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BOOMING BIZ
With her family's help,
Krissa Downing's
The Sweetest Native
clothing line is
growing. **NEWS, 3**

GIDUWA CHEROKEE NEWS

YSG GWY AQP Official News Publication of the United Keetoowah Band of Cherokee Indians in Oklahoma July 2022

Election Board readies for polling

BY LANI HANSEN
Reporter

TAHLEQUAH – With election season coming up, the UKB Election Board wanted to share some important information.

The Election Board seats five Keetoowah tribal members who are selected to uphold the integrity of the tribe and assure that candidates adhere to the 2022 UKB Election Ordinance. The board consists of Chairwoman Brenda Smith, Vice Chairwoman Marcella Foreman, Secretary Tanisa Foreman as well as members Albert Shade and Wyanetta Springwater, according to the UKB Election Board web page.

The committee wanted to inform those who are planning to file for candidacy to do so from Aug. 1-12. This

year, all nine district representative seats are up for election. The four officer positions will be up for re-election in 2024, according to the UKB Election Board page.

After the Election Board receives a completed list of candidates, the Giduwa Cherokee News asks for those candidates to reach out to us so we can get profiles listed in the paper. We are requesting for those to submit a short bio including name, district, and why you are running for Council along with a photo. More details will come later, once a list of candidates are approved.

To file for candidacy, applications must be picked up at the Election Board located on West Choctaw Street across from Tahlequah Public Works Authority (TPWA), behind JD Young Cabinet Shop. Office hours are from 8 a.m. to 4 p.m. Monday through Friday. For information, call 918-931-3005 or visit ukb-nsn.gov/electionboard.



The UKB Election Board office sits at West Choctaw Street across from the Tahlequah Public Works Authority. LANI HANSEN/GIDUWA CHEROKEE NEWS



From left are UKB Indian Child Welfare clerks Alli Stayathome and Emma Dart, Director Roxana Wilden and case aide specialist Rylee Grimmatt. In May, they helped host the state Department of Human Services's "Completing the Circle" event to help Native children in foster care stay culturally connected. PHOTOS BY LANI HANSEN/GIDUWA CHEROKEE NEWS

Oklahoma's Department of Human Services hosts an Indigenous Cultural Awareness event for foster families.

BY LANI HANSEN
Reporter

TAHLEQUAH – Every year the Oklahoma Department of Human Services sponsors the "Completing the Circle" event to help Native children in foster care stay connected to their culture.

In late May, the United Keetoowah band was the host for the 14th annual event. The Indian Child Welfare department took charge for this event, and it all came together with extra help from employees of the tribe.

"All tribes take turns hosting, so this year was our turn," ICW Director Roxana Wilden said. "All the other tribes came as well, to show what their culture is."

According to ICW case aide specialist Rylee Grimmatt, DHS has this event because a lot of the foster homes are not tribal certified. She said many of the children in the system don't know their culture because they aren't being raised in the cultural setting.

Completing the Circle is an annual event aiming to provide success and stability by raising cultural awareness for Native American children in foster care. According to OKDHS website, many American Indian/Alaskan Native families are multicultural and adapt to their surrounding culture. From the 50s to the 70s and thousands bring adopted out, were raised with little awareness or knowledge of their culture.

As the host tribe this year Wilden and Grimmatt laughed saying, it was stressful but amazing because in the end it was seeing all the kids having fun.

"One of our girls in ICW has never seen powwow dancing or the knowing about the regalia," Grimmatt added. "It was neat to see the glow that they got from it."

The day began with an opening ceremony with Choogie Kingfisher assisting as emcee. During the first part of the morning there was a powwow demonstration, spokesperson for stompdance, story-



From left are UKB Indian Child Welfare Director Roxana Wilden, Tribal Administrator Jennifer Cole-Robinson and DHS Tribal Liaison Kelly Tannehill. Tannehill presented the UKB with a plaque for hosting the event.



Miss Cherokee 2021-22 Chelbie Turtle and Junior Miss Cherokee 2021-22 Leah Gardner make an appearance.



Miss Sac and Fox Nation Leilani Walker-Pizano and Little Miss Sac and Fox Tribal Princess Amira Walker-Pizano came out and supported the event.

SEE ICW, PAGE 2

"Sometimes I feel like parents are scared of us or worried of what we're going to think...The safety of the child is what's most important to us."

Rylee Grimmatt,
UKB Indian Child Welfare

UKB Education hosts monthly Book Swap event

BY LANI HANSEN
Reporter

TAHLEQUAH – Have you been searching for a book to read? Or do you need to get rid of some books that are just collecting dust? Come by the UKB Education Department every third Thursday of the month for "Book Swap" day.

Education department has been setting up "book swap" for the last six months. In May they kicked off the summer event with books and hotdogs. UKB Education Director Dr. Leslie Hannah was found by the grill, he's hoping with summer being here book swap day will give him a chance to serve burgers and more in the coming months.

They have tons of selection of reading material from books on quilting, cook-books, literature, westerns, romance history, craft dolls, woodworking and more.

"We have quite a supply and there are more," Dr. Hannah said.

Back in November the Education Department received a large donation of books from a family whose patriarch had passed, both the mother and father died within a few months of each other. The daughters of the deceased came to UKB Education asking about anyone who would want the books the parents left behind.

"Me being a book nerd, said I would never turn down a book," Dr. Hannah said about the donations. "I figured we could go through the books and anything we can use in the library, we'll put in the library."

Dr. Hannah thought the family would bring in a few boxes, but he was caught by surprise when they brought in four pickup trucks loads of books. "When they first rolled up, I thought 'oh my gosh that's twice than what I was expecting' and they said, 'we're not even close to being done yet,'" he stated.

Over three more weeks of delivering the books to education, Dr. Hannah and the department decided on a book swap.

"Bring a book, take a book or just come take a book we don't care. I'm not one to throw books away, even the worse books have a purpose somewhere," he said.

Since the book swap day started on every third Thursday of the month, Dr. Hannah has seen at least 30 people come through for each month, but the May book swap brought over 30 people out. He believed it was probably the nice warm weather.

"We are usually set up from about 9am to 4:30pm. If you have some books at home that you don't want anymore, bring them and we'll take them. If you want a book, we've got plenty," Dr. Hannah said.

The book swap is free and open to the public. Paige Clement, a Tahlequah resident saw the post on Facebook and came to check out the books.

She said, "I think it's cool, I didn't realize this was a book swap I just thought it was a sale. I like the idea of bringing in books that you no longer use and someone else can use. I found a few books for myself."

If you have books that are no longer being used, feel free to drop them off at the UKB Education Department from 8 a.m. to 5 p.m. Monday through Friday. The UKB Education building is located at, 4547 S. Whitmore Lane in Tahlequah.



Shown are some of the books that were available at the UKB Education Department's Book Swap held every third Thursday of the month. LANI HANSEN/GIDUWA CHEROKEE NEWS



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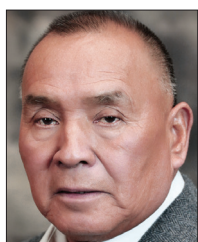
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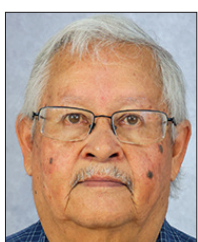
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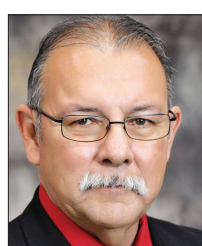
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Alvin Hicks
918-931-1462

Tri-Council held at Keetoowah Grounds

Summer is here. I remember playing three to four softball games a day back then and not thinking anything about it, but today in this heat it is miserable.

COVID is still here. The Oklahoma Department of Health is posting data once a week every Thursday's, the previous four weeks input from counties. Adair had 67 cases, Cherokee had 195 cases and Delaware had 167 cases for a month. Or the way I average weekly count, Adair had 16.75, Cherokee had 48.75 and Delaware had 41.75 cases per week. So let's keep our communities safe by following all the Centers for Disease Control-prescribed methods of staying safe. We can't let our guard down.

We held a fishing day for youth celebrating National Go Fishing day on June 18. The activity was held at the fishpond on the Keetoowah Grounds. The first 50 kids ages 4 to 12 received a fishing pole to keep. Thank you to each of the following: Child Development Center, Title VI, Keetoowah Strong committee, Tag Office,



Chief's Corner

JOE BUNCH
Principal Chief
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Henry Lee employees and staff for hosting the National Go Fish Day and all the staff who helped make this a success.

I hope you had the opportunity to see the Tri-Council we held on the Keetoowah Grounds. The Tri-Council is an annual event. This year the Eastern Band of Cherokee Indians asked the UKB to host this event and we did, utilizing our facilities. We had exhibition stickball and a stomp-dance by the Echota Fire. It was wonderful to see. The Council meeting was held on June 23 at the arbor. One of the resolutions we supported, the nomination and approval of Ms. Roslyn Tso, Navajo, as

director of Indian Health Service. IHS is an agency within the U.S. Department of Health and Human services that's responsible for providing federal health services to American Indians and Alaska Natives.

We will be in the process of a major renovation of the Jim Proctor Nutrition building, The Nutrition staff and department will move to The Venue and set up shop temporarily. Please watch for notifications from the Title VI staff, so we can minimize interruptions.

I thank the Council for the economic relief fund that went out this month, all exclusive tribal members are eligible. We are continuing our discussions with IHS and Bureau of Indian Affairs for more funding for our programs. I hope to inform of the progress as it becomes available.

We are planning the annual Keetoowah Celebration held the first weekend in October, on our grounds, so be on the watch for the schedule of events. We have a lot to celebrate this year, and we hope to see you there.

McCause retires as director from UKB Housing

BY LANI HANSEN
Reporter

TAHLEQUAH – It was 16 and a half years ago when Nancy McCause stepped foot into the doors of UKB to begin her career with the Accounting Department as their purchase agent, but in 2013 she was moved to the Housing Department after reorganization with the tribe.

"In 2017 was when the housing committee appointed me as the housing director," McCause said. "It's been crazy ever since."

Serving as the director, McCause has helped the department grow in numbers of staff and assistance programs. As much as she loves the bond and the environment of the department, McCause bids farewell to her Housing family as she announced in June her retirement.

"We have grown and introduced a lot of new programs," she said about the years being with the department. "We have received a lot of funding from the Department of Treasury, the BIA and HUD to help assist with all the problems related to COVID."

In her years as director, the housing department has acquired a 10-unit elder complex in Stilwell and currently they have six of the units filled. They have built a housing addition in Tahlequah called, Coosa Wattee which is a 10-unit complex including houses with 2-bedroom up to 4-bedroom. All of the Coosa Wattee units are occupied.



Nancy McCause has worked with the tribe for over 16 years and has been with UKB Housing Department since 2017. LANI HANSEN/GIDUWA CHEROKEE NEWS

"We have grown and introduced a lot of new programs," she said about the years being with the department. "We have received a lot of funding..."

Nancy McCause, outgoing UKB Housing director

"We've been helped so much by HUD, they have been getting so much accomplished and giving us training," McCause said. "I've encouraged my staff to train. With HUD and Housing it's ever changing like the rules, regulations statutes and the law it's really broad and important they stay on top of things."

Some other programs McCause helped build up are the college housing, storm shelters, down payment assistance, rental and mortgage assistance. They have brought

in new programs to help pay property taxes, mortgage payments and insurance payments (COVID related). Housing focuses on our elders when it comes to repairs and rehab.

"We really focus on our elders to make sure they have good decent safe and sanitary housing," McCause said. "We have an elderly program and in the past three years we started constructing replacement homes. When in the past it's been a mobile home that was offered as the replacement home, we now build the

homes."

With all these programs under Housing, it was all about coming together. McCause has seen so much improvement as the director. When asked about what she liked about the housing department, she smiled and said her employees is what she liked best.

"Everyone gets along so well, everyone knows each other's jobs so we could cover for each other, and they just make it a lot of fun and enjoyable," McCause said.

She is going to miss visiting the tribal members and working with the people at UKB. She was able to make some lifelong friends and was reacquainted with people she knew from years ago.

McCause said she has worked all her life and now it is time to spend more time with her family. Now that she has retired, McCause has bought a food trailer so that her and her family will be able to get that started selling concession items and taking it to festivals.

With McCause leaving, the Housing Department have welcomed back Roxana Wilden as the new housing director.

"I wish Roxy the best of luck, it's a tough job with lots to learn and do but I know she can do it, she's worked in housing and so she's familiar with procedures and policies," McCause said.

McCause said, "It's been wonderful and an awesome experience," as her final words of working with Housing Department.

ICW: Call 918-871-2809 to foster a child.

FROM PAGE 1

tellers, cultural crafts such as (cornhusk dolls, medicine bags, mini moccasins), participants were able to tour the John Hair Cultural Center and Museum.

"The museum had a table setup with traditional foods for people to try," Grimmatt said. "David Comingdeer came and spoke about stickball and the history of it."

Although the rain Tahlequah received interfered with some activities for the day, like the drunk driving simulation the event still was a success. Participants received swag bags full of freebies for attending.

"We were able to feed everyone that day," Wilden said. "We had lunch from Fish's Bar B Que, thanks to the Council."

The UKB ICW is here to help tribal members and their children. They work with the parents who are struggling in providing a safe place or supplies of the home. They are currently trying to do guardianships, so the tribal children in ICW are placed in homes within tribal families, communities and culture.

"If we don't have enough foster homes then we need to look at guardianships, because there are families out there that are willing to take a child, they just don't know that we can help them," Wilden said.

Our ICW staff are here to make sure the children are going into the best place possible.

"Sometimes I feel like parents are scared of us or worried of what we're going to think, until they realize we're here to help you if you need our help," Grimmatt added. "The safety of the child is what's most important to us."

Currently there are about 15 children in the system with UKB ICW. Some of these children are placed in certified homes from the tribe and others are placed in the state certified homes, UKB works with the state cases.

To become a foster parent, call Grimmatt at 918-871-2809 for an application.

GIDUWA CHEROKEE NEWS

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The Sweetest Native succeeding in business

BY LANI HANSEN
Reporter

TAHLEQUAH – The proud Keetoowah owner of The Sweetest Native, Krissa Downing, has come a long way from the beginning of her business.

When Giduwa Cherokee News last spoke with her, she was just starting out only making ribbon skirts, but now she is joined by the talents of her mother and sister.

After a year into having her own business, Downing decided she wanted to join the Navy. She started business in 2019 and by 2020 she went to boot camp. Downing had learned she was unable to do any outside work before boot camp, and she did not want to leave her customers unattended.

“I had asked my mom (Michelle Downing) and sister (Haley Godwin) if they can help run the business. Like I had said, I learned to sew from my mom, and my sister was good with social media. So I figured with them it would help the business continue while I’m away,” she said.

Although she could not do any business while in boot camp, once Krissa was in the Navy, she would have time to get back to running her business. When she got into the Navy, it was hard for her to pick up where she left off because she could not find materials and did not have a sewing machine.

“My sister had learned how to do beadwork and it’s amazing what she can do,” Krissa said. “They have added to the business by doing hats, Hey Dudes, beading shoes and more. I appreciated the help from them, because I don’t remember how many followers I had before I added them and its more than tripled.”

Before Michelle Downing joined the business, she was working for the Cherokee Nation. She saw the orders were backing up online, so she jumped on to making skirts for the customers.

“She (Krissa) was still limited whenever she got out of boot camp,” Michelle said. “I think she did one skirt for someone, and someone else had seen she was back in business. Then we got busy so I jumped in to help. I did bead a hat and it sold quickly.”

At first Godwin only took photos of their work and posted them to Facebook but she picked up on beadwork. Adding in Godwin’s beadwork and Michelle’s efforts, they helped the business expand.

“I wanted to see if I could bead my own hat, so my mom, my aunt and Krissa showed me what I needed such as needle and beads,” Godwin added. “I picked a design I wanted, and at first my mom said that it was going to be hard, but I thought well I like a challenge. I started and when I got halfway finished, I showed some people my work, and the word spread and I started getting orders in.”

Godwin started getting customers for to beaded hats, some of her customers requested lanyards too. Her first lanyard she made was for her husband before making any others. Her other projects were beading wristlets and Hey Dudes shoes.

“People ask if I could bead Hey Dudes, and I thought it shouldn’t be too hard if I can do a hat,” she said. “So, I started beading a lot of those and have orders backed up until August, I can’t take any more orders.”

The Sweetest Native Facebook page has received over 1,000 followers within the past couple of months, according to Godwin.

“We never expected it to be something like this, we just wanted to learn how to bead on our own,” she said.

“I originally started sewing the skirts because my girls do stompdance, and I made the skirts for them,” Michelle said. “Then Krissa picked it up and she took it a different way, where you could wear them every day.”

Krissa has made the skirts more modernize for people to wear every day and not only for special occasions.

Since she has been in the Navy, Krissa has found time to set aside and run her personal business with The Sweetest Native. Krissa, who is an aviation electrician’s mate, AEAN Andrews in the Navy, maintains and works on 5 MH53E helicopters, super stallions. Her command is Helicopter Mine Countermeasures Twelve (HM-12) in Norfolk, Virginia.

“It is the largest commissioned helicopter in the Navy, similar to the Marines CH53K, king stallion,” she stated.

Her supervisor was understandable about her other business and moved Krissa to the weekend shift of Friday, Saturday and Sunday.

“That gave me Monday through Thursday to work on my projects and run to the store to get whatever materials I need,” Krissa said.

One of her recent projects she has worked on is the infant overall dress, which she believes has helped bring in followers too.

With the growth of her business, Krissa thanks her mom and sister for helping her out and adding their talents. All of them wanted to give thanks to their supporters and followers for The Sweetest Native.

For more information about The Sweetest Native, visit www.facebook.com/TheSweetestNative or on Instagram @TheSweetestNativeBrand.



Krissa Downing’s sister, Haley Godwin; her daughter; and her mother, Michelle Downing, show off ribbon skirts they made. Krissa Downing owns The Sweetest Native.
LANI HANSEN/GIDUWA CHEROKEE NEWS



Krissa Downing works on a skirt from her home in Virginia. Downing joined the Navy a year after starting her business, The Sweetest Native. COURTESY/KRISSA DOWNING

“They have added to the business by doing hats, Hey Dudes, beading shoes and more. I appreciated the help from them.”

Krissa Downing, The Sweetest Native owner



UKB HOUSING Food Distribution

For exclusive UKB elders 62 years and older from 9:00 a.m. to 11:00 a.m.

AUGUST 2022

Tahlequah 8/21
UKB Pavilion

Flint/Goingsnake 8/24
UKB Building near DHS
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Stilwell, OK

Illinois 8/29
513 E Avalon St.
Vian, OK

Sequoyah 8/31
645 N Buffington Rd.
Sallisaw, OK



SEPTEMBER 2022

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Across the highway from
Sam Hider Health Center

Cooweescoowee 9/8
109 N Dorothy Ave.
Claremore, OK

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

Salina 9/15
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Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventive health screenings. STATEPOINT MEDIA

6 steps to get your health back on track

STATEPOINT MEDIA – Since the start of the pandemic, Americans have been postponing routine care. With more Americans vaccinated against COVID-19, medical experts are urging patients to return to routine health care and get caught up on delayed or foregone preventive health screenings.

“While we know that prevention is the best medicine, the pandemic has caused many Americans to delay important routine health services vital to keeping themselves and their families healthy, particularly critical immunizations and preventive cancer screenings. We urge everyone to get up to date on their routine health care needs,” American Medical Association President Dr. Gerald E. Harmon said.

According to the AMA, you and your family should take these six steps to get your health back on track:

1. Get screened: Estimates based on statistical models show that since April 2020, 3.9 million breast cancer, 3.8 million colorectal cancer and 1.6 million prostate cancer diagnoses may have been missed due to pandemic-related care disruptions. Check in with your health care provider. If you’re due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.

2. Don’t wait: An estimated 41% of adults with one or more chronic health conditions reported delaying or forgoing health care since the pandemic started. Additionally, one in three of those adults reported that doing so worsened one or more of their health conditions or limited their abilities to work or perform other daily activities. Whether you have a chronic health condition or not, don’t wait until something is wrong before seeing a doctor. If something does feel off, schedule an appointment with your doctor as soon as possible.

3. Consider telehealth: If you’re un-

comfortable or unable to go in person to your physician’s practice, check on telehealth options, which have greatly increased over the past two years.

4. Visit your pediatrician: During the pandemic, pediatric immunizations decreased. As public health measures are rolled back, people gather in groups, and traveling resumes, non-COVID-19 infections that decreased during the pandemic are likely to increase again. Well-child visits and recommended vaccinations are essential to helping ensure children stay healthy and protected from serious diseases. If your child is due for a check-up, schedule one immediately.

5. Get vaccinated: Adolescents and adult immunizations also sharply declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019. Get up to date on vaccinations, including the COVID-19 vaccine. Everyone who’s eligible for the COVID-19 vaccine, including booster doses, should get vaccinated as soon as possible to protect themselves and their loved ones. If you have questions, speak with your physician and review trusted resources, including getvaccineanswers.org.

6. Don’t neglect mental health: While mental health screenings via digital health tools are up, routine care for mental health is down. Approximately 52% of adults with mental health conditions delayed or forewent care since the pandemic began. Given the adverse effects the events of the past two years have had on mental health, such as increasing anxiety, depression and loneliness, it’s especially important to prioritize this aspect of your health now.

For more resources, visit ama-assn.org. “We encourage everyone to contact their trusted medical professional to schedule their annual physical and other vital care to help prevent serious health repercussions that could potentially last long past the pandemic,” Harmon said.

Tips for safer roads, ending distracted driving

STATEPOINT MEDIA – Driving fatalities in the United States are at the highest point since 2008, yet research reveals that many are unaware of the enhanced risk and are actively making choices that increase the danger on roads.

According to a new survey from Travelers, 57% of people think roadway safety is unchanged since before the pandemic. At the same time, over a third of drivers have experienced a near-miss because they were distracted while driving.

Our devices are a large part of the problem. One-third of respondents believe it is acceptable to use technology while driving and even more admit to doing so – 79% say they have made or received a phone call while driving, 74% have looked at map directions on a cell phone and 56% have read a text message or email. A growing number of drivers are also taking to social media, with 29% admitting to recording videos or taking photos using their smartphone, a number that’s increased since 2019.

“When you’re behind the wheel, every second matters, and anything that occupies your mind or vision is a distraction,” says Chris Hayes, assistant vice president of Transportation and Risk Control at Travelers. “While it’s tempting to use your phone, especially when it’s alerting you to texts and calls, doing so is dangerous to you, your passengers and others on the road.”

To help put a stop to distracted driving,

Travelers is offering the following tips:

- Setting your phone to “do not disturb” before you begin driving is a good idea, as it can help prevent you from being tempted to check your phone for new notifications.

- Check directions or set your GPS before you begin driving. Put your favorite playlist or radio station on before you hit the road.

- Do not make calls, text or otherwise manipulate your phone while driving. Even hands-free calls can pull your focus from the road. If you need to text, email, make a call, or use your phone for another reason, pull over first.

- Rely on your passengers to handle technology-related tasks, such as checking GPS, changing the music or radio station, and answering calls or texts.

- Consider asking a distracted driver to put down the device. Eighty-seven percent of consumers who use a phone while driving say they would be less likely to do so if a passenger spoke up.

- It’s important to make driving your No. 1 priority when you’re on the road, and keep in mind that not all distractions are tech-related. For example, don’t wait until your commute to eat, brush your hair, or apply makeup. Take care of such tasks before you start the car.

For more tips and resources, including compelling stories about real-world victims of crashes due to distracted driving, visit travelers.com.

Tips to prevent falls

STATEPOINT MEDIA – Few things are more important to older adults than their independence – being able to do what they’d like when they’d like. But independence can be fleeting. Something unexpected, like a fall, can change everything. That’s why it’s important for older adults and their loved ones to take steps now to reduce the risk of a fall from happening.

Three million older people are treated in emergency rooms each year because of injuries caused by falls, according to the Centers for Disease Control and Prevention. This includes broken bones and head injuries that can rob individuals of their freedom. Even having a fear of falling can restrict individuals from enjoying their life to the fullest.

Thankfully, many falls can be prevented with a little forethought and advance planning, said Dr. J.B. Sobel, chief medical officer for Medicare, with Cigna, one of the nation’s largest insurers, which serves hundreds of thousands of older adults through its Medicare plans. Sobel recommends older adults take the following precautions to prevent falls and increase their peace of mind.

Get an annual eye exam. More than 12 million Americans aged 40 years and older experience vision impairment, putting them at greater risk of falling. It’s important for them to get an annual eye exam and make sure that they wear their glasses as instructed. Many Medicare Advantage plans provide some vision coverage at no extra cost.

Review medications. People tend to take more medications as they age. Some of these medications, or a combination of medications, can cause dizziness or confusion, resulting in falls. Seniors should talk to their doctor or pharmacist about the medicines they are taking, including over-the-counter medications, regarding any interactions or unwanted side effects.

Do strength and balance exercises. Regular exercise strengthens muscles and improves balance and flexibility, helping reduce the chance of falls. Many MA plans include a fitness benefit

at no extra cost. The benefit may include kits, bands and videos that can be used at home to help limit exposure to COVID-19, while achieving the benefits of exercise. Patients should always talk to their doctor about what exercises are right for them.

Limit alcohol consumption. Even a small amount of alcohol can affect a person’s balance and reflexes, leading to a fall. According to the National Institute on Aging, alcohol is a factor in 60% of falls in older Americans. For those individuals who may need it, Medicare covers alcohol abuse screening, counseling and treatment. Please be sure to discuss these types of issues with your doctor.

Ensure a safe home. Seniors can benefit from having grab bars installed inside and outside the bathtub tub or

“Today, many older adults take good care of themselves and feel younger than they are...But a fall can happen to the best of us.”

Dr. J.B. Sobel, Medicare chief medical officer

shower and next to the toilet, as well as having railings installed on both sides of stairs. Also, potential tripping hazards, such as floor mats, area rugs or extension cords, should be removed or taped down, inside and outside the home.

Be careful with face masks. Wearing one is a reality of the times, even after a COVID-19 vaccination, but face masks can restrict peripheral vision. When wearing a face mask, make sure it is snug covering both your nose and mouth, and take slow and measured steps. Those who wear glasses should wash the lenses with soap and water (if permitted by the manufacturer), shake off excess liquid and allow them to air dry. This can help provide a fog barrier.

“Today, many older adults take good care of themselves and feel younger than they are,” Sobel said. “They are rightfully proud and don’t want to make concessions for their age. But a fall can happen to the best of us. So, it’s better to be safe than sorry.”



It’s important for older adults and their loved ones to take steps to reduce the risk of a fall from happening. Three million older people are treated in emergency rooms each year because of injuries caused by falls. STATEPOINT MEDIA


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NMAI to honor military service of Natives

The focal point on Veterans Day is the National Museum of the American Indian's new National Native American Veterans Memorial.



A weekend of events honoring Native veterans who have served the nation in the Armed Forces is slated for November in Washington, D.C. The focal point of these events occurs on Veterans Day, Nov. 11, when the National Museum of the American Indian dedicates the new National Native American Veterans Memorial. STATEPOINT MEDIA

“The dedication of this memorial is an opportunity to gather and reflect on the extraordinary service and sacrifice of Native veterans and their families.”

Cynthia Chavez Lamar, National Museum of the American Indian director

STATEPOINT – Washington, D.C. is a city filled with monuments and memorials celebrating those whose life's work was in service to the nation. Some of the most visited memorials in the city honor veterans and the sacrifices they have made in service to the United States.

A full weekend of events honoring Native veterans who have served the nation in the U.S. Armed Forces will be taking place soon and event organizers encourage those who wish to participate to make their plans now. The focal point of these events occurs on Veterans Day, Nov. 11, when the National Museum of the American Indian dedicates a new memorial – the National Native American Veterans Memorial.

The memorial, which sits on the grounds of the museum within sight of the U.S. Capitol Building, was commissioned by Congress to give “all Americans the opportunity to learn of the proud and courageous tradition of service of Native Americans in the Armed Forces of the United States.” Native Americans have served in every major military conflict in the United States since the Revolutionary War. This is the first national landmark in

Washington, D.C. to focus on the contributions of American Indians, Alaska Natives and Native Hawaiians who have served in the military.

Designed by Harvey Pratt (Cheyenne and Arapaho Tribes of Oklahoma), a multimedia artist, retired forensic artist and Marine Corps Vietnam veteran, the memorial features an elevated stainless steel

circle resting on a carved stone drum. It also incorporates water for sacred ceremonies, benches for gatherings and four lances where veterans, family members, tribal leaders and others can tie cloths for prayers and healing.

“The dedication of this memorial is an opportunity to gather and reflect on the extraordinary service and sacrifice

of Native veterans and their families,” said Cynthia Chavez Lamar (San Felipe Pueblo, Hopi, Tewa and Navajo), the museum's director. “I hope everyone will join us for this momentous occasion, so together we can offer them our thanks for their contributions to our country.”

The dedication ceremony will take place on the National Mall in Washington, D.C. as part of a three-day event (Nov. 11–13) to honor Native veterans. It begins with a Native veterans procession followed by the dedication ceremony. Native veterans who would like to participate in the procession can register to participate now via the museum's website. Following the ceremony, visitors will be able to visit the memorial and the museum, which will remain open until 8 p.m. on Nov. 11.

The dedication ceremony will also be livestreamed for those who cannot attend in person.

Throughout the weekend, the museum will host special programming in honor of the dedication of the memorial, including hand-on activities, films, performances and a veterans hospitality suite.

Visitors can also explore the exhibition “Why We Serve: Native Americans in the United States Armed Forces,” which tells personal stories of Native Americans, Native Hawaiians and Alaska Native veterans who have served in the U.S. armed forces for more than 250 years, and brings long overdue recognition to their contributions.

More information about the dedication of the National Native American Veterans Memorial can be found by visiting americanindian.si.edu.

OBITUARIES

Dallas Proctor

Dallas Proctor, 69, went to his eternal home on May 24, 2022 at his home in Bull Hollow, OK. He was born on July 19, 1952 in Kenwood, OK to his parents Daniel and Lucille (Bark) Proctor. Dallas joined the army right out of high school. He served 2 years until his honorable discharge on December 7, 1973 as a Vietnam Veteran. Same year he met his loving wife Sharon, and they were married for 47 years. Dallas was an auto mechanic most of his life. He was a lifelong member of the United Keetoowah Band, where he served as Chief from 2000-2004. He became instrumental on the operations of our tribal tags, all while working on getting our land in trust, and became part of the Keetoowah Nighthawk Society.

He initiated to get our community services building up and running, the wellness center, Stilwell Sub Office, and he opened up Keetoowah casino gaming. Dallas loved hunting, fastpitch softball especially OU Sooners, fishing, golfing, and being anywhere with his kids and grandkids. He loved to watch them play sports. Dallas brought joy, love, honor, respect, and dignity to all he knew and he will be dearly missed by our family, friends and all the Tribal Community and surrounding communities around the Nation.

Dallas is preceded in death by his parents, Daniel and Lucille (Bark) Proctor; His maternal grandparents, Willie and Mary (Mouse) Bark and his paternal grandparents, Willie and Eliza (Backwater) Proctor; His youngest son, Wes Randell Proctor and a grandson



Jordon Don Proctor.

Dallas and Sharon were blessed with 4 children. He is survived by his wife, Sharon of the home in Bull Hollow, OK; Daughter, Shelly Zambrano of Jay,

OK; Son, Chooge and wife Marsha Proctor of Westville, OK; daughter, Traci and husband Dink Cummings of Rockyford, OK; additional son, Charles Deason of Park Hill, OK; additional son Tsalidi Sequoyah of Cherokee, NC; his grandson Tae, girlfriend Hailey, and sons, Lazarus and Lynnox of Tahlequah, OK; grandsons, Blaze Ramsey and Cristian Hernandez of Tahlequah, OK; granddaughters Alacyn and Ashley of Rockyford, OK; grandson TJ of Rockyford, OK; granddaughter Alyssa and boyfriend Cee of Rockyford, OK; grandson Cameron and fiancé Shayla of Southwest City, MO; granddaughter

Lexi and boyfriend Blake of Westville, OK; grandsons Bryce, Kadden, and Briar of Westville, OK; grandson Ethan of Colcord, OK; granddaughter Shaylin of Kansas, OK and all our family in Cherokee, NC.

Dallas's family visitation to greet friends was held on May 30, 2022 at Lawson's Funeral Homes & Cremation Services, 311 W. Gray St., Jay, OK 74346. Dallas's Celebration Of Life Funeral Service was held on May 31 at the Kansas High School Gymnasium Dome, Kansas, OK with Rev. Chuck Glass officiating. Eulogy was to be read by brother Tim Smith. His final resting place is at Clouds Creek Cemetery, Colcord, OK.

Arrangements were entrusted to Lawson's Funeral Homes & Cremation Services, 311 W. Gray St., Jay, OK 74346 with Shaunda J. Lawson, 3rd Generation Owner/Funeral Director and Staff.

WALKED ON

Jess Feeling
Feb. 10, 1953 – May 28, 2022

Iva Lee Price
March 28, 1944 – May 24, 2022

Sheila Kay Jumper
March 30, 1963 – May 26, 2022

Dallas Proctor
July 19, 1952 – May 24, 2022

For a free Walked On listing, email the deceased United Keetoowah Band member's name, birth date and death date to Giduwa Cherokee News Graphics Designer Travis Snell at travissnell75@gmail.com.

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LUNCH MENU

The United Keetoowah Band's Title VI Lunch Menu for May 2022 at Jim Proctor Community Center located at 555 Fake St. in Tahlequah, Oklahoma. For information, call 918-871-2860.

July 1
Bologna/Cheese Sandwich
Macaroni Salad
Chips, Fruit

July 5
Stuffed Pepper
Rice Pilaf
Mixed Veggies
Roll, Dessert

July 6
BBQ Brisket on Bun
Baked Beans
Potato Salad
Dessert

July 7
Chicken n Dumplings
Green Beans
Garden Salad
Roll, Dessert

July 8
Grilled Hot Dog
Fritos
Pork n Beans
Fruit/Cookie

July 11
Ham/Cheese on Wheat
Potato Chips
3 Bean Salad
Cookie/Dessert

July 12
Soft Tacos
Mexican Rice
Mexican Corn
Sopapillas w/Honey

July 13
Meatloaf
Mashed Potatoes
Green Beans
Roll, Dessert

July 14
Catfish
Mac n Cheese
Coleslaw
Dessert

July 15
Frito Chili Pie
Corn
Broccoli Salad
Fruit Salad

July 18
Sloppy Joe
Potato Chips
Pickle Spear
Fruit Salad

July 19
UKB Offices
Closed for
Redbird Smith
Birthday

July 20
Baked Fried Chicken
Mashed Potato
Broccoli Rice Casserole
Roll, Peach Cobbler

July 21
Brown Beans w/Ham
Fried Potatoes
Garden Salad
Cornbread

July 22
Philly Cheese Steak
Steak Fries
Fruit
Cookie

July 25
Veggie-Hamburger Stew
Hominy
Cornbread
Dessert

July 26
Spaghetti w/Meat Sauce *
Italian Green Beans
Garlic Toast
Dessert

July 27
Chicken Strips
Mashed Potato/Gravy
Salad
Roll, Dessert

July 28
Hamburgers w/Fixings
Steak Fries
Birthday Cake
Ice Cream

July 29
Kitchen Closed
Cleaning Day



RECIPES

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

ON SALE NOW!



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