordinating tribe for their Native American Heritage Night.

“I have connection with the Oilers, some people who work there,” Dr. Hannah said. “Last year they asked if we could get singers, dancers, art displays and other things. I was able to contact some people to bring a small drum group and dancers who represent different tribal nations and styles of dances. They performed before the game started. Between breaks Assistant Chief Jeff Wacoche would say a few words letting the crowd know

who we are.”

A couple of UKB departments set up tables and gave out departmental information.

Last year along with the singers and dancers, Miss Oil Capital 2022 Haylee Chiariello (Cherokee) had the honor in dropping the first puck for the game. At halftime the crowd was entertained by Native duo artists Mike Bone who put a positive spin to hiphop music.

This year Dr. Hannah hopes to expand on a few things for Native American Heritage Night.

“Last year people asked if we had jewelry or anything we were selling, so I hope to bring in some of our artists out for this year,” Dr. Hannah said.

Dr. Hannah highly encourages everyone to come out and support the Tulsa Oilers as they celebrate Native American Heritage Night. This is not a night just to recognize UKB, but all tribes in Oklahoma, as November is recognized for Native American Heritage Month.

First puck drops at 7:05 p.m. where the Oilers will face off against the Rapid City Rush at the BOK Center. For ticket information contact the UKB Department of Education at 918-871-2828.

Education Dept. offers free health care training to UKB members

Beginning Nov. 7, take the course to become a licensed medical administrative assistant.

BY LANI HANSEN
Reporter

TAHLEQUAH – In late September a Medical Administrative Assistant class took place in the classroom of the UKB Education building. Since it was the first time hosting a class like this, the Education Department had seven students participate and at the end of the course each had graduated with a National Certification in Medical Administrative Assistance.

Congratulations to the seven students who graduated from the first class. They are Krystal Zarate, Kendra Mitchell, Janet Delgado, Tishina Mead, Angela Brannon, Sunni Steeley and Richard Roy.

“Over half of those students, already had a job interview the Monday following their graduation from the class,” UKB Education Specialist Jacqueline Watson-Baker said.

According to Wings Health Care Training, the class prepares students 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.

Students who complete the class will have opportunities to work in Vision Clinics, Dental Offices, Chiropractic Centers, Urgent Care, Blood Donation Centers, Medical Equipment Companies, Medical Labs, Pediatric Offices, Nursing Homes, Retirement Communities and Hospitals. The class offers resumé building and interview skills. Students participate in mock interviews and job searches online.

Students who enroll in the class will have access to iPads offered by the UKB Education Department, for use of school work.

UKB Education Department has partnered with Wings Health Care Training in order to host this class. Wings is based out of Broken Arrow, and they offer classes that will get your career started in the health field.

SEE LMAA 3

River cane saved by UKB Environmental Dept.

The Environmental Department uses tribal land known as the “120” for the river cane’s new home.

BY LANI HANSEN
Reporter

TAHLEQUAH – When the UKB Tribal Historic Preservation and Environmental Department heard about a home of river cane being wiped out by construction for a new bridge, they did not hesitate to transplant the precious bamboo to a new site.

In October, the Environmental Department took a trip to Bayou Manard or Manard Creek where the river cane was pulled from.

This area is where the Keetoowah people first settled after being kicked out of Arkansas Territory, said UKB tribal ethnobotanist Roger Cain.

Cain said, “River cane is one of three indigenous bamboos to North America. It’s the largest one of Arundinaria gigantea, the largest bamboo in North America. It can grow up to 50 feet tall according to historical counts.”

The new site of the river cane is out on tribal land

known as the “120”. This land was formerly known as the walnut growth on 120 acres, and the tribe purchased it where plans are to bring a herd of buffalo and livestock.

“The river cane we dug up will probably grow up to 30 feet at least,” Cain said.

He said in the past, river cane has been used for livestock but now it provides habitat for over a dozen endangered species such as moths, butterflies and birds. River cane is an evergreen, so it stays green year-round.

“It’s an important ecosystem that is turning out to be a great carbon scene as well, as it traps 90% of phosphorus and nitrogen runoff,” Cain stated about the river cane.

River cane was also used for Keetoowah people to build their homes, it was used as exterior wall.

Cain said it will be used to feed the buffalo if the tribe purchases and places them at the “120,” and some of the river cane will be used for cultural related activities.

The transplant took two days for the department.



The United Keetoowah Band Environmental Department replants river cane on tribal land known as the “120.” LANI HANSEN/GIDUWA CHEROKEE NEWS

They used leaves from the taller river canes to provide mulch for the younger and smaller ones.

“We still use river cane which connects us to our

SEE CANE PAGE 2



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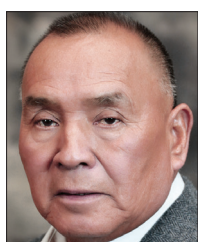
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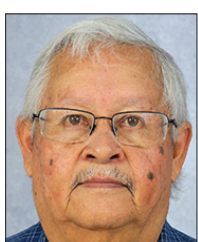
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Keetoowah Celebration proves a success

Si yo, ni ga da.
I hope you had a chance to join us this year at the 72nd annual United Keetoowah Band of Cherokee Indians Celebration. I want to thank the Council, staff, and you, the tribal members, for this year's celebration success. It's been three years since our last celebration, you know virtual celebrations are not the same as going live, some can Zoom, while some have no reception in their areas at all.

Many know us as United Keetoowah Band of Cherokee Indians, but literature, government documents, historians and anthropologist distinguish us as the full-blood Cherokee tribe. Additionally, we have been called the Old Settlers from the 1817 treaty where the old settlers move from the Southeastern United States to modern day Arkansas. We became known as the Western Cherokee from the 1828 treaty where we moved from Arkansas to Indian Territory or what is now known as Oklahoma.

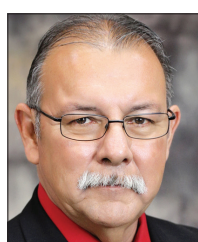
Today, in order to be a Keetoowah Band member, you must not be a member of another tribe and have a certified degree of Indian blood greater than one-quarter or more.

The past two years have seen our accomplishments grow and land mass expand. The signing of our deed for the 76 acres land in trust here on the Keetoowah Grounds was completed, it was a momentous occasion, an accumulation of 72 years' work for our land in trust to be taken by the Department of Interior and placed into trust for the United Keetoowah's.

The signing of Indian Health Service 638 Contract for Behavioral Health Programs, has provided reoccurring funds for the operations of Keetoowah Cherokee Treatment Service and the Echota Behavioral Health Programs.

We purchased Kenwood grocery store, our community centers in Little Kansas and Vian are complete, and now we are just waiting on the community center in Sallisaw.

We have completed a housing project, Coosa Wattee, which consisted of 10



Chief's Corner

JOE BUNCH
Principal Chief
jbunch@ukb-nsn.gov

rental homes built near the intersection of West and Bean streets in Tahlequah. There are four 2-bedroom, four 3-three bedroom and two 4-bedrooms.

We completed the purchase and renovation of the Goingsnake Elders Housing 62+, single-bedroom, apartment complex. These fully furnished apartments include three handicapped apartments with seven additional apartments available to rent. We also provided tribal members three replacement homes in Jay along with building a new 3-bedroom home on Ross Mountain in Stilwell.

We learned a new way of doing business due to COVID. We offered curbside services for all our programs, and we are serving on average 80-125 emails per day since the start of COVID via drive through. We also made the decision to shut down our childcare center on a few occasions due to rising COVID numbers.

The Council selected former Miss Keetoowah Victoria Holland, who serves as the Council attorney and court prosecutor, to serve as the Keetoowah delegate to the House of Representatives.

We are waiting on the Interior to accept our 2.63 acres of land in trust for the UKB to game again.

Work is set to begin on the Jim Proctor Nutrition Center. Currently we are redoing the parking lots on both sides of the building. During the pandemic and heavy rains, we noticed a large amount of water coming through the walls, and upon review of the walls it was noticed that the wall studs were decomposing, so work must be done.

We are now negotiating work for the rehabilitation of the building. Additionally, we are waiting for approval of an

expansion, the expansion will take place in Stilwell. There is also a need to expand these services in other districts.

Our government-to-IHS relations have never been better as we continue a dialogue to expand our services from behavioral health to general practice, and for this to work we need your help.

If you have been denied service from any of the IHS providers because you are Keetoowah, please write it down and send this information to us. We need to know your name, type of service denied, date, time of service and location.

Our Child Development Center was voted the Best of the Best in Tahlequah. This marks the fourth year in a row for the CDC.

Our courts and Lighthouse have been approved for a \$1.6 million dollar grant to expand public safety services to include courts and Lighthouse coverage.

Our Education Department has 30 students attending college and universities, 20 students attending vocational technology, and 46 kids in a college saving program that sets aside dollars for incidentals at the start of their schools. We are offering medical billing classes and GED classes.

This is a snapshot of what's happening in and around the Keetoowah Reservation.

"We shall never give up Keetoowah until all of us join hands and fall to the ground. And if anything arises to destroy Keetoowah, we shall all flock together to head it off with all our power" Keetoowah Constitution and Bylaws, 1914.

Finally, this year the elder \$75 Christmas and child Christmas \$40 cards will not be given. In their place, the UKB Council approved a December stipend for exclusive Keetoowah members.

The sign-up will run for seven weeks so there should be no excuses because you didn't sign up. Adults will receive \$1,000 and children will receive \$250 to be mailed out on Dec. 9.

My door is always open and please keep our Council, officers, and our tribal members in your prayers and do da go hv i.

CANE: The River Cane Gather is set for April 3-6.

FROM PAGE 1

ancestors through basket making and other things," Cain mentioned.

Another upcoming project for the environmental department will take place at Mulberry River, where they will be cleaning the area so the river cane out there will have access to the river.

In the spring UKB Tribal Historic Preservation and Environmental Department will be cohosting a River Cane Gathering with the US Forest Service.

The gathering is set to bring in federal agencies and artisan representation from tribes that still use river cane.

The reps will provide discussion from indigenous perspectives for conservation and use. The River Cane Gathering is April 3-6 at the Tahlequah Armory Building.

For information about the River Cane Gathering, call Cain at 918-871-2765 or email rcain@ukb-nsn.gov, or Michelle Baumflek at 828-257-4887 or email at michelle.baumflek@usda.gov.

"We still use river cane which connects us to our ancestors through basket making and other things."

Roger Cain, UKB tribal ethnobotanist



UKB ethnobotanist Roger Cain shows fellow employees where the roots to bring up the river cane. PHOTOS BY LANI HANSEN/GIDUWA CHEROKEE NEWS



Kdeem Hamilton lends a hand in digging up river cane. The UKB Environmental Department relocated river cane after a bridge's construction affected its previous location.

THE UNITED KEETOOWAH BAND'S OFFICES WILL BE CLOSED ON NOV. 7 FOR UKB ELECTION DAY, NOV. 11 FOR VETERANS DAY & NOV. 24-25 FOR THANKSGIVING. GET OUT AND VOTE IN THE UKB & STATE ELECTIONS!



GIDUWA CHEROKEE NEWS

Giduwa Cherokee News
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Tahlequah, OK 74465

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LMAA: Call 918-871-2742 or email jwatson@ukb-nsn.gov to enroll. Next class is Nov. 7.

FROM PAGE 1

“When we reached out to Wings to see we had sent them an email saying, ‘Hey here is what we would like to do, is this something you guys could get involved with?’ Then they came and toured the building and talked to us, and right there we formed the partnership,” Watson said.

The first Medical Administrative Assistance class was held in September, it was a 2-week class with Wings Health Care Training Executive Director Andrea Long. She taught the students everything they needed to know. Because this was a successful class, Watson said Long and the Education Department is excited to host another one.

The next class will start on Nov. 7 and run for two weeks again, Monday through Friday from 9:30 a.m. to 3:30

p.m. It is free to Keetoowah members who are seeking a career in this field, and it is open to non-members for a fee.

Wings Health Care Training offers other classes, Watson said once the interest of the Medical Admin. Assistant class dies down, they plan on moving forward to bring a dental assistance class and more to the UKB.

“The students were appreciative that they didn’t have to drive to Tulsa. We had two who were just from our community, and they were happy about having the class right here in town,” Watson commented.

The deadline for the next available class is Nov. 3. For more information or to enroll contact Jacqueline Watson at 918-871-2742 or email jwatson@ukb-nsn.gov.



Students from the Certified Medical Administrative Assistance class gather for a class photo. COURTESY

VETS: Nov. 11 is Tahlequah’s Veterans Day Parade.

FROM PAGE 1

year and day that Muammar Gaddafi of North Africa took martial law.”

After being forced to leave North Africa, Hicks said they were sent to an air base but was put on lockdown for almost a year. In 1970, he was sent to Germany because he did not fulfill his full-time duties.

From 1971-73 he went back to America and was stationed in Kansas City, Missouri. After his re-enlistment he was stationed to Tinker Air Force Base in Oklahoma City.

After retiring from active duty, he worked for the federal government for 37 years. After leaving it, he worked for KI BOIS Area Transit System or KATS for four years and is now working part-time as a driver for UKB Tribal Transit.

Howard “Mickey” Hansen, who was a full-blood Cherokee and fluent speaker from Jay, passed on Sept. 18. He is survived by his daughter Sheena, son Howard Jr. and life partner Marcia.

He attended Jay Public Schools before enlisting in the Army and serving in an

artillery unit. Hansen served in Vietnam from 1969-71 and was honorably discharged with “Commendation” badges. Later he retired from the Army Reserves and became active in the Veterans of Foreign Wars Post 8380 in Grove and served as its commander for a time.

During his life, Hansen worked and retired as a supervisor of an Oklahoma Department of Transportation bridge crew. He helped build the new Sailboat Bridge in Grove in the early 2000s.

If you are a UKB veteran or are actively serving, the UKB will take part in the Tahlequah Veterans Day Parade with a float at 11 a.m. on Nov. 11. If you have any questions concerning the parade, call Michelle Downing at 918-871-2753.

“It has been about three years due to Covid since we have done something to recognize the veterans,” Wacoche said. “We wanted to make sure we were safe and not have large gatherings. So we thought this year would be a good opportunity to participate in the veterans parade and have a get together afterwards.”

UKB Tribal Enrollment

18300 W. Keetoowah Circle Tahlequah, OK 74464
Open Monday-Friday | 8:30 a.m. to 5 p.m.

As with other federally recognized tribes throughout the United States, the United Keetoowah Band has its own unique process to determine membership.

Vist <https://www.ukb-nsn.gov/membership> for Enrollment documents and a brief Frequently Asked Questions section of the most common questions about membership into the UKB. Find forms for Membership Applications, CDIB Instructions, Update Your Information and UKB Relinquishment.

For additional questions or if you are a member who has lost your enrollment card, please contact the UKB Enrollment Office Registrar Amanda Stopp at 918-871-2797.

Questions concerning Keetoowah history, cultural practices, clothing, language or ceremonies are better suited for our John Hair Cultural Center and Museum. Please visit their page at <https://www.ukb-nsn.gov/john-hair-cultural-center-museum> or call 918-871-2866.

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in need of emergency assistance or
assistance with a civil or criminal matter.

Call 918-207-9955

Low Income Home Energy Assistance LIHEAP

Winter Heating Program: Oct. 1-March 31
Assists members with buying wood,
pellets, propane, natural gas and stoves to
stay warm during colder months.

Summer Cooling Program: April 1-Sept. 30 | Assists members with electric bills
and window units for elders.

Health Services

This program can assist members with a variety of needs related to healthcare. These needs can include:

- Eye glasses/Contacts
- Fuel vouchers for doctor visits
- Lodging for medical emergencies
- Medication assistance
- Payment with medical services including hospital stays, ambulance rides and appointments
- Insurance co-pay
- Select medical equipment

OBITUARIES

Florene Batt

Florene Batt, 77, passed away peacefully in her sleep early Monday morning September 12, 2022. Florene was born February 2, 1945, in Tahlequah, OK to Agnes Christie and Richard Batt. Florene and Charlie Cain had three children, Roger Cain, Kathy Cain-Baird, and Kristi Witt Cain Kinkade; She is survived by six grandchildren, Elisa Lyons, Ursula Cain, Rhea Cursio,

Reuben Cain, Nicholas Kinkade, and Trace Kinkade; nine great grandchildren, Ethan Lyons, Jakob Lyons, Austin Lyons, Auni Drake, John Drake, Matt Drake, Loreleigh Cain, McKenzie Edmondson, Luna Edmondson, Sofia Edmondson, and Isabella Edmondson; Seven Sisters—Laura Batt (deceased), Janice Batt (deceased), Tammy Batt McGuire, Maggie Batt, Merry Loman, Ernie Pumpkin, Maxine Wilson (deceased) and Eleven Brothers—Carl Ross (deceased), Junior Batt

(deceased), Charlie Batt, Jeff Batt (deceased), Mark Batt, Jerrie Batt (deceased), Johnny Batt (deceased), Larry Batt (deceased), David Pumpkin, Tom Pumpkin, and Gary Smith.



Florene was proud of her Cherokee ancestry and heritage. She began her early life attending Sequoyah Training/Boarding School at the tender age of five, speaking only her native language of Cherokee.

In 1979, Florene graduated from

Northeastern State University with a master's degree in school counseling and administration. Educating Cherokees was always a mission of hers and was the impetus behind her return to Sequoyah High School and a twenty-year career counseling k-12 students all across northeastern Oklahoma before retiring. Anyone who knew Florene, knew that she was proud of her grandchildren and great grandchildren who will miss her greatly and will continue to tell the next generations about their full-blood Cherokee grandma who taught them all they know about being proud to be Cherokee.

Howard Mick Hansen Sr.

Howard Mick Hansen Sr., Full Blood Cherokee and Fluent Speaker was born September 9, 1949 and transitioned September 18, 2022.

Howard was preceded in death by his parents, Jess 1985 and Linda Lou 1993; brother Ellis Jody Jones 2004; mother & wife of his 2 children, Marcela Diane 2018.

He is survived by his daughter Sheena of Miami OK; son Howard, Jr. of Dry Creek; Siblings Nancy of Shawnee,



OK, Carole Jean of Jay, OK, Al of Austin, TX, Jerry and Woody both of Dry Creek; Howard loved dearly all of his grandchildren as well as his special life partner Marcia to whom all

of family Hansen acknowledge her love and devotion to our dearly departed loved one, Howard. A big hug and thank you Marcie.

Howard attended Jay Public

Schools. He served in the U.S. Army in an Artillery Unit, courageously served in Vietnam from 1969-71 and was honorably discharged with "Commendation" badges, later Howard retired from the ARMY RESERVES and became active in the V.F.W. Post 8380, Grove OK, and served as commander.

Howard retired as a Supervisor from the Oklahoma Dept. of Transportation, bridge crew. Howard was a proud team member that erected the "NEW SAILBOAT BRIDGE" in Grove, OK.

Howard will be and IS greatly missed

by his numerous nephews and nieces and extended family. He truly enjoyed his grandchildren as he did retirement. Howard grew closer to his Lord these past 2 years and was witnessed to be born again in Christ.

Howard this is not a goodbye but til we meet again. DO NA do Go hv i.

Howard's Celebration Of Life Graveside Service was Sept. 28 at Dry Creek Cemetery, Colcord, OK with Rev. Woody Hansen and Mr. Jerry Hansen officiating. Howard's burial was at Dry Creek Cemetery with Military Honors.

Joe Lynn Scott

Joe Lynn Scott was born May 16, 1959, in Tahlequah, Oklahoma to Lacy Scott and Linda (Sam) Scott Jones and departed this life on Sept. 22, 2022, at home in Stilwell, Oklahoma at the age of 63 years, 4 months, and 6 days.

Joe enjoyed fishing, watching OU sports, and NASCAR racing, puzzles, wood carving, painting, and sculpting.

He was a great artist and loved spending time with his children, grandchildren, nieces, and nephews.

He was preceded in death by his parents: Lacy Scott and Linda (Sam) Scott Jones; 3 infant siblings; sister: Retha Jean (Scott) Harjo; brothers: Richard Daugherty, Sr., and Vernon Alvin Scott; son: Joe Lynn Scott, Jr.; and best friend: Randy Glass.

Joe is survived by his wife: Mary

Canoe-Scott of the home; sons: John Beaver Scott and Mychal Edward (Fanci) Scott all of Tahlequah; daughters: Lynda "Lyndee" Scott of Stilwell, Oklahoma, and Joleen Dalawna Scott of the home; stepsons: Michael (Martina) Littledeer



Holcomb; two half-sisters, Joann and Joanna.

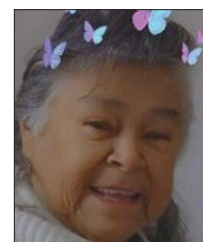
She is survived by her children, Jim Charles Ratledge of Jay, OK, Patricia Lackey and husband Vick of Jay, Carl Ratledge of Mountain Home, AR, and Bobby Joe Ratledge of Jay; 12 grandchildren; 8 great-grandchildren; her sisters, Doris Stopp of Kansas, OK, Rachel Tagg of Urbana, IL, Mary Tagg of Jay, and Kelly Martinez of Jay; brother-in-law, Bobby Jones of Oaks, OK; many nieces, nephews, cousins

and extended family. of Stilwell, and Robin (Regina) Killer of Westville, Oklahoma; stepdaughter: Lora Littledeer of Stilwell; brother: Rick (Dena) Scott of Stilwell; sisters: Shirley Roberts, and Donna (Ralph) Wolf all of Stilwell. He leaves behind 5 grandchildren: Avin, Zaylon, Gideon, Dayzha, and Liya; and 12 step-grandchildren. Many nephews, nieces, family, and friends also survive him.

Lois Mae Tagg

Lois Mae Tagg, 72, went home with our savior Sunday, September 18, 2022 in Tulsa, OK. She was born at home in Kenwood, Oklahoma on July 11, 1950 to Jim Tagg and Rosie Lee Proctor-Tagg.

Lois worked at Northwest Arkansas Poultry for several years then became a stay at home mom and a homemaker. She liked to go to yard sales and enjoyed crocheting blankets. Lois



loved attending church but most importantly spending time with family. She will be dearly missed by family and friends.

Lois was preceded in death by both of her parents, Rosie Lee and Jim Tagg; her brothers, Marvin Tagg and Jimmy Tagg; her sisters, Elizabeth Tagg and Marlene Jones; her daughter, Melissa

the best out of life. He will be missed by everyone he leaves behind.

He was preceded in death, by his parents; his first wife, Edgarita Tidwell; his oldest daughter, baby girl Tidwell; and siblings, William Tidwell, Bobby Tidwell, Roy Tidwell, Eric Tidwell, Jess Tidwell, and Farris Tidwell.

He is survived by his family, which includes his current wife, Linda Ross-Tidwell; children, Jo Ann Tidwell,



and extended family. Lois's Wake Service was held September 23 and was followed by her family visitation to greet friends at Grandma's Residence at Tagg Flatts. Lois's Funeral Service was September 24 at Euwasha Baptist Church, Kenwood, OK with Rev. Richard Budder officiating. Followed by her funeral procession to Euwasha Cemetery, Kenwood, OK. Lois's burial will be at Euwasha Cemetery.

Jackie Ray Tidwell

Jackie Ray Tidwell of Catoosa, Oklahoma passed away on September 17, 2022, at his home surrounded by his loving family.

Jack was born on December 20, 1941, the son of Millard Seed Tidwell and Josephine (Cornsilk) Tidwell in Stilwell, OK.

Jackie enjoyed life and he loved his family. He loved working on and restoring old cars. He and his brother Roy were both considered two of the best shade tree mechanics and auto body painters in their younger days.

He was just a genuine guy who loved OU and Dallas Cowboys football, getting together with friends and family, cooking especially his famous spaghetti that everyone loved, and watching his favorite shows on TV such as old westerns, but most of all he loved being around his children.

Some of the best memories they had, were packing up the car with an ice chest and bologna and driving around with his children making memories. He even taught them how to drive.

He saw the world in the most beautiful way and always wanted to make

Kay Aguilar and husband Alejo; Jeanie Tidwell, Jackie Tidwell, Nathaniel Tidwell and wife Margaret, Brandon Tidwell, and stepdaughter, Lawanda Duck; siblings, Estell and Alice Tidwell, Carl Moreland, Mary Tidwell, Harvey Moreland and Betty Mabry; grandchildren, Rainy Galaviz, Noor Hammami, Tiana Bernal, Tony Aguilar, Kennedy Aguilar, Alejandra Aguilar, Eric Cruz, Uriah Bluebird, Rosa Chiarez, Gabriella Chiarez, Carmen Belmares, Geronimo Tidwell, Nikia Tidwell, Madison Tidwell, Tallon Tidwell, Payton Tidwell, and Cleo Jame Tidwell; as well as 19 great-grandchildren.

LUNCH MENU

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

Nov. 1
Loaded Baked Potato w/fixings
Broccoli Salad
Bread Stick, Dessert

Nov. 2
Beans w/Ham
Mac & Tomatoes
Salad, Cornbread
Chocolate Chip Cookie

Nov. 3
Ham/Cheese Sandwich
Pasta Salad
Potato Chips
Fruit Cup

Nov. 4
Wild Wings w/Sauce
Zucchini Sticks
Salad
Fruit Cup

Nov. 7
UKB Offices Closed
UKB Election Day

Nov. 8
Chicken Fajitas
Spanish Rice
Mexican Corn
Tortilla Chips, Fruit Cup

Nov. 9
Lasagna
Broccoli Rice Casserole
Salad, Garlic Toast
Fruit Cup

Nov. 10
UKB Nutrition
Center Closed

Nov. 11
UKB Offices Closed
Veterans Day

Nov. 14
Sloppy Joe on Bun
Baked Beans, Pickle
Potato Chips
Fruit Cup

Nov. 15
Elders' Thanksgiving
Dinner

Nov. 16
Goulash
Broccoli Cuts, Corn
Garlic Toast
Fruit Cup

Nov. 17
Chicken & Dumplings
Green Beans
Corn
Hot Roll, Dessert

Nov. 18
UKB Nutrition
Center Closed
Employee Thanksgiving
Dinner

Nov. 21
Spaghetti w/Meat Sauce
Italian Green Beans
Garlic Toast
Dessert

Nov. 22
Chicken Fried Steak
Potatoes/Gravy
Broccoli Cuts
Bread, Fruit Cup

Nov. 23
Chicken Noodle Soup
Zucchini Sticks
Salad, Crackers
Fruit Cup

Nov. 24
UKB Offices Closed
Thanksgiving

Nov. 25
UKB Offices Closed
Thanksgiving

Nov. 28
Veggie Hamburger Stew
Hominy
Cornbread
Dessert

Nov. 29
Chicken Strips
Potatoes/Gravy
Green Beans
Bread, Fruit Cup

Nov. 30
Hamburger w/fixings
French Fries
Cake
Ice Cream



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

Grilled Angel Food Cake with Melted Berries (Diabetic friendly)

3 cups of mixed berries (strawberries, blueberries, blackberries and raspberries)
1 tsp of Splenda
1 tbsp of maple syrup
1/4 tsp of ground cardamom
4 tsp of balsamic vinegar
1 Angel food cake, cut into eight slices
Vegetable oil spray
Line a medium bowl with a large piece

of aluminum foil, pressing the foil into the sides of the bowl well. Add the berries, Splenda, syrup, cardamom and balsamic vinegar over all. Wrap the foil, forming a package and twist the top so the liquid doesn't escape. Preheat the grill over the medium-high heat and place the berry package on the grill. Grill for 5-6 minutes, turning and shaking the package occasionally. Spray the cakes slices lightly with vegetable oil to prevent sticking and add

the cake slices to the grill to mark. Grill gently for 2-3 minutes, place on a serving dish and pour the melted berries over the cake. If desired, serve the sugar-free whipped cream or low-or no-fat Greek yogurt.

Sensational Chicken Burgers

1/2 lbs. of ground chicken breast
1/2 lbs. of ground chicken (mixed light and dark)
1/4 cup of sun-dried tomatoes

(chopped, not in oil)
1/4 cup of chopped onion
1/4 cup of fresh basil (chopped)
1/4 cup of fresh flat Italian parsley (chopped)
4 cloves of minced garlic
1/2 tsp of fine sea salt
1/2 tsp of black pepper (freshly cracked)
Mix all the ingredients and form 4 patties. Grill 3-4 minutes on each side and serve with guacamole.

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

Protection from preventable diseases

Because some areas and populations are under-vaccinated, the risk of contracting vaccine-preventable diseases is increased.

STATEPOINT – Both in the United States and globally, childhood and adult vaccination rates have seen what community health experts are calling a “concerning decline” since the start of the COVID-19 pandemic.

Now is the time to ensure that you and your children are up to date on all recommended vaccines to best protect you and your family from preventable diseases.

“Vaccines are among the greatest medical breakthroughs in the history of medicine. Millions of lives have been saved and severe outcomes from various diseases have been prevented because of vaccines. At this moment, in part because of people missing routine immunizations during the COVID-19 pandemic and in part because of misinformation around vaccines, our vaccination numbers have declined, which has impacted certain populations who are more susceptible to preventable diseases. I urge you to check with your physician, schedule that preventive screening, and make sure you and your children are up to date on your vaccines,” said Jack Resneck Jr., M.D., president of the American Medical Association.

According to Resneck, here are three



Both in the United States and globally, childhood and adult vaccination rates have seen what community health experts are calling a “concerning decline” since the start of the COVID-19 pandemic. STATEPOINT MEDIA

“At this moment, in part because of people missing routine immunizations during the COVID-19 pandemic and in part because of misinformation around vaccines, our vaccination numbers have declined, which has impacted certain populations who are more susceptible to preventable diseases.”

Jack Resneck Jr., American Medical Assoc. president

steps to take to get back on track:

1. Schedule routine visits with your and your child’s physicians for important preventive care, including recommended health screenings and vaccines based on age and health status.

Babies and young children are especially susceptible to vaccine-preventable diseases, and right now, tens of thousands of children in the U.S. are not up to date on their vaccination against extremely contagious diseases,

such as measles and whooping cough.

2. You should also make sure that you and your children are up to date on COVID-19 vaccines. Experts have cautioned about a possible surge this fall and winter. With new Omicron-specific bivalent boosters available for people 12 and older, the time for additional protection from severe outcomes from COVID-19 is now. Additionally, all children aged 6 months and up are eligible for the COVID-19 vaccine, and physicians highly recommend getting vaccinated as early as possible.

You can get a COVID-19 vaccine and a flu vaccine at the same time if you are eligible, and the timing coincides. For more information on COVID-19 vaccines, visit: getvaccineanswers.org.

3. Understand that even countries once declared polio-free or measles-free are not risk-free, particularly for the unvaccinated. An adult in New York was recently partially paralyzed by polio, and the virus has been found in area wastewater samples, leading to the declaration of a disaster in the state to help support localities in responding to the outbreak.

Because some areas and populations are under-vaccinated, the risk of contracting vaccine-preventable diseases is increased.

“Unfortunately, if we don’t get our vaccine coverage rates back to where they were before the pandemic began, we run the risk of seeing outbreaks of vaccine-preventable diseases that we thought we’d long ago overcome,” said Resneck. “To protect yourself and your family from current and future outbreaks, get up to date on vaccinations now.”

On Sept. 27, U.S. Department of Health and Human Services Secretary Xavier Becerra formally swears in Roselyn Tso as Indian Health Service director. Tso is a citizen of the Navajo Nation and previously served as the IHS Navajo Area director. INDIAN HEALTH SERVICE



HHS names Roselyn Tso as IHS director

Roselyn Tso is a citizen of the Navajo Nation and previously served as the Indian Health Service’s Navajo Area director.

BY STAFF REPORTS

WASHINGTON – On Sept. 27, U.S. Department of Health and Human Services Secretary Xavier Becerra formally swore in Roselyn Tso as director of the Indian Health Service. Director Tso is a citizen of the Navajo Nation and previously served as the IHS Navajo Area director. She has served in various leadership roles at IHS for nearly four decades.

“Roselyn brings decades of experience and expertise to the director role” said HHS Secretary Xavier Becerra. “Roselyn will work tirelessly to ensure that American Indians and Alaska Natives are provided with the high-quality culturally appropriate care they deserve. I look forward to working with Roselyn to continue delivering on IHS’s mission to raise the physical, mental, social, and spiritual health of

American Indians and Alaska Natives to the highest level. The Biden-Harris Administration’s commitment to Indian Country has been evident since Day 1. Today marks another step forward in ensuring that the federal government and HHS live up to our government-to-government responsibilities.”

As director, Tso will lead a nationwide health care delivery system that is responsible for providing preventive, curative, and community health care to approximately 2.7 million American Indians and Alaska Natives in hospitals, clinics, and other settings throughout the United States. Prior to her new role, she served as the director of the IHS Navajo Area – a role she had held since 2019 – where she led a federal, tribal, and urban Indian health care delivery system for over 244,000 American Indians and Alaska Natives throughout Arizona, New Mexico, and Utah. The IHS Navajo

Area is the largest IHS area with 4,000 employees and a budget of nearly \$1 billion.

“It is my honor and privilege to serve as the next leader of the Indian Health Service,” Tso said. “Throughout the confirmation process, I took time to reflect on the many challenges the agency has faced, including the ongoing challenge to combat the COVID-19 pandemic, which has plagued Indian Country over the past couple of years. While the IHS has made great strides to improve health care services, there are areas we must review and improve on.

“Roselyn will work tirelessly to ensure that American Indians and Alaska Natives are provided with the high-quality culturally appropriate care they deserve.”

Xavier Becerra, Health and Human Services secretary

I am committed to working with our tribal and urban Indian organization partners, and our partners across the federal government, to continue raising the health status of American Indians and Alaska Natives to the highest level.”

Tso began her career with the IHS in 1984. She has served in roles in the IHS Portland Area, both at the service unit level as the administrative officer for the Yakama Service Unit, and at the area level as the planning and statistical officer, equal employment officer and special assistant to the area director. In 2005, she became the director for the Portland Area’s Office of Tribal and Service Unit Operations, where she was responsible for the implementation of the Indian Self-Determination and Education Act and working directly with tribes. After that role, she served as the director of the Office of Direct Service and Contracting Tribes at IHS headquarters.

Behavioral health tips for older adults

STATEPOINT – Older adults experiencing a behavioral health issue such as anxiety or depression may be embarrassed and think they simply need to “pull themselves up by their bootstraps,” but helping them seek help can empower them to live their best lives, according to experts.

“Everyone is different, but there are tools for better health, including therapy, medication and self-care,” said Dr. Lindsay Evans-Mitchell, medical director for behavioral health for Cigna Medicare Advantage.

Behavioral health disorders affect one in five adults over 55. Older men have the highest suicide rate of any age group or gender. Among men who are 75 and older, the suicide rate is 40.2 per 100,000 – almost triple the overall rate.

The most common behavioral health disorder in older adults is dementia, and its incidence is growing as the Baby Boomer generation ages. Experts project that more than nine million Americans 65 years or older will have dementia by 2030. Anxiety disorders and mood disorders are also common among older people.

Dealing with a behavioral health issue? These self-care tips can help:

1. Find a Provider. “Cognitive disorders, such as dementia and mood disorders, often look the same,” Evans-Mitchell said. “Only a trained professional can make an accurate diagnosis.” For help finding a provider, reach contact a primary care physician or health plan, such as Medicare or Medicare Advantage. Also consider virtual therapy. It’s easy to schedule and offers the convenience of seeing a therapist without leaving home.

2. Nurture Yourself. Good nutrition feeds the body and mind. If you have questions about nutrition for older adults, consult your physician or a registered dietitian. Additionally, drink water throughout the day. “Dehydration can worsen cognitive issues,” Evans-Mitchell said.

3. Sleep Well. Like all adults, older people need seven to nine hours of sleep nightly. Dr. Evans-Mitchell noted that older people’s tendency to go to bed early, wake up early, and nap throughout the day can disrupt healthy sleep cycles and limit rapid eye movement (REM) sleep, potentially contributing to behavioral health issues.

4. Exercise. Even moderate exercise can improve mental and physical health. The Physical Activity Guidelines for Americans describes benefits such as improvements in brain health, better cognitive function and reduced risk of anxiety and mood disorders. People who exercise tend to sleep better. Having trouble getting started? Some Medicare Advantage plans include a fitness benefit, which can pay for a gym membership or provide at-home tools.

5. Head Outside. Being outside has numerous benefits, including vitamin D absorption needed for cognitive health. Additionally, research has shown that chemicals released from trees can stimulate brain functions. Don’t forget the sunscreen though, as skin cancer is most common in people older than 65.

6. Buddy Up. Papa, available through some Cigna Medicare Advantage plans, connects older adults and their families with “Papa Pals” for companionship and support. “Papa Pals” can provide transportation, help with everyday tasks -- or simply be a friend, doing activities like watching movies or playing games.

7. Parent a Pet. Caring for pets generates positive emotions and can reduce anxiety. Just petting a dog has been shown to lower levels of the stress hormone cortisol, and pets provide a bond that can elevate two feel-good brain chemicals: oxytocin and dopamine. Dogs also encourage people to exercise outdoors.

“Behavioral health issues can be complex and confusing to navigate, but taking positive actions can be empowering,” Evans-Mitchell said. “It’s never too late to make a new start.”



Older adults experiencing a behavioral health issue such as anxiety or depression may be embarrassed and think they simply need to “pull themselves up by their bootstraps,” but helping them seek help can empower them to live their best lives, according to experts. STATEPOINT MEDIA

Student debt relief plan explained

This plan includes loan forgiveness of up to \$20,000. You'll have until Dec. 31, 2023 to apply.

BY STAFF REPORTS

WASHINGTON – President Joe Biden, Vice President Kamal Harris and the U.S. Department of Education have announced a three-part plan to help working and middle-class federal student loan borrowers transition back to regular payment as pandemic-related aid expires.

This plan includes loan forgiveness of up to \$20,000. Many borrowers and families may be asking themselves “what do I have to do to claim this relief?” There will be more details announced in the coming weeks. To be notified when the process has opened, sign up at the <https://www.ed.gov/subscriptions>. You'll have until Dec. 31, 2023 to apply.

1. Final extension of the student loan repayment pause

Due to the economic challenges created by the pandemic, the Biden-Harris Administration has extended the student loan repayment pause several times. Because of this, no one with a federally held loan has had to pay a single dollar in loan payments since Biden took office. To ensure a smooth transition to repayment and prevent unnecessary defaults, the Biden-Harris Administration will extend the pause a final time through Dec. 31 with payments resuming in January 2023.

Borrowers will not have to anything to extend the student loan pause as the extended pause will occur automatically.

2. Providing targeted debt relief to low- and middle-income families

To smooth the transition back to repayment and help borrowers at highest risk of delinquencies or default once payments resume, the Education Department will provide up to \$20,000 in debt relief to Pell Grant recipients with loans held by the Education Department and up to \$10,000 in debt relief to non-Pell Grant recipients. Borrowers are eligible for this relief if their individual income is less than \$125,000 or \$250,000 for households. Get details at <https://studentaid.gov/debt-relief>

Get up to \$20,000 in federal student loan debt relief based on your income.



On Aug. 24, 2022, the Biden-Harris Administration announced a Student Debt Relief Plan that includes one-time student loan debt relief targeted to low- and middle-income families. [STUDENTAID.GOV](https://studentaid.gov)

announcement/one-time-cancellation.

Also, borrowers who are employed by nonprofits, the military, or federal, state, tribal, or local government may be eligible to have all of their student loans forgiven through the Public Service Loan Forgiveness program. This is because of time-limited changes that waive certain eligibility criteria in the PSLF program. For information on eligibility and requirements, go to PSLF.gov.

Am eligible for debt relief?

- To be eligible, your annual income must have fallen below \$125,000 (for individuals) or \$250,000 (for married couples or heads of households)

- If you received a Pell Grant and meet the income threshold, you will be eligible for up to \$20,000 in debt relief.

- If you did not receive a Pell Grant in college and meet the income threshold, you will be eligible for up to \$10,000 in debt relief.

What does the “up to” in “up to \$20,000” or “up to \$10,000” mean?

Borrowers are advised to apply by mid-November to receive relief before the payment pause expires on Dec. 31. The Department of Education will continue to process applications as they are received, even after the pause expires on Dec. 31.

- Your relief is capped at the amount of your outstanding debt.

- For example: If you are eligible for \$20,000 in debt relief, but have a balance of \$15,000 remaining, you will only receive \$15,000 in relief.

What do I need to do to receive relief?

- Nearly 8 million borrowers may be eligible to receive relief without applying – unless they choose to opt out – because relevant income data is already available to the Education Department.

- For borrowers whose income data the Education Department doesn't have, the administration was expected to launch a simple application in October. Borrowers won't need to upload any documentation or have an FSA ID to submit their application.

- Most borrowers who apply can expect relief within six weeks.

- It is encouraged that everyone who is eligible to file the application, but there are 8 million people for whom there are data and who will get the relief without

applying unless they choose to opt out.

- Borrowers are advised to apply by mid-November to receive relief before the payment pause expires on Dec. 31.

- The Department of Education will continue to process applications as they are received, even after the pause expires on Dec. 31.

What is the Public Service Loan Forgiveness Program?

- The Public Service Loan Forgiveness program forgives the remaining balance on your federal student loans after 120 payments working full-time for federal, state, tribal, or local government; the military; or a qualifying non-profit.

- Temporary changes, ending on Oct. 31, provide flexibility that makes it easier than ever to receive forgiveness by allowing borrowers to receive credit for past periods of repayment that would otherwise not qualify for PSLF.

- Enrollments on or after Nov. 1 will not be eligible for this treatment. Visit PSLF.gov to learn more and apply.

3. Make the student loan system more manageable for current and future borrowers.

Income-based repayment plans have existed within the U.S. Department of Education. However, the administration is proposing to create an income-driven repayment plan that will substantially reduce future monthly payments for lower- and middle-income borrowers.

The rule would:

- Require borrowers to pay no more than 5% of their discretionary income monthly on undergraduate loans. This is down from the 10% available under the recent income-driven repayment plan.

- Raise the amount of income that is considered non-discretionary income and therefore is protected from repayment, guaranteeing that no borrower earning under 225% of the federal poverty level – about the annual equivalent of a \$15 minimum wage for a single borrower – will have to make a monthly payment.

- Forgive loan balances after 10 years of payments, instead of 20 years, for borrowers with loan balances of \$12,000 or less.

- Cover the borrower's unpaid monthly interest, so that unlike other existing income-driven repayment plans, no borrower's loan balance will grow as long as they make their monthly payments – even when that monthly payment is \$0 because their income is low.

Ensuring every child in U.S. accesses healthy school meals

Amid soaring food prices, rising rates of inflation and food insecurity, families are having a harder time accessing nutritious foods.

STATEPOINT – Starting in early 2020, every child in the United States became eligible for school meals at no cost, regardless of family income level – no forms, no questions asked. That policy, along with other interventions, including increased Supplemental Nutrition Assistance Program (SNAP) and Women, Infants, Children (WIC) Program benefits, kept millions of children and families from going hungry during the pandemic. But support for school meals ended this September, putting healthy school meals increasingly out of reach for children who rely on them for nearly half their daily calories and a consistent source of good nutrition.

Amid soaring food prices, rising rates of nutrition and food insecurity, and families having a harder time accessing nutritious foods in their communities, advocates at the American Heart Association say that Congress's failure to extend healthy school meals is already having profound consequences.

For more than two years, the country has seen food insecurity rates stay relatively stagnant. Pandemic-era assistance helped ensure that already high rates of families struggling to feed their kids did not worsen. However, with these policies ending and food costs skyrocketing, early data from 2022 suggest that food insecurity is quickly on the rise. Food insecurity disproportionately affects households with children (14.8%), Hispanic households (17%), Black households (21%) and households living at or below the federal poverty line (35%). This crisis also comes at a time when households across America are facing delayed health care, barriers to affordable housing and a general financial squeeze caused by rising prices on consumer goods.

“Providing healthy school meals for students at no charge is a recipe for success that reduces food insecurity, improves children's diets and academic performance, generates critical revenue for schools and decreases stigma,”

said Nancy Brown, American Heart Association CEO, “Action by the federal government is long overdue. It is a necessity for families and schools to feed children the healthy meals they need for success.”

Children who eat well perform better in school. However, access to food is just part of the issue. The American Heart Association points out that with pre-pandemic numbers of more than 15 million school breakfasts and 30 million school lunches served every day, what children put on their plates has a significant impact on their overall health and well-being.

“Federal programs including SNAP and the Summer Food Service program have been integral to addressing hunger, but many policies focus on improving access to sufficient quantities of food,” said Brown. “While this goal is critically important, especially in mitigating the effects of poverty, we must modernize these policies and programs to also focus on food quality, so people have access to enough nutritious food.”

There are opportunities for the federal government to change course and ensure that every child across the country has access to free, nutritious foods at school. The White House recently released a national strategy to end nutrition and food insecurity and mitigate the effects of diet-related chronic diseases in the United States by 2030, making the recommendation for healthy school meals for all and strong nutrition standards. Additionally, a key committee in the House of Representatives has passed a child nutrition reauthorization bill that would protect and strengthen nutrition standards for school meals and help millions of children gain access to healthy school meals, among other updates to child nutrition programs. Advocates at the American Heart Association say the Senate now needs to do its part to give children the best chance to succeed. To learn more, visit <https://act.yourethecure.org/tqmwpbx>.

YARD SALE

The Education Department will hold a yard sale on Saturday, Nov. 12 at the Education Building in Tahlequah to raise funds to take students to a conference in Albuquerque, N.M. Come shop for furniture, small appliances, tools, clothing, toys, cameras and ‘willy-nilly’ stuff. Donations to the yard sale are also appreciated OR you can purchase an all-day sale space for \$25. Either way we raise funds to help defray conference costs for students. Concessions will be available. For information, call Dr. Leslie D. Hannah at 918- 871-2828 or 918-822-4423.





Family organizing expert Jessica Litman, also known as “The Organized Mama,” is on a mission to help families declutter and stay organized. She’s sharing her pro tips for getting your home in shape for this busy time of year. STATEPOINT MEDIA

Tips to organize your home for fall

Clearing cabinet clutter and prepping the pantry are two ways to structure your home.

STATEPOINT – From the walk-in closet to the kitchen pantry, catch-all spots make all the difference in daily routines – but only if they’re kept neat and tidy.

Family organizing expert Jessica Litman, also known as “The Organized Mama,” is on a mission to help families declutter and stay organized.

She’s sharing her pro tips for getting your home in shape for this busy time of the year.

Clear Away Cabinet Clutter. ‘Tis the season for autumn chili, stew and other comfort foods. That means it’s also time to put your essential slow cookers and pans where you can reach them, so food prep will be hassle-free.

“When the weather starts to cool, I swap out summer cookware for winter bakeware,” said Litman. “I put the grilling items in the back of the cabinet and pull the turkey roaster and baking dishes to the front.”

For added storage, Litman recommends using a shelf rack or vertical organizer to keep cutting boards and pie pans neatly upright and easily accessible.

Prep the Pantry. Create a system that gives grab-and-go snacks and cooking necessities a home. This will help keep the kitchen tidy in the midst of busy work and school schedules.

“Do a pantry cleanout,” Litman said. “Remove everything from the area and wipe down the shelves. Take the canned goods you didn’t eat and donate them to a local food bank.”

Use a combination of shelf liner and new containers to restore order to the space. Measure the shelves, cut the liner to length and then lay it flat.

The shelf liner is durable, waterproof and designed to keep surfaces dry while making them easy to wipe clean. Use the measurements to get an idea of what size bins will best fit the area.

Store crackers, cereal, oats and pasta in clear containers with labels, and put spices and seasonings in a slim organizer.

“Set up items similarly to grocery store shelves by placing like items together,” Litman said. “When you do this, it’s like

you are shopping in your pantry instead of hunting for things.”

Out with the Old. Before pulling out your fall wardrobe, declutter the piles of “stuff” from the closet. This will make your space seem bigger and more organized.

“Remove clothes from this past season,” Litman said. “Look through each garment. If you didn’t wear it, donate, toss or sell it.”

Now that there is more room, hang an over-the-door shoe rack for rain boots and work shoes, but use a closet organizer to store accessories, such as belts, purses and scarves.

Litman also recommends dry cleaning winter jackets now so they’re ready to wear when cold weather comes.

Find Balance in the Bathroom.

“When the weather starts to cool, I swap out summer cookware for winter bakeware. I put the grilling items in the back of the cabinet and pull the turkey roaster and baking dishes to the front.”

Jessica Litman, organizing expert

Whether it’s the primary bath or the kids’ washroom, make the most of your space by organizing everything into different categories, like towels and haircare.

Once everything is grouped, you can decide what will be kept where based on the available areas. Use a tray on the counter and bins in pullout drawers.

Litman said to wipe and line surfaces, especially under the sink before putting essentials away.

Antimicrobial agents inhibit mold and mildew growth to protect the liner and will catch makeup smudges and water spills to give the area an extra clean feeling.

She also recommends waiting until after the organizing process to buy bins and caddies, so you know exactly what you need.

Once these organizing projects are complete, your home will be ready for all the fun fall festivities and family gatherings.

How technology can help you age in place

New technologies have the potential to help solve problems created by older adults.

STATEPOINT – By 2030, almost a quarter of the American population will be over the age of 65, up from 16% in 2020, creating a situation that’s going to drive greater demand and greater pressure on the care industry. In addition to a larger workforce and more financial resources, new technologies also have the potential to help solve the problems created by this seismic demographic shift.

According to experts, Artificial Intelligence (AI) and Machine Learning (ML) are already among the key components of new technologies providing improved quality of life for those who want to continue living independently at home.

“While AI and ML have transformed other industries, adaptation has been slow in the care industry, but we’re working to change that,” said Chia-Lin Simmons, CEO of LogicMark, which manufactures personal emergency response systems (PERS), health communications devices and remote care and activity monitoring technologies to create a Connected Care Platform, and recently incorporated two-way voice communication technology into its medical alert pendant.

To help you live safely and comfortably in your home in the years to come, Simmons offers a few strategies for using the newest technology to your advantage:

- PERS allow you to call for help in an emergency by pushing a button. Wearable pendants – along with water-resistant wall-mounted devices and mobile solutions – can keep you protected in every room of your home by helping you instantly connect with loved ones and emergency personnel. Those offered by LogicMark use AI and ML for pattern recognition and fall detection, for an added layer of security.

- Automatic pill dispensers can help ensure you never miss a dose or take too much medication. Depending on your needs, you may need to look for a solution offering both visual and audio notifications, or one suited for those with limited dexterity.

- Motion-sensing lighting can make nocturnal trips to the bathroom – common in one’s golden years – much safer, helping to reduce the risk of dangerous trips and falls. Many lighting options plug directly into outlets, while others are battery-operated and can be installed anywhere. Be sure to include these fixtures in bedrooms, hallways and bathrooms.

“True independence must be accompanied by peace of mind for you, your family and your caregivers,” said Simmons. “By adopting new technologies, you can help create a virtual safety net, enabling you to stay at home while living in a safe environment and providing piece of mind to your loved ones.”

Take time for tire safety

Checking the condition of your tires is easy and important for your safety on the road.

NEWSUSA – This year, Cooper Tires is encouraging drivers to mark the first of every month as a tire check safety moment, to make a habit of checking tires, especially as seasons change.

“Just as we regularly take a moment to check our smoke detector batteries when we change our clocks in the fall and spring, we need to designate a moment to check tire safety as well,” said Jessica Egerton, Director of Brand Development at Cooper Tire & Rubber Company.

Checking the condition of your tires is easy and important for your safety on the road. Your tires are the only parts of your vehicle to come into contact with, and keep you connected to, the road.

The recommended tread depth is more than two-thirty-seconds (or a sixteenth) of an inch deep. Do your tires meet this minimum, or are they too worn? Would you know if they are?

An easy and quick way to tell is to stick a penny into the tread with Lincoln’s head facing down. If the tread covers the top of his head, you’re good to go. If not, time to replace the tire.

“Just as we regularly take a moment to check our smoke detector batteries when we change our clocks in the fall and spring, we need to designate a moment to check tire safety as well.”

Jessica Egerton, Cooper Tire & Rubber Company’s brand development director

Ensuring your tires have the proper tread depth can help maintain traction on the road, keep control of the car, and prevent hydroplaning or sliding.

Don’t be under-pressured, either. Tires not inflated to the recommended level of pressure can lead to tire failure, uneven wear and cause your car to use more gas.

Try this 10-minute safety check:

- Check the tread. Use the U.S. penny/Lincoln’s head method.
- Check the pressure. Look on the vehicle doorjamb, glove compartment, fuel door or owner’s manual to find the recommended pressure for your tires. Press a tire gauge on the valve stem. Too low? Add air. Too high? Push down on the metal stem in the center of the valve to release air. When you reach the recommended pressure, replace that valve cap. Also, don’t check pressure right after driving. Wait at least three hours until the tires are cool.
- Check your look. Inspect your tires for cuts, bulges, cracks, splits or punctures. When in doubt, ask a tire professional for an inspection.



WOOD RECYCLING PROGRAM



The United Keetoowah Band of Cherokee Indians’ Wood Recycling Program offers a FREE and safe alternative for the removal of downed timber on your property. Tribal membership is NOT required. The timber will be ricked and donated as firewood for UKB elders and tribal members unable to harvest their own firewood for the winter season.

The Wood Recycling Program will under certain circumstances cut intrusive or unwanted trees down, but a special assessment and waiver will be required. For information or if interested in donating/need timber removed, contact the Office of Environmental Services.

918-871-2825 or 918-871-2800 • oes@ukb-nsn.gov • www.ukb-nsn.gov



If your home loan application is denied, don't panic. There are ways to build your eligibility so that next time, your mortgage application is more likely to be approved. STATEPOINT MEDIA

What to do if your mortgage application is rejected

STATEPOINT – If you dream of homeownership, having your mortgage application denied can be devastating. If this does happen to you, it's important to remember that you're not alone. Thirteen percent of all purchase mortgage applications – a total of nearly 650,000 – were denied in 2020, according to federal government data.

Before reapplying for a loan, first understand the reasons your loan was denied. The lender is required to disclose that information to you within 30 days of its decision. You can also call your lender for further explanation. Having this knowledge will help you work toward building your eligibility for a mortgage.

In some instances, the situation involves a quick fix, such as providing missing or incomplete documentation. However, if the reasons cited for your application denial involve down payment cost, a low credit score, an adverse credit history or a high debt-to-income ratio, here are six steps you can take toward recovery:

1. Consult a housing counselor. Consider speaking to a community-based credit counselor or a Housing and Urban Development-certified housing counselor. They can help you create a plan to increase your savings, decrease your debt, improve your credit, access down payment assistance or take advantage of first-time homebuyer programs.

2. Improve your credit. In a 2022 Freddie Mac survey of consumers denied a mortgage application in the past four years, three in five cited debt or credit issues as reasons given for their initial denial. If this describes you, take time to improve your credit profile before applying for another loan. Good credit demonstrates responsible money management and gives you more purchasing power, opening doors to

better loan terms and products. Visit creditsmart.freddie.com to access Freddie Mac's CreditSmart suite of free financial education resources that can help you understand the fundamentals of credit and prepare you for homeownership.

3. Pay down debt. In the application process, lenders will look at your recurring monthly debts, such as car payments, student loans and credit card loans. By lowering or paying down monthly debts, you can build a positive credit history and lower your debt-to-income ratio. Not sure where to start? Tackle your debt with the highest interest rate first.

4. Obtain gift funds. If you're short on money for your down payment, you may be able to use gift funds from a family member to decrease the amount you need to borrow.

5. Find a co-signer. A co-signer applies for the loan with you, agreeing to take responsibility for the loan should you default. The co-signer's credit, income and debts will be evaluated to make sure they can assume payments if necessary. In addition to ensuring your co-signer has good credit, you should make sure they are aware of this responsibility and have sufficient income to cover the payment.

6. Look for a lower-cost home. Remember, you should only borrow an amount you feel comfortable repaying. You may need to look for a lower-cost home than you're financially prepared to purchase and maintain.

For information and additional resources, visit myhome.freddie.com.

If your home loan application is denied, don't panic. There are ways to build your eligibility so that next time, your mortgage application is more likely to be approved.

How to avoid some of these common financial errors

Finding a certified financial planner can help you avoid financial pitfalls.

NEWSUSA – Deciding to select and partner with a financial planner to bring all the pieces of your financial life together is a big step for you and your future. But before you meet with your certified financial planner for the first time, you should familiarize yourself with the financial planning process, gather key information, have an idea about your goals and prepare a list of questions.

"You should also have an idea of what your CFP professional is likely to discuss at the meeting," said Elaine King, CFP. "This preparation is very important, but unfortunately, often forgotten by many new clients when meeting their financial planner for the first time."

"I have found that when some clients first meet me, they spend a lot of time over-explaining or justifying their prior financial decisions," said Charles Weeks, CFP. "In this case, don't worry. Your CFP professional is not here to judge you – only to help you."

Below are some common financial mistakes that many clients make before they meet with a financial planner. "If any of these sound familiar to you, you may want to address them before meeting with your CFP professional the first time," Weeks added.

· Insurance issues. Many people don't know what their insurance policies cover and don't cover. "At a minimum, you need to make sure you carry enough underlying liability insurance to protect your assets and income if you are involved in an accident or lawsuit," Weeks said.

· Insufficient emergency funds. Weeks said he rarely sees clients with the recommended "emergency fund," three to six months' worth of nondiscretionary expenses. It should be kept in a cash or cash equivalent, so it maintains its expected value and can be readily available when needed.

· Cash-hoarding concerns. Some cash is good but



Deciding to select and partner with a financial planner to bring all the pieces of your financial life together is a big step for you and your future. But before you meet with your certified financial planner for the first time, you should familiarize yourself with the financial planning process. COURTESY

hoarding too much cash can be detrimental. Inflation will reduce the purchasing power of cash over time.

· Debt-management doubts. "Know the difference between good and bad debt," Weeks said. Good debt is debt we hold on appreciating assets such as a mortgage or a business loan. Bad debt is debt owed on depreciating assets, such as high-interest-rate consumer debts. Bad debts should be prioritized and paid as quickly as possible.

· Estate-planning procrastination. Your loved ones need a blueprint on dealing with the financial consequences of your passing. "By leaving family members unprepared, you leave them vulnerable to financial hardship on top of the emotional hardship they already bear," said Weeks.

If you are guilty of any of these pitfalls, explain them to your CFP, and he or she will help develop a sound financial plan. Visit LetsMakeAPlan.org for information on how to find a CFP, common financial missteps and how to make the most of that first meeting.

Keep utility bills down as home heating costs rise

NEWSUSA – Winter 2022 promises the perfect storm for soaring home heating bills. The convergence of surging energy prices, plummeting temperatures and escalating demand means optimal energy-efficiency is more challenging and critical than ever.

Rising global energy prices hit home with forecasts indicating households could see their bills increase up to 54%, according to the U.S. Energy Information Administration. Further, forecasters including the National Oceanic Atmospheric Administration and the Farmer's Almanac predict a colder-than-normal season. Rounding out this trifecta, the COVID-19 pandemic has led to the rise of remote work which is set to accelerate and become a more permanent fixture, industry observers say. The good news is that families can prevent a utility-bill blitz by following simple tips.

· Ease Into Electric: According to Columbia University's Earth Institute, electric systems are a solution to decarbonize home climate control. Among the most energy-efficient heating and cooling products, electricity-powered ductless mini-split systems, offered by companies including Fujitsu General America, can save as much as 25% on energy bills. Plus, they are effective with temperatures as low as -15 degrees Fahrenheit.

· Get "Smart" About Climate Control: When it comes to smart home temperature control, there are Smart HVAC Systems and Smart Thermostats. Smart HVAC systems have built-in Internet capability and can be controlled without additional equipment. Smart Home Thermostats create "smart" systems by enabling remote temperature control via a mobile or Internet-connected device or voice-operated home automation system.

· Voice Your Preference: Most HVAC manufacturers offer apps that enable systems to be controlled from anywhere using a mobile device. Voice-control capability uses digital assistants, such as Amazon Alexa or Google Home, to verbally dictate temperatures. Easily controlling the temperature lets homeowners to be more comfortable and improve energy savings.

· Find Your Efficient Comfort Zone: Many live in homes designed for bigger families but have yet to downsize. If you find yourself using a fraction of your home regularly, consider upgrading to a zoned ducted, or ductless, system. That allows you to save energy heating and cooling spaces where you and your family don't spend much time. This will multiply savings as you're not only needing less cooling, but you also gain from a more efficient system in the spaces you do use.

· Try Low-tech Fixes: Take advantage of the sun's energy to heat your home by opening your south-facing curtains at sunrise to make best use of "passive solar gain." Force down warm air. Denser, cooler air stays closer to the ground, and warmer air rises. So, force it downwards with a low-speed fan. Insulate and fill the gaps. Warmed air leaking out around poorly sealed window frames, power sockets, recessed light fittings, and other gaps is a big source of heat loss in homes. Thick curtains help to insulate glass at windows.

If your utility bill is spiking as temperatures dip, a ductless heating and cooling system is a worthwhile investment. Visit www.constantcomfort.com.

How young workers can optimize employee benefits

NEWSUSA – Young adults new to the workforce have a lot to think about. But when it comes to compensation, there are ways to make your salary and benefits work for you. Taking advantage of saving and investing opportunities now will pay off later.

One of the simplest and most effective ways to save for retirement is through an employer-sponsored plan. Many employers offer a 401(k), which allows you to invest part of each paycheck directly into the plan. That helps make saving automatic, and pre-tax 401(k) contributions reduce your taxable income.

Make a Match

Some employers will match a percentage of what you contribute to your 401(k) up to a certain limit. The amount of the match varies, and some employers may not offer this option. But if you have this option, contribute enough to take advantage of the match. For example, an employer may match 100% of what you contribute to your plan up to 3% of your salary, then 50% of the next 2%. If your annual salary is \$60,000 and you are able to contribute a total of 5% (\$3,000) to your 401(k), the company match in this example adds another \$2,400 to your retirement fund.

Health Insurance Helpers

Make the most of your employer-sponsored health insurance by learning details and choosing a plan that best meets your needs. You may have choices between a health maintenance organization (HMO) plan, which usually costs less per month but may limit the network of health care providers you can visit, or a preferred provider organization (PPO), which usually costs more but may allow more flexibility for the provider network. Either way, invest in your health by scheduling regular checkups: Most plans will cover preventive/wellness visits at 100% or with a minimal copayment.

Consider Additional Insurance

Some employers provide life insurance benefits. Additional life insurance, while less important if you are young and single, may be worth considering if you have family members to support. Also, don't discount disability insurance, which can provide needed income if you are ill or disabled and can't work.

Make sure to learn about other benefits that can boost your finances, such as tuition reimbursement, health savings accounts or employee stock purchase plans.

Although you may feel comfortable making decisions about employee benefits on your own, a certified financial planner professional may be helpful as a sounding board for your ideas and to discuss how current benefits decisions fit into your larger financial planning picture. Visit LetsMakeAPlan.org to find a CFP

"Your CFP professional is not here to judge you – only to help you."

Charles Weeks, certified financial planner

McConnell shows no fear busting mutton



United Keetoowah Band member Desmond McConnell prepares for a ride during a mutton busting contest at the Skiatook Rodeo. Desmond's father, Damien McConnell, assists him out of the chute. PHOTOS COURTESY OF KELLI CHEWEY

Keetoowah citizen Desmond McConnell wins two second-place awards in his first season of mutton busting.

BY LANI HANSEN
Reporter

CLAREMORE – A young boy who is only in pre-kindergarten shows no fear as he takes on mutton busting for the first time, ending the season with at least two second-place awards.

Desmond McConnell is the son of Kelli Chewey and Damien McConnell. He is the grandson of William and Jane Chewey. He attends school at Claremont Elementary in Claremore where he enjoys making Mr. Potato Head and playing with his friends.

According to his mother, this was his first year competing in mutton busting. Mutton busting is an event held at rodeos much like bull riding or bronco riding. For smaller children, mutton busting is where they ride sheep. McConnell said he loves to ride on the sheep.

"There has been a couple of times where he got second place," she said.

For his first event, his mother said they just put him in competition at the last minute to see if he would do any good. He rode in his first mutton busting at Southwest City on June 4. Not too long after his first competition, his parents

took him to ride in Okmulgee at Creek Fest. Throughout the rest of the summer, he had gone to ride in Turley and several events in Skiatook.

"He placed second in Turley and Skiatook," Chewey said. "He got a belt buckle for placing second and a trophy in Turley."

With no training at all, Chewey said after his first competition he did well.

"We don't have any type of practice arena," she said. "We just sign him up and he goes. Usually, his dad will be in the chutes with him to help put him on the sheep."

Chewey said during one of his rides Desmond had a sheep step on him, but he just got up as if it did not hurt him.

"He's a tough kid," Chewey said. "He was born with a bilateral cleft lip and palate, so he's been through lots of surgeries, but he is tough. His first year after being born we had to take a couple of trips to Shreveport and we're thankful the tribe helped us out."

Desmond enjoys mutton busting, so his mom plans on keeping him going for next season. He hopes to be good enough to win first place next year, that is his big plan.



Desmond holds his second-place trophy and belt buckle at the Turley Rodeo.



Desmond McConnell rides a sheep in the 12th annual Reager Rodeo. The 5-year-old has taken two second-place awards but wants to win competitions next year.

©Fly T.

Congratulations

to our 2022

Tradition Keepers

Michelle Downing

&

Char Kingfisher-Wolf



Berry speaks to OU students

BY MARILYN CRAIG
UKB Museum Public Relations Coordinator

NORMAN – John Hair Cultural Center Museum Director Ernestine Berry was a guest lecturer on Sept. 19 for students focusing on Indigenous Studies at the University of Oklahoma.

Berry spoke to students at a luncheon and at a dinner that same evening. In the afternoon, she recorded a podcast with Dr. Farina King, associate professor and the Horizon Award Chair of Ecology and Culture at OU. King introduced Berry and the United Keetoowah Band.

“Ernestine holds a master’s degree from OU in museum studies, a master’s in education administration from Northeastern State University, and has an art degree from the University of Tulsa,” King said. “She wears many hats. She is an artist, an educator, a public speaker, an intellectual speaker and a historian. She is a community leader and is out there getting involved with her tribal nation.”

Ernestine began her presentation talking about how the UKB in Oklahoma got its name. She clarified that the word “Cherokee” is not a word in the Keetoowah language but a name that was given by others. The Keetoowah referred to themselves as “Ani du wa gi.” But, since government treaties were written with Keetoowah ancestors as Cherokees, the name had to continue on officially.

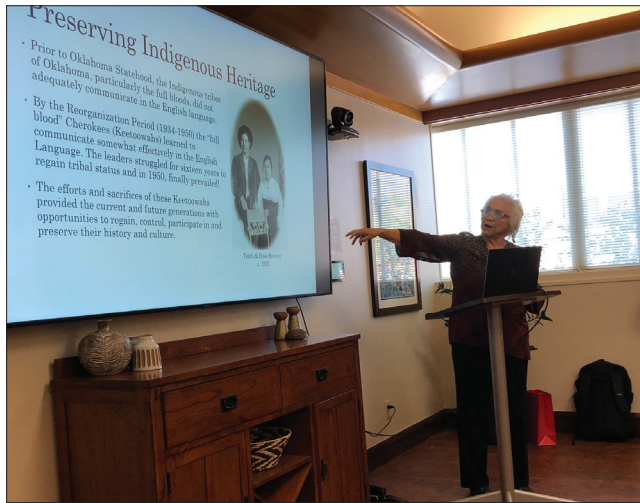
She discussed the Cherokee Old Settlers and their motivation to move west to the Arkansas Territory to get away from the Europeans and mixed cultures. This was in 1817, before the Trail of Tears, which in 1838-39 brought the remaining Cherokees.

“Our ancestors sacrificed a lot to get us here. It took them 14 years under the Oklahoma Indian Welfare Act and the Indian Reorganization Act to get approval in 1950,” said Berry.

Berry talked about the trend in tribes seeking to have their own museums, their own archives, beginning to tell their own stories and said it was something admirable for them to do, and it was something that each tribe needs to do.

“So many documents and archival items have been lost over the years to our tribes and to our people because there was no place to keep them,” she said. “That’s what had happened with the United Keetoowah Band. We had no place to keep our papers, our important papers, that we really needed to keep. So, we went out to different places and got copies of some of those things. It is very important that we, as native people tell our own story, in our own voice, in the way that we know it should be told, and that’s what we do at the John Hair Museum.”

Berry said at one time, tribal secretaries would keep records at their homes. Since some of these people were elderly and upon their death their children or grandchildren did not know what to do with those records, some were lost. She said they went to various places, homes, museums and libraries. She was at the



John Hair Cultural Center Museum Director Ernestine Berry speaks to University of Oklahoma students about preserving Indigenous heritage. MARILYN CRAIG/UKB MUSEUM

Five Civilized Tribes Museum and was visiting the archivist there and looked over and saw a box labeled “Keetoowah.”

“When we opened it, we discovered the original membership cards of the tribe,” Berry said. “We were able to get those back, thankfully. We are still on the hunt for more documents. One thing we were able to get back, was our 1859 Constitution, which addresses the Civil War and was written to prevent Keetoowah from fighting each other. They did not want to fight, but if they had to, they wanted to fight with the North. They did not want to side with the South. They knew how the South treated people. At the end of the war, the Keetoowah were awarded a flag for their service to the country and we have that flag in our museum.”

Berry also highlighted the current language program and projects that are ongoing.

“We have a group of language teachers developing lesson plans with the goal to teach children and to do this teaching in each community and at home with the hopes of perpetuating future generations of speakers. This project was funded by the Institute of Museum and Library Services, a federal agency. We also recorded 12 Keetoowah speakers and got them on film. We are in the process of translating them and putting in English sub-titles. This project was funded by the American Rescue plan, through the Administration for Native Americans,” she said.

Berry finished the presentation talking about the traditional arts, crafts and games and the preservation of that through classes at the museum and in outreach programs.

She addressed student’s questions including one about the Cherokee syllabary and let them know that Sequoyah was Keetoowah and was an Old Settler in Arkansas.

If you would like to book a presentation about UKB history or a cultural presentation for your organization, call the JHCCM at 918-871-2819.

UKB museum sets upcoming events

The John Hair Cultural Center and Museum will host an Indigenous Athletes display and the UKB Traditions Keepers Show & Sale.

BY MARILYN CRAIG
UKB Museum Public Relations Coordinator

TAHLEQUAH – Here are some of the upcoming events for the United Keetoowah Band of Cherokee Indians’ John Hair Cultural Center and Museum at 18280 W. Keetoowah Circle.

Indigenous Athletes
Currently on display in the Keetoowah museum through Nov. 28, Indigenous Athletes reflects the success of a variety of Natives, who are Keetoowah and other tribal nations. This sports exhibit is the personal property of James McIntosh, UKB Cherokee. The display is a portion of 40 years of research of Native Americans and their contributions in sports history.

“Native Americans have a very close kinship with sports and cultural games. And all have their unique sporting events and traditional games. Native Americans have been participating in organized sports before Oklahoma became a state,” said McIntosh.

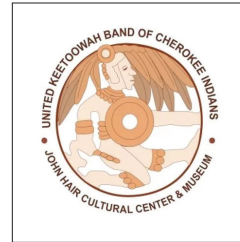
UKB Tradition Keepers Show & Sale

The JHCCM will host the UKB Tradition Keepers Show & Sale. The show opens on Dec. 2 and will run through Dec. 16. Tradition Keepers are outstanding individuals dedicated to continuing the Keetoowah Cherokee culture through practicing a variety of ancient skills and traditions.

They must be unselfish with their craft and willing to share their knowledge with other members and the public. During December, many items will be for sale and multiple artists will demonstrate throughout the run of the show.

The JHCCM is the central holding place for all history and cultural objects for the UKB. Visitors will find permanent and temporary exhibits within the building, as well as a gift shop with authentic, handmade Keetoowah items. The 1949 Keetoowah Base Roll is also on display for visitors to the museum who wish to trace their family names. The JHCCM is managed by Director Ernestine Berry. For museum inquiries related to exhibits, cultural items or the gift shop, call 918-871-2866.

To keep up on the latest happenings at the JHCCM follow it on Facebook, visit www.ukb-nsn.gov or call 918-871-2819.



UKB RedPony Film Academy shows value

Students learn about storytelling from in front of and behind the camera.

BY MARILYN CRAIG
UKB Museum Public Relations Coordinator

TAHLEQUAH – Eleven students interested in learning about the film industry and making documentary films attended the RedPony Film Academy, hosted by the United Keetoowah Band’s John Hair Cultural Center and Museum. The group of mostly Keetoowah tribal members, along with members of other tribes, participated in the four-day learning camp from Sept. 28 to Oct 1.

“We learned about camera work and what it takes to set everything up to look good on TV or the big screen. There is just so much that goes on behind the camera and what it takes to get everything ready to shoot,” UKB tribal member Marcus Thompson said. “I was surprised that they let us use their high dollar equipment after the first day and meeting the actors they had on Zoom sessions.”

The class was presented by RedPony Films, which is based in Arizona. Its owner is film industry professional Dr. Eddie Webb, a UKB tribal member, who designed, coordinated and presented the firsthand learning experience. He was joined by filmmakers Keegan Choffat and Paul Hickey. The curriculum covered using Cannon Camera equipment, setting lights and sound levels and filming, interview techniques and more. Ninety percent of the footage was captured at the Keetoowah Celebration. The group focused on interviews of tribal members, especially elders and Tradition Keepers.

“Working with Ernestine Berry, Barbara Foster and the UKB leadership to organize a RedPony Film Academy for our tribal citizens was a blessing that I hope will continue. I have been teaching research documentaries production for several years, but to come home and to feel the acceptance, the language, and the love of our UKB nation is the pinnacle



RedPony Film Academy students interview 2022 UKB Tradition Keeper Char Wolfe, who was recognized for traditional crafts. MARILYN CRAIG/UKB MUSEUM

of why,” said Webb. “Paul Hickey, Keegan Choffat and I are committed to bring our filmmaking academies to Indigenous nations.”

Academy attendees were excited by the opportunity to tell stories and show how they wanted them seen on film.

“I think the biggest thing that surprised me about the class was that there are so many opportunities when it comes to the film industry. We are so accustomed to knowing the people that are in front of the camera, but not exposed to the behind-the-scenes process that takes place when it comes to film production,” Trista Vaughn, UKB tribal member, said.

Conference participants were David Barnoski, Olivia Briggs, Kelsey Nicolette Cooper, Christopher Coursey, Marilyn Craig, Aubrey Mouse, Samuel O’Field, Thompson, Amadeus Thorne, Vaughn and Tiana Watie.

“For me, this experience has ignited my passion to pursue working in the film industry. Dr. Webb and his associates, Keegan and Paul, have made an impact in my life within the brief time they were here to just go for it,” Vaughn said. “I am so glad I got this experience and I want to pursue a career in the film industry with producing or script writing.”

Webb had a message for the students who attended the academy. “Your energy and work ethic has been all-inspiring, and if the Creator makes a way, we will be back for a production and a post-production academy.”

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The UKB Media Department's Yansa (Buffalo) T-shirts are still available for \$20. Limited sizes and quantity are available. Visit the UKB Services Building and ask for Media. Cash only, please.