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# GIDUWA CHEROKEE NEWS

YSG GWY A9P Official News Publication of the United Keetoowah Band of Cherokee Indians in Oklahoma August 2022



Councils and staffs of the three federally recognized Cherokee tribes gather for the annual Tri-Council meeting in Tahlequah. PHOTOS BY LANI HANSEN/GIDUWA CHEROKEE NEWS

## Representatives of the United Keetoowah Band, Cherokee Nation and Eastern Band of Cherokee Indians focus on sovereignty during the gathering.

BY LANI HANSEN  
Reporter

**T**AHLEQUAH – In late June, the Cherokee Nation, United Keetoowah Band of the Cherokee Indians and the Eastern Band of Cherokee Indians gathered in Tahlequah for the annual Tri-Council meeting.

Every year the tribes take turns in hosting. This year, Tri-Council was hosted by UKB. They met at The Venue in Tahlequah on June 23. The Venue was purchased by UKB this year.

The annual Tri-Council has brought the tribes together for nearly 10 years, since 2012. There was two years they didn't meet, because of the pandemic. It is to show unity and support in sovereignty and Native American causes across the board.

For three days, the tribes took part in activities together. UKB hosted a golf tournament at the Cherokee Springs Golf Course. If some were not on the golf course, they were at the UKB Pavilion making baskets and cornhusks dolls. In the evening of the first day all three councils gathered for a meet/greet reception.

On the second day all three councils met at The Venue for a prep meeting and gift exchange. During the prep meeting, the councils were able to look over the agenda and discuss

what was placed for each resolution.

After they finished the pre-planning meeting and had a gift exchange, the councils had the opportunity to float on the Illinois River with Echota Park Village. When they arrived back on the UKB complex, they gathered to play bingo, cornhole and watch exhibition stickball. Later that evening the councils participated in a social stomp dance.

The actual Tri-Council meeting's agenda contained three resolutions: addressing Cherokees by identifying tribal affiliation, Roselyn Tso as director of Indian Health Services and opposing congressional recognition of groups that claim to be tribal nations.

"There was very good information that was passed," UKB Chief Joe Bunch said of the resolutions. "The resolutions that made the floor were good, the support of federal recognition process identifying tribal government, Roselyn Tso as the new IHS and certainly the tribal names in regard to Native American artists."

Aside from the three resolutions that were brought to the table, another item that Bunch wanted to speak on was UKB land-in-trust. "We're almost there." He said when there isn't any interference from the Cherokee Nation, the

SEE COUNCIL, PAGE 2



UKB Chief Joe Bunch speaks during the annual Tri-Council meeting of the three Cherokee tribes.



The UKB Honor Guard had the honor of posting the flags for the annual Tri-Council meeting in Tahlequah. From left are Honor Guard members Hominy Littledave, Ah-nee Christie-Vangen, UKB Assistant Chief Jeff Wacoche, UKB Chief Joe Bunch and Eastern Band of Cherokee Indians Principal Chief Richard Sneed.

## Filing for UKB Tribal Council candidacies begins Aug. 1

BY LANI HANSEN  
Reporter

**T**AHLEQUAH – If you or someone you know are interested in serving on the tribal council for the United Keetoowah Band of Cherokee Indians, then starting on Aug. 1 candidates must declare their candidacy to the Election Board.

The filing period runs on business days between Aug. 1 and Aug. 12 from 9 a.m. to 6 p.m. at the UKB Election Office on Choctaw Street. Applications must be picked up from the UKB Election Office. Reminder, this year only the nine district representative seats are up for election.

Candidates for District Representative must be at 21 years of age and have been a resident of the district of no less than 12 months prior to filing, and an exclusive UKB member of at least five years prior to filing. Candidate must not have served as an elected official of another federally recognized tribe. Also, you must have a high school diploma or equivalent and a driver's license. The filing fee for District Representative is \$250.

To be eligible for election, a Notice of Candidacy for an elective

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A UKB Henry Lee Doublehead Child Development Center staff member handles snack time for the children at the Tahlequah-based center. LANI HANSEN/GIDUWA CHEROKEE NEWS

## UKB Child Development Center ties for Best Daycare in Cherokee Co.

BY LANI HANSEN  
Reporter

**T**AHLEQUAH – In case you missed it, the Tahlequah Daily Press opened nominations for the annual Best of Cherokee County Readers' Choice awards in June, and UKB Henry Lee Doublehead Child Development Center found itself nominated and sharing a win as the "Best Daycare" with A Bright Start Development Center.

This year HLD CDC claimed its fourth award as Best Daycare but come to find out there was a tie with A Bright Start.

According to TDP, the Best of Cherokee County Readers' Choice

SEE CDC, PAGE 2

## 25 Arizona State University educators visit tribe

### An ASU grant allows teachers to travel and learn about Indigenous cultures.

BY LANI HANSEN  
Reporter

**T**AHLEQUAH – A group of 25 educators who came with a program provided by Arizona State University made a visit here at the United Keetoowah Band that began its "Westward Tour" of learning from different Indigenous cultures.

When ASU received a grant for faculty to travel across the United States to meet with Native tribes and learn from their cultures, the program had asked Director of Media Lab of Mesa Community College Eddie Webb who is UKB to help, and he told them to begin with UKB in Oklahoma.

The grant is to help grow a set of teacher-leaders who come from a variety of backgrounds, to grow their own knowledge, their knowledge in content, pedagogical

knowledge to learn how to better teach diverse students and knowledge in how to make a difference with their colleagues, according to ASU Grant Author Karen Guerrero.

"This grant provides a place space training, so rather than sitting in a classroom at ASU we are going out and experiencing it, because then we can better teach our students," Guerrero said. "All of these teachers work with language learners in the classroom, so all of us have emergent bilinguals in the class, so a big part of this grant is to foster students taking pride in growing their primary language while learning English."

Guerrero strongly believes those students will be the future bilingual leaders.

It was a few years ago when the idea of this grant came about to Guerrero.

"I thought my next grant we're going to write this," she said.

As a matter of fact, one of her students this past year was going to school to be a teacher, and she was Indigenous. Guerrero stated this grant is to learn about history through the lens of the people who experienced it.

"This particular one is Westward expansion through



UKB Tradition Keeper Matt Girty assists a visiting Arizona State University educator with a stone carving. LANI HANSEN/GIDUWA CHEROKEE NEWS

the Indigenous lands," she added. "Be-cause in the K-12 classroom in the curriculum and everything we know,

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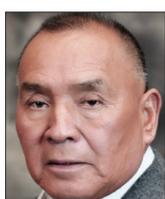
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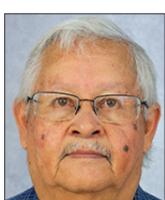
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Charles Smoke  
918-457-7071



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Junior Catron  
918-315-0970



Tahlequah Dist.  
Alvin Hicks  
918-931-1462

# Praying for our land in trust

I hope everyone had a good Independence Day filled with family, fireworks and eats. The last council meeting we endorsed a mask mandate in the offices this is due to the rise in covid cases in Oklahoma. I encourage you to get vaccinated, get the booster, distance yourself and practice good hygiene, the virus is still here. Please use the sanitizer solution we manufacturer, contact maintenance for the solution. Four officers went to Washington, D.C., when we announced the submitting of our 2.63-acre gaming parcel land in trust application. The clock is ticking, so hopefully we will have news of our land in trust for gaming soon. We also discussed with the Oklahoma delegation and Department of Interior our need to produce our own Certified Degree of Indian Blood cards. We are working with the agency for a solution in this matter. Additionally, have you seen our new membership card? It looks more like a driver's license than ever. Contact tribal enrollment on how to update your tribal membership card. In Washington, D.C., we visited with both



## Chief's Corner

JOE BUNCH  
Principal Chief  
jbunch@ukb-nsn.gov

House and Senate committees on Indian Affairs and introduced them to who we are. We informed them we oppose the placement of a non-voting Cherokee Nation of Oklahoma representative to the House of Representatives; we know they would represent CNO only. We would support all tribes having a non-voting House representative. We have submitted Victoria Holland as our UKB representative. Assistant Chief Jeff Wacoche and I were in the Department of Interior Consultation session held in Tulsa. The purpose was to discuss the \$62 million for McGirt affected tribes and how to distribute the funds. The announcement said only six affected northeastern Oklahoma McGirt tribes.

We insisted we were affected as the soaring cost of incarceration, additional police officers and cost of courts have nearly doubled in the past two years. We felt good about our meeting. Our justice and public safety departments stand ready to relieve the case load on our reservation and we look forward in negotiating funds for our public safety and court soon. I am reminded that Congress does not create Indian tribes, and after much discussion, Assistant Chief Wacoche and I have resolved that Congress only acknowledges tribes, through historical reviews and government-to-government relations dating back through the last century, through the seven-step federal acknowledgement process. Congress does not create tribes. Wado and our door is open, if you have a question, please address it through your district representative or call any of the officers. Dodagohvi, until we see each other again and pray for our land in trust in your prayers.

# CDC: The UKB facility was established in 2006.

FROM PAGE 1

awards had nearly 150 categories with a full-page ballot in print and digital editions. Nominations and ballots used to be filled out by hand and mailed or dropped off, until people started emailing ballots. This year was the first for online voting. "This is the fourth time we've won the award, and we were surprised because this year was strictly online voting, so we thought it would've made a difference," HLD CDC Director Christie Kirk said. "I promoted it a lot and we posted in on Facebook, so I think that is what helped us." Kirk said they have always had a fun competition against A Bright Start, and according to voters both centers are believed to be the best of the best in Cherokee County. "We are always blessed to receive an award," she said. "It's not anything I do at all, but it's the parents and staff, and I think it's that relationship we have here. We try to promote our Henry Lee family." Henry Lee was established in June 2006, according to HLD CDC page. They have six classrooms, which during the summer hours they have a summer program. In a normal school year, they have

0-5 in a room. Kirk said they have an infant room, one-year-old classroom, mixed age room, two preschool classrooms and a mobile (in-between age) classroom. "We used to have an early head start childcare partnership with NEOCAA out of Jay, where all of our classrooms were mixed age, but after ending the partnership we switched to almost traditional childcare," Kirk said. "Most of my classrooms are not single aged rooms, we have multiple ages in our classrooms." She added on, "I have 25 staff and we have almost three teachers for each room, which is well above what DHS requires. We have an awesome cook staff who come up with activities with the kids as well, and two great receptionists." The bond between the staff, children and family are good. Family and unity are highly important to the center. At the center, they are family oriented, and Kirk believes that's what keeps them strong. HLD CDC accepts children six weeks to four years of age, they contract with DHS and other tribes besides UKB. "We do practice UKB preference when parents are applying and when we have room, we give it to UKB members first and foster/ICW children," Kirk said.

Some of the tribes the center contracts with are UKB, Cherokee Nation, Seneca Cayuga, Ottawa, Shawnee and Quapaw. As a center their mission is to provide quality, worry-free, educational childcare for community children. Working in the center is a service driven team of individuals dedicated to the goal of meeting the needs of each individual child, while educating and assisting the child's family. Kirk was just filled with gladness about the center winning the award once again and bragging about her staff and all their work. Just from winning, they have received many parent referrals from their parents. This was a good way to promote Henry Lee, according to Kirk because many people hear about the center through word of mouth. The staff at Henry Lee are just so thankful to all who voted and who continuously support the center, Kirk said. "I am proud of the staff who work hard every day in service to the families and children who attend the center. They are the best," Kirk added. HLD CDC is opened M-F, 7:30am-5:30pm. They are located at 18771 W. Keetoowah Circle, Tahlequah, OK 74464. For information, call 918-871-2799.



UKB Henry Lee Doublehead Child Development Center staff members gather for a photo. The center was again voted the top daycare facility in the county. PHOTOS BY LANI HANSEN/GIDUWA CHEROKEE NEWS



Two children play during free time at the UKB Henry Lee Doublehead Child Development Center in Tahlequah. This year marked its fourth award of "Best Daycare," tying with A Bright Start Development Center.

# COUNCIL: UKB says sovereignty should unify.

FROM PAGE 1

UKB will be there. UKB Assistant Chief Jeff Wacoche had good feedback from Tri-Council, as he listened to the councils speak on what they want for their people and districts. "The main talk was about the attack on the sovereignty of the Cherokee tribe as a whole," he said. "Because with the Lumbee tribe and Catawba that went and circumvented the whole process and paid \$250,000 to get a Congressional bill passed for approved land-in-trust in North Carolina. That is who we are fighting

against are tribes coming in." Wacoche said it is up to the three Cherokee tribes to educate Congress and let them know there are thousands who claim to be Cherokee but must prove they have descendancy. And adding on to Bunch's statement about sovereignty, Wacoche said Cherokee sovereignty should unify instead of splitting. Bunch and Wacoche said Tri-Council was a huge success. Although when it came to the last resolution on the agenda the tribes were not all in agreement. "The three councils came together and

gave their recommendations, it did end up to where we had to take a recess but in the matter of 20 minutes the councils and attorneys came together to compromise the best wording," Wacoche said. While the original site for Tri-Council was supposed to be on the UKB complex for more people to watch, The Venue was a much better place to stay out of the heat. Wacoche said he was impressed with all UKB departments that helped prep for the meeting at The Venue. Tri-Council 2023 will meet in Cherokee, North Carolina, the home of the Eastern Band of Cherokee Indians.

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# Film academy set for UKB Complex

Students chosen for the academy will film the annual Keetoowah Celebration.

BY LANI HANSEN  
Reporter

**T**AHLEQUAH – The John Hair Cultural Center and Museum and Red Pony Film Productions presents “A Place of Belonging” a documentary filmed by UKB members who will be selected to attend the film academy.

“This is a research documentary academy that I’ve designed due to my dissertation with Ernestine from the museum,” Dr. Eddie Webb said. “In my dissertation we studied if young people would be motivated to learn more about the culture and language, if they would be involved in making documentaries and interviewing people.”

During his research, Dr. Webb found out that there are young people who was interested in making documentaries over Native Americans. He’s been hosting film camps for many years in Phoenix and wanted to come home to share the same opportunity to his own tribe.

Dr. Webb who is a UKB member, grew up in a little community about 40 miles outside of Tahlequah in the hills of Cherokee land known as the Bell Community. Outside of Oklahoma he has lived in California and Arizona. Dr. Webb earned his bachelor’s degree in English from Chico State University in California and holds a master of fine arts from Arizona State University. He holds a doctorate degree higher learning leadership from Northern ASU.

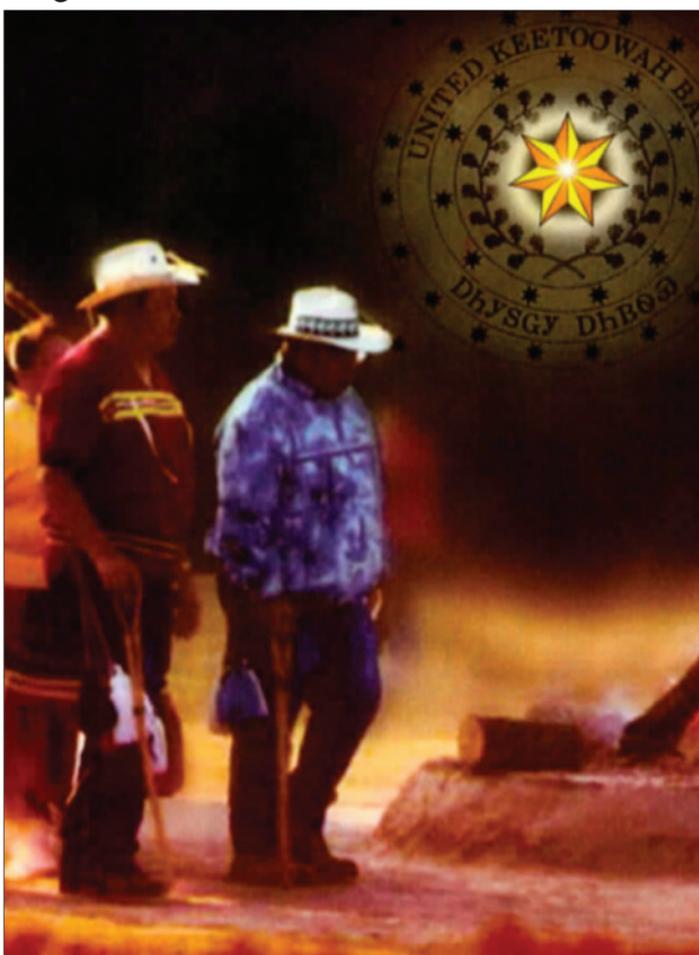
He is currently working with Mesa Community College as the director of the New Media Lab Experience. In his classroom he teaches Native students to do research documentaries. In addition to teaching and serving as the director, Dr. Webb owns the Red Pony Film Productions.

The Fall Film Production Academy curriculum which is composed by Dr. Webb will be a four-day film camp opened to UKB members ages 18 and over. The workshop will be held at UKB Tribal Complex. Students will learn the basics of running a documentary, all equipment required will be provided.

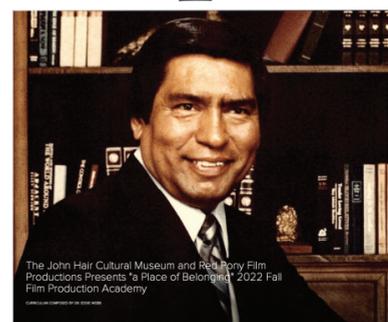
“We have Canon cameras and lighting,” Dr. Webb said. “They will learn audio and framing of videoing, manage data, how to manage their equipment and how to get a story in the camera. We will do a post editing workshop as well.”

Dr. Webb is bringing in some extra help with the film camp, some may call them special guests. He has American actor Max Gail Jr., who played on the TV show “Barney Miller”; American actor Branscombe Richmond, who played on the TV show “Renegade”; American actor Kiowa Gordon, who plays in a star role for “Dark Winds” and is part of the wolf pack in “The Twilight Saga”; and actress Julia Nickson, who starred in “Rambo.”

“So, I’m bringing in some pretty well accomplished actors/actresses, and both Max and Branscombe are not only actors but are doing some production work,” Dr. Webb added. “I just want people to feel comfortable in



The United Keetoowah Band and Red Pony Films are hosting the Fall Film Production Academy, a four-day film camp open to UKB members ages 18 and older. The workshop will be held at the UKB Tribal Complex from Sept. 28 to Oct. 1. COURTESY PHOTO



The John Hair Cultural Museum and Red Pony Film Productions presents “a Place of Belonging” 2022 Fall Film Production Academy. RED PONY FILMS



Special guest will be Branscombe Richmond, a character actor and stuntman. He is known for his starring role of Bobby Sixkiller on the American syndicated drama series Renegade (1992–97), and television series Hawaiian Heat (1984) and Heart of the City (1986–87). RED PONY FILMS

that industry.”

Academy students will be documenting the 72nd annual Keetoowah Celebration for the Museum collections. Dr. Webb will send them out with five cameras, and they will also use a drone while they are out there, along with audio and lighting. Each day there will be a workshop with each professional.

“The academy will be all hands-on,” he said.

Looking ahead of having the film academy at the UKB complex during celebration Dr. Webb said, “I’m looking forward to watching young people get excited about telling their story. People who feel empowered to tell the story of their own culture in the way they would like it told.”

The Fall Film Production Academy will be held Sept. 28-Oct. 1, 2022, from 9 a.m. to 2 p.m. The registration deadline is Aug. 15, limited space available. The film academy is only for UKB members ages 18 and older.



Dr. Eddie Webb

## APPLY FOR THE ACADEMY

The John Hair Cultural Center & Museum and Red Pony Film Productions presents “A Place of Belonging,” a fall film production academy curriculum composed by Dr. Eddie Webb. The academy is from 9 a.m to 2 p.m. from Sept. 28 to Oct. 1 at the UKB Tribal Complex.

The registration deadline is Aug. 15. Space is limited for UKB members 18 and older. To apply, visit <https://docs.google.com/forms/d/e/1FAIpQLSe8DWHuJPzcO6dXIOX-IRsTwWY6uuFUrDRrTe5BNcscd-MYvHWQ/view-form?vc=0&c=0&w=1&flr=0>

For information, visit <https://express.adobe.com/page/UPwr6GmwF0sAi/> or call 918-871-2794.

# ASU: Tradition Keepers share UKB culture with educators.

FROM PAGE 1

we are taught from one lens. Although we aren’t intending to perpetuate the problem, that’s all we know.”

Elementary teachers who teach social studies classes only learn from online resources or only teach from what they have been told to teach. This is where many students lose knowledge about their culture and history and Guerrero was led to believe this grant would help their teachers.

Guerrero had invited teachers from different cultural backgrounds, teachers who have taught for a long time and short time, from inner city or for the BIA

and they are from K-12. She said they looked for a diverse group in many ways such as experience and grade levels they teach.

“We’re learning from those who, it’s their history,” Guerrero added. “Rather than learning from the colonized perspective, we’re learning from the ones who lived it.”

She hopes the teachers on the trip can take what they have learned from each Indigenous culture back to their classrooms. Coming from Arizona they have students who come from various backgrounds.

“So, a big part of this tour is to learn from experts in the field,” Guerrero said.

“Eddie, we met in Mesa, Arizona, he was willing to come back home to Oklahoma and bring us to get to know the Keetoowah history.”

Guerrero and the teachers were excited that UKB was willing to share our home, community, food, culture and stories. This was a big plus for the teachers and now they have knowledge from Indigenous people, and not from a textbook.

On their one-day visit with us, some of the Tradition Keepers shared with them traditional food, stories, blow darts, how to make cornhusk dolls, baskets and stone carving. The teachers were also able to get a tour of the John Hair Cultural Center and Museum.

After their visit, the teachers continued their journey to Springfield, Missouri; Topeka, Kansas, made a few visits in New Mexico before returning to Arizona making stops in Flagstaff, Grand Canyon and headed back to Phoenix.

Guerrero added, “The outcome for all the teachers is write 3-5 lessons, that they will take their knowledge into their classrooms to ensure they teach what they have learned. We have 10 mentors who went who are educators as well in different fields, some are indigenous and are focusing on lesson planning while others plan on language. Those lessons will be piloted in their classrooms and published online.”



Teachers learn stone carving with UKB Tradition Keeper Matt Girty during a visit of Arizona State University educators.



UKB Tradition Keeper Marcella Foreman makes a basket during the visit of 25 Arizona State University teachers. PHOTOS BY LANI HANSEN/GIDUWA CHEROKEE NEWS

# ELECTION: No applications will be accepted after Aug. 12.

FROM PAGE 1

office must be filed with the UKB Election Board Secretary after depositing the candidates non-refundable filing fee. All filing fees must be paid by money order or cashier’s check.

Candidates will also be required to sign documentation granting the board per-

mission to run a Criminal History Record report with the Oklahoma State Bureau of Investigation.

Background checks will be completed within 10 business days of the closing of the candidate filing period.

The Election Board will make a list available of all eligible candidates after background checks are completed. If a

candidate is disqualified, the Election Board will not disclose the reason to the public.

No applications will be accepted after deadline. The Election Board office is located on West Choctaw Street across from Tahlequah Public Works Authority, behind JD Young Cabinet Shop. Office hours are Monday through Friday, 8 a.m.

to 4 p.m.

The UKB Election Office strongly encourages those who are filing read the Election Ordinance, which has been updated. The 2022 Election Ordinance can be found at <https://www.ukb-nsn.gov/electionboard>.

For more information, call 918-931-3005.

# UKB Lighthouse Tribal Police

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# OBITUARIES

## Reba Bird

Reba Bird entered life on January 21, 1957 in Chewey, OK the daughter of Clarence Hastings and Narcie (Crittenden) Youngpuppy. She completed high school and became a Certified Medical Assistant.

Reba lived life to the fullest and was able to marry the love of her life on April 20, 1984 when she joined Willard Bird for the adventures of life. They were blessed with a large family full of love, and never missed an opportunity to hangout, always planning the next get together. A good day was one spent riding around town with Willard stopping off at all the thrift stores, or enjoying the open road traveling to

the next adventure ahead of them. If she had the chance to spot a few cool old cars along the way, it was icing on the cake. Many times Reba could be found enjoying a cup of coffee on the porch as she admired her large garden or took a leisurely stroll around her flowerbeds. She loved when friends and family would stop by for a conversation and never missed a chance to share a laugh, always taking the time to joke around with everyone. Holidays were special to Reba, giving her the opportunity to prepare a meal for her family and bake the best pies you have ever put in your mouth. Reba loved the Lord and attended Illinois River Baptist Church. On June 27, 2022 God called



his child home to rest from Tahlequah, OK with her loving family at her side. She leaves a mark on the lives she's touched that will never be forgotten.

Those she joins in heaven include her parents, one daughter Kristie Sands, one brother, John Youngpuppy, and five sisters; Ella Mae Bird, Geneva Sixkiller, Juanita James, Clareen Hastings, and Leona Crittenden.

Left to remember her in all the adventures ahead include her Husband Willard Bird of the home, four sons; Byron Sands and Brendon of Chewey, OK, Donnie Bird and Kim Stout of Chewey, OK, Chandler Sands and Lisa Smith of New Castle, OK, and Brent Sands and Paula of Tahlequah, OK,

four daughters; Kendra Mitchell and Chris Threlkill of Chewey, OK, Stephanie Womack and Kevin of Westville, OK, Deanna Bird of Chewey, OK, and Narcie Bird of Chewey, OK, one brother, Leo Youngpuppy of Watts, OK, and a brother-in-law, Dewayne Bird of Chewey, OK Her legacy will live on in her 32 grandchildren and 22 great grandchildren, as well as, a host of friends and other loved ones.

Funeral services for Reba were July 6, 2022 at Illinois River Baptist Church in Chewey, OK with Bro. George Teehee officiating. Burial followed at Thompson Cemetery in Scraper, OK

Serving as pallbearers included Clayton Mitchell, Cole Womack, Alex Womack, Kane Kindle, Aaron Mitchell, and Byron Sands Jr. Honorary pallbearers were Samuel Blackbear, Leo Youngpuppy, Ryan Blackbear, Cherokee Sexton, and Dasan Sands.

## Jackie Lee Bluebird

Jackie Lee Bluebird, better known as Jack to his family and friends began his travel down the road of life on January 4, 1943 in Rocky Ford, OK the son of Elias Jim and Nancy (Belt) Bluebird. Jack was not one to let the grass grow under his feet and held many jobs throughout his life working for a steel company, and a nursery just to name a couple. When he was not chasing that all mighty dollar at his next job he could be found taking a relaxing scenic drive listening to the radio. Music was a passion of his, and he had quite a collection of country and western music. On all the journeys, he took in life, he always had time for his family and friends, offering a hand to whom ever needed help. Jack was a great



mechanic and was called on pretty regular to get a vehicle up and running for a friends next adventure. Friends were important to Jack and he always made sure they knew

that, but no one meant more to him than his kids and grandkids. He was a great Dad and Grandpa that will never be replaced. On June 25, 2022, Jack exited the highway of life at his home surrounded by those who knew and loved him the most.

Completing life's journey before him include his parents, four brothers; Rufus Bluebird, Floyd Bluebird, Charles Dennis Bluebird and Phillip Bluebird, seven sisters; Maudie Watson, Rhoda

Davis, Shirley Case, Mary Maddux, Bessie Davis, Martha Bluebird, and Geneva Bluebird.

Continuing on the adventures are his four sons; Ronnie Bluebird and Wife Stephanie of Fort Gibson, OK, Vincent Bluebird of Oaks, OK, Thomas Bluebird of Grove, OK and Mitchell Gourd of Grove, OK, two daughters; Rhonda Bluebird-Monrroy and husband Jose of Tahlequah, OK, and Rebecca Bluebird Oaks, OK, eight grandchildren; Jady Bluebird, Angel Wolfe and husband Timothy, Andrea Garcia and Husband Robert, Derick Wolfe and Wife Brittany, Mamie Brown and Husband Austin, Macey Anderson and husband Eric, Megan Kerr and husband Dillion and Mayne Two Shields, eleven great grandchildren; Aiyanna Washington, Harmony Washington, Noah Wolfe,

Hayden Garcia, Steven Garcia, Bliss Brown, Asher Brown, Kenady Kerr, Kayden Kerr, Kasady Kerr, and Emma Berbee, as well as, a host of other friends and loved ones.

A visitation for Jack was held June 30 at Reed-Culver Funeral Home. A funeral service was held July 1 at Reed-Culver Chapel with Bro. Jason Gann officiating. Following the service Jack was laid to rest in Bill Batt Cemetery, in Rocky Ford, Oklahoma.

Serving as pallbearers were Calvin Bluebird, PJ Bluebird, Bob Ballou, Howard Gritts, Levi Adair, Derick Wolfe. Honorary pallbearers were David Bluebird, Larry Bluebird, Larry Bluebird Jr., Mitchell Smith, Ronnie Bluebird, Quinton Case and Junior Davis.

## Sue Ann Arneecher

Sue Ann Arneecher, 75 of Jay, Oklahoma went home to be with her Lord and Savior on Thursday, July 14, 2022 in Siloam Springs, AR. She was born in Leach, Oklahoma on April 23, 1947 to Homer Dry and Ruth Toolate.

Sue was retired from working in the Nursing Homes and was a homemaker. She was and is loved by so many family and friends. She loved the gatherings with family and friends. She especially loved to cook for everybody, and everybody loved her cooking

and hospitality. Sue was a very active member of Hillside Baptist Church. She always loved and looked forward to going to Joplin, MO to the homeless shelter with her church. A lady of strong faith, helping others and loved the Lord. She loved everyone she crossed paths with throughout her life. Sue will be dearly missed by her family, church family and all that knew her.

Sue is having a great reunion with the ones that have preceded her in death by, her husband of 49 years, Kenneth Arneecher; son, Tim Panther; mother, Ruth Dry; father, Homer Dry;



sister, Nancy Sharp; brothers, Homer and Charley Dry; nephew, Corey Sharp; Niece, Anita Sharp; daughter-in-law, Kim Arneecher; grandsons, Derrick and Chad Arneecher.

Sue is survived by her children, Lisa Johnson and husband Parker of Fort Smith, AR, Rhonda Panther of Jay, OK, Kenny Arneecher and wife Amanda of Jay, OK and Toby Arneecher of Colcord, OK; 16 grandchildren; 26

great-grandchildren; her siblings, Ruthie Six and husband Will of Topsy, OK, Jay Dry and wife Jeannie of Jay, OK, Gene Dry and wife Wilma of Jay, OK; numerous nieces, nephews, cousins, extended family and friends.

Sue's Wake Service were held on July 21, 2022, at Lawson's Funeral Homes & Cremation Services. Sue's Celebration of Life Funeral Service were on July 22 at Jay First Assembly with Pastor Duke Pickup and Pastor Jess Williams officiating. Following was her funeral procession to Round Springs Cemetery, Eucha, OK.

# LUNCH MENU

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

**Aug. 1**  
Ham/Cheese on Wheat  
Potato Chips  
Pasta Salad  
Fried Pie

**Aug. 2**  
Chicken Quesadilla  
Mexican Rice  
Mexican Corn  
Sopapilla w/Honey

**Aug. 3**  
Stuffed Peppers  
Rice Pilaf  
Mixed Vegetables  
Hot Roll, Watermelon

**Aug. 4**  
Baked Pork Chop  
Potato/Green Beans  
Garden Salad  
Hot Roll, Cookie

**Aug. 5**  
Chicken Salad Wrap  
Macaroni Salad  
Dessert

**Aug. 8**  
Goulash  
Broccoli Cuts  
Corn, Garlic Toast  
Dessert

**Aug. 9**  
Chili Cheese Burrito  
Mexican Rice  
Tortilla Chips/Salsa  
Dessert

**Aug. 10**  
Baked Potato w/Fixings  
Garden Salad  
Bread Twist  
Dessert

**Aug. 11**  
Brown Beans w/Ham  
Fried Green Tomatoes  
Cornbread  
Dessert

**Aug. 12**  
Grilled Hot Dog  
Chips  
Pork n Beans  
Dessert

**Aug. 15**  
Grilled Cheese  
Tomato Soup  
Potato Chips  
Dessert

**Aug. 16**  
Baked Chicken  
Broccoli Rice Casserole  
Mixed Vegetables  
Bread, Dessert

**Aug. 17**  
Lasagna  
Italian Green Beans  
Salad, Garlic Toast  
Dessert

**Aug. 18**  
Fried Shrimp  
Coleslaw  
Broccoli Cuts  
Hush Puppies, Dessert

**Aug. 19**  
Sloppy Joe on Bun  
Pasta Salad  
Pickles  
Fruit, Cookie

**Aug. 22**  
Spaghetti w/ Meat Sauce  
Peas & Carrots  
Garlic Toast  
Dessert

**Aug. 23**  
Chicken Tortilla Soup  
Tortilla Chips  
Mexican Corn  
Pineapple Cake

**Aug. 24**  
Beef Tips/Gravy  
Rice  
Corn, Salad  
Hot Roll, Dessert

**Aug. 25**  
Hamburger w/Fixings  
Steak Fries  
Birthday Cake  
Ice Cream

**Aug. 26**  
Kitchen Closed  
Cleaning Day

**Aug. 29**  
Beef Vegetable Stew  
Yellow Hominy  
Crackers  
Dessert

**Aug. 30**  
Chicken Strips  
Mashed Potatoes/Gravy  
Green Beans  
Hot Roll, Dessert

**Aug. 31**  
BLT on Wheat  
Potato Salad  
Macaroni Salad  
Dessert



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

### Sioux Indian Pudding

3 cups milk  
1/3 cup cornmeal  
1/4 cup dark molasses  
1/4 cup white sugar  
1/2 teaspoon salt  
1/2 teaspoon ground ginger  
1/2 teaspoon ground cinnamon  
Preheat oven to 275 degrees. Butter a 1-quart baking dish.

In a large saucepan over medium heat, cook milk until bubbles form at edges. Slowly stir cornmeal and molasses into milk. Continue to cook and stir until thickened, 10 minutes. Remove from heat and stir in sugar, salt, ginger and cinnamon. Pour into prepared dish. Bake in preheated oven 2 hours, until set. Serve hot or cold.

### Grilled Corn Salad

6 ears freshly shucked corn  
1 green pepper, diced  
2 Roma (plum) tomatoes, diced  
1/4 cup diced red onion  
1/2 bunch fresh cilantro, chopped, or more to taste  
2 teaspoons olive oil, or to taste  
salt and ground black pepper to taste  
Preheat an outdoor grill for medium

heat; lightly oil the grate. Cook the corn on the grill, turning occasionally, until the corn is tender and specks of black appear, about 10 minutes; set aside until just cool enough to handle. Slice the kernels off and place in a bowl. Combine the warm kernels with the green pepper, tomato, onion, cilantro, and olive oil. Season with salt and pepper; toss until evenly mixed.

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



While there is scientific evidence showing the COVID-19 vaccines are safe and effective, many parents and families still have questions. STATEPOINT MEDIA

## 6 things to know about COVID vaccines for children under 5

STATEPOINT – COVID-19 vaccines are now available for children under 5 years old, and the American Medical Association is urging parents to get their children vaccinated.

“The wait for this moment has been excruciating for parents who were ready on day one for their children to receive a vaccination to prevent severe COVID,” said Jack Resneck Jr., M.D., president of the AMA. “While there is overwhelming scientific evidence showing the COVID-19 vaccines are safe and effective, we know many parents and families still have questions.”

Here are six things to know about pediatric COVID-19 vaccines for kids under 5:

1. The vaccines are safe: The U.S. Food and Drug Administration and Centers for Disease Control and Prevention (CDC) reviewed all trial safety data before authorizing and recommending vaccines for children under 5. The vast majority of side effects were mild, including irritability and crying, sleepiness, fatigue and loss of appetite.

2. The vaccines are effective: Both the Pfizer-BioNTech and Moderna vaccines are effective at preventing severe disease. Based on 230 pages of data, regulators said the vaccines show a strong immune response in children, and are somewhat effective at preventing symptomatic disease.

3. They're widely available: Vaccines will be available at pediatricians' offices, as well as from primary care physicians. Information on locations near you is available at [vaccines.gov](https://vaccines.gov).

4. COVID-19 poses a danger to children: According to the CDC, COVID-19 is a leading cause of death among children ages 0-19 years. Among children in the United States aged 6 months to 4 years, there have been more than 2 million cases of COVID-19, more than 20,000 hospitalizations, and more than 200 deaths since the beginning of the pandemic.

5. There is more than one dose: Like most vaccines, the COVID-19 vaccines involve more than one dose. Pfizer's vaccine is a three-dose primary series at one-tenth the dosage of the adult formulation. The Moderna vaccine primary series is a two-dose regimen, spaced four to eight weeks apart, at one-fourth the dosage of the adult formulation. Booster shots will likely be part of the regimen, too, just as they are for other age groups.

6. Getting up to date is important: Make sure your child is up to date on all vaccines when they get the COVID-19 vaccine. Adolescents and adult immunizations declined during the pandemic and an estimated 26 million recommended vaccinations were missed in 2020 as compared to 2019.

If you have additional questions, speak with your physician and review trusted resources, including [getvaccineanswers.org](https://getvaccineanswers.org).

“COVID-19 vaccines are safe and effective, they're backed by science and data; they work. More than 1 million people in the United States have died from COVID, and I urge you to keep yourself and your loved ones safe by getting vaccinated,” said Dr. Resneck.

## Dishing up kidney-friendly recipes

STATEPOINT – If you are living with – or know someone who has – a rare kidney disease, you know how important it is to speak with your healthcare team about proper management strategies, including diet modifications. This is especially important for those living with autosomal dominant polycystic kidney disease (ADPKD), a rare, genetic disease that causes fluid-filled cysts to develop on and progressively enlarge both kidneys.

Chef Duane Sunwold knows all too well how proper nutrition can be an important approach when it comes to managing kidney diseases. He was diagnosed with a rare disease over two decades ago, and after trying different treatments for 18 months, he began discussing dietary changes to promote kidney health with his medical team.

“Like many newly diagnosed patients, I was working closely with my healthcare team on strategies that can effectively manage my condition,” said Sunwold. “As a chef I was particularly intrigued by adopting healthy eating habits that could positively affect my kidney health. While every condition and experience is different, I was thrilled that this approach helped my kidney disease.”

Kidney disease patients should speak with their healthcare team to understand the risks of disease progression as well as effective management strategies, such as what specific diet modifications may be appropriate for them. However, some general guiding factors include limiting sodium, eating smaller portions of protein, choosing foods that are heart healthy, and lowering phosphorus and potassium intake.

“Kitchen Creations for Kidney Health” is an assortment of kidney-friendly meals that are rich in flavor and meet several nutritional guidelines, including low-sodium options and plant-based dishes. If you or a loved one are living with a kidney disease like ADPKD, visit [NephU.org/kitchen-creations](https://NephU.org/kitchen-creations) for a number of healthy and delicious recipes to try.

Be advised that some of these foods may contain wheat/gluten, milk, eggs, peanuts, tree nuts, fish, shellfish, soy or other foods that may cause allergic reactions in some people. Please contact your healthcare provider if you are concerned about food allergies or other food-related reactions such as food sensitivities.

If you would like to view more kidney-friendly recipes or submit one of your own for consideration, go to [NephU.org/kitchen-creations](https://NephU.org/kitchen-creations). And when you gather around the table to enjoy these dishes, take the time to address important conversations about family health history. By discussing the risk of inherited conditions like ADPKD, which has a 50% chance of being passed down to a child, you'll help empower your loved ones to speak with their healthcare team early on before the disease progresses.

Despite ADPKD only impacting an estimated 140,000 American adults, it is the leading inherited cause of kidney disease and fourth-leading cause overall of end-stage renal disease.

To learn more about ADPKD, including tips on how to start the conversation with your family members, check out [ADPKDQuestions.com](https://ADPKDQuestions.com).

## Myths, facts about home nursing

STATEPOINT – The past few years have put pressure on nurses to work longer, harder and with less staff. New research states that many nurses feel unseen, undervalued and unsupported, wondering if it's worth it.

In a survey from National Nurses United, 68% of the nurses who responded said they have considered leaving their position. Leaders in the industry however say that home healthcare careers can be a game-changer.

“Unfortunately, many current nurses and those entering the field don't explore careers in home healthcare,” said Jennifer Sheets, president and chief executive officer of Interim HealthCare Inc. “Home health nurses care for patients one-on-one in their home, where care is personal and nurses are empowered to improve patient outcomes. Plus, they have the flexibility to make their own schedule and the autonomy to be the nurse they were trained to be. Many fall in love with nursing all over again once they discover how rewarding a career in home healthcare can be.”

To shed light on the benefits of working as a nurse in the home healthcare industry, Interim HealthCare is dispelling some myths about this career path.

Myth: Home healthcare means only working with seniors.

Fact: Home health nurses work with people of all ages, including newborns and children. They offer a various services, from specialized personal care for children with disabilities to management for those who are dependent on devices such as ventilators, bi-pap, c-pap, trachs and apnea monitors.

Myth: Home healthcare only involves working with very sick people.

Fact: Home healthcare nursing services offer the full continuum of care and can include health assessments for blood pressure, glucose and postoperative recovery, wound care, IV management, medication administration and disease and treatment education.

Myth: Home healthcare is just babysitting for adults.

Fact: Home health RNs give clients of all ages (and their families) a sense of independence. They take an individualized approach to ensure that clients feel empowered at home, regardless of age, health or disability.

Those in nursing or who are interested in careers in home health, can visit [careers.interimhealthcare.com](https://careers.interimhealthcare.com) to see openings and benefits of working in home healthcare.



Mindful eating doesn't have to be restrictive and you don't have to give up your favorite foods. STATEPOINT MEDIA PHOTOS



If you have the space, consider starting a small garden in your yard or even indoors on your kitchen counter. Growing food is sustainable and connects you to what your family eats.

## Simple tips for mindful eating

STATEPOINT – Mindful eating doesn't have to be restrictive and you don't have to give up your favorite foods.

“Simply incorporating more foods that are crafted with integrity and align with your values into your day-to-day eating can go a long way toward helping you feel your best,” said Kara Lydon, a registered dietitian nutritionist. As an intuitive eating counselor, Lydon advises people to stop looking at food as “good” or “bad” and instead, listen to their bodies and eat what feels best in the moment.

With those principles in mind, here are a few simple choices you can make to nourish your body and enjoy your food.

### Snack Smart

Snacking can keep you satiated between meals and help you regulate your blood sugar and energy levels. It can also be an opportunity to take in essential vitamins and nutrients. Common processed snack foods are often loaded with sodium, added sugars and trans fats. Try these wholesome alternatives: Greek yogurt with raw honey, hummus with carrot and celery sticks, apple slices with peanut butter, edamame, egg and cheese bites, nuts or fruit salad.

### Choose Grass-Fed Dairy

In conversations about healthy eating, dairy products sometimes unfairly get a bad rap. But dairy actually has essential nutrients that can be incorporated into a well-rounded daily diet. Lydon says that it's helpful to be intentional with your choices. The next time you visit the dairy aisle, take a closer look at the labels and search for the term “grass-fed.”

“Grass-fed cows produce dairy with significantly

higher concentrations of beta-carotene and certain fatty acids, including conjugated linoleic acids and a more optimal omega-3/omega-6 ratio,” said Lydon. “These nutrients play key roles in disease prevention, mood regulation, cognitive function and more.”

Grass-fed dairy not only tastes better and is healthier for you versus grain-fed dairy, it's often more humanely produced. Check out brands committed to farming practices that are good for people, animals and the planet, like Truly Grass Fed. The premium brand of Irish dairy products makes cheese and butter that is always non-GMO, growth hormone rBST-free, and antibiotic free. Its cows live their best lives outside grazing on green grass maintained using regenerative farming practices. To learn more and find wholesome recipes, visit [trulygrassfed.com](https://trulygrassfed.com).

### Grow at Home

If you have the space, consider starting a small garden in your yard or even indoors on your kitchen counter. Growing your own food is sustainable and can help you connect more deeply to what you feed your family. What's more, being able to harvest produce at its peak means more nutritional value and flavor per bite. If you're feeling overwhelmed by the prospect of growing plants from seeds, start by buying a few pots of herbs, such as basil, chives and mint. These can be found at many grocery stores. They're relatively easy to maintain, and can instantly add zest to salads, soups and other meals.

Better eating should never feel like a sacrifice or leave you feeling hungry. The good news is that wholesome, healthier-for-you choices that nourish the body and soul abound today.



The United Keetoowah Band Education Department's new librarian is Sarah Scarberry. She was brought in to help launch the UKB's library. LANI HANSEN/GIDUWA CHEROKEE NEWS

# Scarberry to launch library

Sarah Scarberry hopes to bring a dream of a culture-based UKB library to life.

BY LANI HANSEN  
Reporter

TAHLEQUAH – The UKB Education Department in July welcomed librarian Sarah Scarberry, who will be overseeing the library in the education building.

Scarberry resides in Shady Point with her husband and five children. She's been in the public school teaching system for nine years. She has taught at Heavener Public Schools and Cameron Public Schools. Scarberry also coaches softball. She was hired at the UKB as a part-time employee because she teaches at McCurtain Public Schools. When school begins she will be going into her third year at McCurtain.

The librarian position was brought to her attention through Dr. Leslie Hannah, UKB Education Department director. When he was chairman of the English Department at Northeastern State University, Scarberry had sought assistance from him when she was preparing to enroll for graduate school for the library management master's program.

"Back then he was sort of my advisor, so I was wanting to pick his brain," Scarberry said about Hannah.

"We got to talking about the library he wanted to open, and I told him sounds like a good plan."

Having a public library through UKB is in the works, as it is the main goal for our new librarian. She wants it to be accessible for the community, especially if they are trying to make it a culturally based library such as Native American authors, books on Native Americans and UKB.

"That is what his (Dr. Hannah) goal is and I have now made it mine," Scarberry stated of the upcoming library.

Currently she is working on making it easily accessible for the public to find materials that will be in the library on the computer through a catalog cloud.

"We are just trying to make it bigger and better for people," Scarberry said.

Scarberry's first day with Education Department was July 18. From the day she stepped foot in the building, she's either been cataloging the books in the library, working with the Education Department on student intakes, getting the classroom ready for high school equivalency testing and adult education curriculum.

The center in the Education building updated its computer software so whoever comes in will be working on an iPad, instead of the desktops.

Although the library is still in the works of being opened, it will be available to the public. Scarberry is excited to help get it going and assist Dr. Hannah and the Education Department.

# Steps for after receiving college financial aid

STATEPOINT – Perhaps even more nerve-racking than waiting for your child's college acceptance letters is learning whether they've been awarded financial aid.

"Decoding award letters and comparing their terms can be a challenge," said Angela Colatriano, College Ave Student Loans chief marketing officer. "Just be patient and take the time to understand each offer."

In a College Ave Student Loans parent survey by Barnes & Noble College Insights, 42% of parents who received an aid offer letter found aspects of it confusing, and 68% agreed that terms and layout of the letters varied by school, making comparison hard. To make better sense of financial aid award letters, follow these steps:

1. Look for free money: The award letter will list whether your student is eligible for scholarships and grants (merit or gift aid). This is money you typically don't need to pay back. Some merit aid is tied to how your child performed in high school.

2. Look for federal work-study: Your child might be eligible for federal work-study jobs. While jobs aren't guaranteed, they can be a good opportunity to help cover educational expenses.

3. Spot the loans: Schools will list federal loans your child is eligible to receive. They may be grouped with scholarship and grants. You should also take note of whether a federal loan is subsidized or unsubsidized. Subsidized loans are desirable, as they don't accrue interest while the student is enrolled or in deferment.

4. Calculate net cost: Determine the net direct cost of each school. This is calculated by subtracting offered scholarships and grants from the cost of attendance (the total cost of tuition, room, board, textbooks and fees). If applicable, you can subtract work-study aid too. It's important to do this math, as the biggest scholarship doesn't always amount to the lowest out-of-pocket cost.

5. Play the field: Some parents have success in appealing the financial aid package offered, especially if their financial circumstances have changed. Contact your schools of interest and share the awards your student has been offered. Some schools will match other schools' award packages or will offer additional funds. You should also ask about additional scholarships or grants that might be available.

6. Consider other factors: Check if awards being offered are for all four years and understand what your child will need to do to continue being eligible for them, year-to-year. Also factor in expected increases in tuition, room, board and other fees.

7. Fill the gaps: If after doing the math, you find you have a financial gap to cover, you may consider a private student loan or parent loan. Look for a lender with great rates, flexible repayment terms and the opportunity to customize the loan to fit your budget.

To learn more, visit [CollegeAve.com](http://CollegeAve.com).



While the majority of parents today strongly value higher education, that doesn't always alleviate their sticker shock when it comes to college-related costs. STATEPOINT MEDIA

# What to know about college student loans

STATEPOINT – While the majority of parents value higher education, that doesn't always alleviate their sticker shock when it comes to college costs.

A College Ave survey finds that 91% of parents believe a college degree is important for their child's future. At the same time, 74% of them found the cost of college surprisingly high. From having their children kick in – 46% of parents strongly believe their children should financially contribute to their education – to borrowing – 16% currently or plan to take private student loans – many families explore avenues for funding college.

### First Things First

Before even considering private student loans, Angela Colatriano, chief marketing officer at College Ave Student Loans, said it's essential to fill out the Free Application for Federal Student Aid at [FAFSA.gov](http://FAFSA.gov) to determine eligibility for certain scholarships, grants, work-study, and federal student loans. Also explore cost-saving housing options and ways to spend less on school supplies, such as buying used textbooks.

### Shopping Around

If federal student loans don't cover your remaining costs, shop around to find the right private student loan, said Colatriano.

1. Competitive rates: Securing a lower interest rate can help you land lower monthly payments and pay less interest over the life of your loan. To get a sense of the overall cost of the loan and your

monthly loan payments, use the student loan calculator at [CollegeAve.com](http://CollegeAve.com).

2. Flexible loan terms: Find a student loan with repayment options. Some lenders, like College Ave, let you choose how long you want to repay your loan, and whether to start making payments right away or defer until after graduation. The important thing is to select a loan with terms that fit your budget.

3. Fees: Private student loans don't typically have origination fees, but you should still take time to check. You should also make sure your loans don't have any prepayment penalties.

4. Positive company reviews: Only work with a reputable, honest company. Check the Better Business Bureau for accreditation and read reviews to learn about customer experiences and see each company's customer ratings.

### Taking out a Loan

Wondering how much to borrow? "A good rule of thumb is to figure out what your student's expected annual salary after graduation will be and then try to keep your total borrowing below that amount," said Colatriano. "For parents with strong credit who want to take on the debt alone, parent loans can be a good choice."

For competitive rates and flexible loan terms, check out College Ave Student Loans. It offers private student loans and parent loans, and its simple 3-minute application can quickly determine eligibility. For resources, visit [collegeave.com](http://collegeave.com).

**Congrats!**

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

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

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

Henry Lee Doublehead  
**CDC**

# UKB Housing replaces elder's home

**Mart Smith moves into a new home with the help from UKB Housing's American Rescue Plan Act grant.**

BY LANI HANSEN  
Reporter

**B**LUEJACKET – On June 13, it was a beautiful day for the UKB Housing Department to make a trip to Bluejacket, Oklahoma, to celebrate handing the keys over to one of our own elders for his replacement home.

Mart Smith was excited to have a new home in place of his other living situation. He and his wife Sarah were living in a trailer house down the hill from their new home. Inside the trailer, Smith explained there was mold, the roof and walls were starting to break up. He said it was terrible.

The couple have lived in the Bluejacket area since 2002, before then they were living in Spavinaw. Smith's wife is from Bluejacket. When they wanted to move back, they had rented a trailer from his uncle until buying the next trailer along with the 14 acres they reside on.

The replacement home that Smith received from the UKB Housing Department program sits on the countryside of Bluejacket on top of hill overlooking acres of land. It is a two-bedroom house, with a kitchen, living room, bathroom and laundry room.

"From the time we put the application in, it took about two months for them to break ground," Mart said.

Mart was able to get his replacement home through UKB Housing Department's BIA Housing Improvement Pro-



**UKB Housing Department employees help UKB member Mart Smith and his wife Sarah celebrate their new home as part of a grant from the American Rescue Plan Act's Home Improvement Program. PHOTOS BY LANI HANSEN/GIDUWA CHEROKEE NEWS**

**"From the time we put the application in, it took about two months for them to break ground." Mart Smith, UKB member**

gram - American Rescue Plan Act award, which it received funding in order to build these new homes. The HIP ARPA award was given to the Housing Department in summer of 2021.

"In the past the replacement home that was given would be a mobile home," former Housing Director Nancy McCause said. "When the construction manager determined that the house was going to cost more for rehab then provide a new home, they must condemn it. This is



**Mart Smith's replacement home has two bedrooms and sits on top of a hill.**

what makes the person become eligible for a replacement home. We started building homes about two years ago."

McCause stated that Mart had been on the waiting list for a while for his replacement home, but with the older grant through the Indian Housing Block

Grant Program – HUD the department lacked funding to build homes until it got the HIP ARPA grant.

"We were only able to provide two replacement homes a year," she said of the IHBG grant.

Upon receiving the fund from the HIP ARPA, Mart was on top of the list and the department kept him at the top and took no time in getting his house built. With the new grant, UKB Housing is only allowed to build two houses a year and Construction Manager Richard Vann said Mart's home was the fourth or fifth elder home they have built.

According to Director Roxana Wilden, in order to qualify for this program, the department goes by income, number of family members living in the home, and required UKB membership. Wilden and McCause both said the program comes from the rehab program.

The UKB Housing Department is continuously helping tribal members daily and are always putting elders first when it comes to housing.

"What we need to do is build an elder living center, everyone wants a house built on their land but sometimes we can't get on their land because it's probated," Vann said.

The day Smith received his home, Vann stated on behalf of the Housing Department that he felt accomplished. Before construction started, Mart was able to pick out the roof color, brick color, paint inside, floors and appliance colors.

"It made us happy to see Mart receive his new home," Wilden said.

"He was so appreciative," McCause added.

Vann added, "It makes me proud that UKB can do this for our elders."

For more information on UKB housing programs, call 918-871-2773.

**UKB Title VI Program staff from left are Chef Ronald Holden, Office Clerk Jay Ridge, Coordinator Rebecca Dreadfulwater, Kitchen Manager Archie Vance and Cook Sue Soldier. As the Jim Proctor Elder Community Center undergoes construction, the program has moved to The Venue in Tahlequah. LANI HANSEN/GIDUWA CHEROKEE NEWS**



## Title VI Program relocates temporarily to The Venue

BY LANI HANSEN  
Reporter

**T**AHLEQUAH – As the Jim Proctor Elder Community Center goes under construction Title VI moved to their temporary location at The Venue for the time being.

"We are still serving our regular people, since they found out we moved here to The Venue," Kitchen Manager Archie Vance said.

The Jim Proctor Elder and Nutrition Center, which was drive-thru service only due to COVID, served as the main center for elders to receive meals. A couple of months ago, they had to close the doors for its employees to upgrade the building. Now The Venue, which was purchased by the tribe just this year serves as the temporary location for the UKB Title VI program.

"The move was a little different as we had to adjust to this kitchen in comparison to ours, but we've been doing good and still getting meals out," Vance commented.

After being shut down for a week for the program to move from building to building, there wasn't many meals being handed out from re-opening but eventually people found them when they moved to The Venue, according to Vance.

"We are still drive-thru only, they haven't said anything about letting people come in to eat," Vance said about the services.

As it is in the name of their building, the UKB Title VI program serves Native American elders ages 55 and older and

their spouses. They also serve those who have disabilities and drivers of elders for free. Any guests who are not a Native American elder, a driver for an elder or is disabled must pay a fee of \$5 or if they are ages 0-17 it is \$3.

"While we are here at The Venue, we're not allowed to charge anyone, but we do accept donations," Clerk Jay Ridge said.

"Once we get back to our main building at the elder center, we will start charging those prices again," Coordinator Rebecca Dreadfulwater added.

The Venue has served as a good location so far for the program, Vance said it's been convenient for one of their regulars who lives nearby. They have been doing "meals on wheels," where one of the employees takes 12 meals out to home-ridden people who are unable to get out.

"It's been the same service as always, but just different location," Vance said. "Still serving about 130 people on a good day."

Not knowing when they are able to return to their building, the program staff keep serving the elders and remain in good spirits.

With only a few of them working in the Title VI Program they are always seeking volunteers to join them whether it is driving meals out, handing out supplies or meals during hours.

Title VI is open Monday through Friday, serving lunch from 11a.m. to 12:30 p.m. It is closed on holidays and the last day of each month for cleaning.

For more information, call Rebecca Dreadfulwater at 918-871-2800.

## Simple water testing for household well owners

**NEWSUSA** – Testing drinking water can be intimidating to a household well owner, but it can be easy if you know a few basic steps, according to the National Ground Water Association.

If you are concerned about your well water, these three steps can help get owners the appropriate tests for contaminants that might present a health risk or create taste, odor or appearance problems:

1. Determine what you should test for in your water.
2. Obtain a reliable water test.
3. Get an interpretation of your test results so you can take any appropriate action.

An excellent place to start learning more about these three steps is the NGWA website, [www.WellOwner.org](http://www.WellOwner.org).

### What to test

NGWA recommends that well owners test annually for bacteria, nitrate and anything of local concern: for instance, naturally occurring hazards, such as arsenic, or man-made, such as chemical or heavy metals from industrial or waste sites.

Most county health departments do some water testing, and many well owners are within a reasonable distance of a drinking water testing lab. Both are good places to start in finding out whether there might be a local issue.

### Getting a water test

Knowing where to start in getting a water test isn't difficult. Go to [www.WellOwner.org](http://www.WellOwner.org), and click on the "Water Testing" tab near the top of the page.

Next, use these buttons:

- Click for county health department contact info. This takes you to a webpage where you can access contact information for local health departments nationwide. Ask your health department if it tests water, and if so, for what and how much it costs.
- Find a certified testing lab. This takes you to a map where you can navigate to your state agency webpage to obtain information about certified drinking water testing labs.

**Interpreting water test results**  
For an interpretation of test results, start with the agency or lab that did the test. If you need more help, [www.WellOwner.org](http://www.WellOwner.org) links to a water test interpretation tool located under the "Water Testing" tab. Type the values from your water test results into the appropriate fields in the tool and it will provide an explanation – usually including the risks to health, any warranted actions, and appropriate water treatments.

Visit [www.WellOwner.org](http://www.WellOwner.org) to learn more about water testing, well maintenance, water treatment, and groundwater protection.

## NEW STILWELL SUB-OFFICE OFFICE HOURS

**STILWELL** – The Stilwell sub-office which was opened as part of the COVID relief funding to serve members who could not travel to Tahlequah has released new hours.

- The new hours for Stilwell UKB offices are:
- Monday and Tuesday - 8 a.m. to 11 a.m. and 2 p.m. to 5 p.m.
  - Wednesday and Thursday - 8 a.m. to 10:30 a.m. and 2:30 p.m. to 5:30 p.m.
  - Friday - 8 a.m. to 11 a.m. and closed in the afternoon.

The sub-office provides services of information for child care, transit, human services, housing, education, enrollment, burial assistance and other services UKB offers excluding tag office. Applications for each program can be at the sub-office.

At this time the lobby hours are closed to the public due to the increase of COVID cases. Services are still provided per drive-thru, and masks are required. For more information call 918-871-2814, Goingsnake District representative Willie Christie at 918-410-2110, or Flint District representative Frankie Still at 918-507-1822. – LANI HANSEN/REPORTER

## Child Care and Development Fund Program

18771 W. Keetoowah Circle Tahlequah, OK 74464

The UKB CCDF program assists income-eligible families obtain quality, dependable childcare through the Childcare Subsidy Program. This program assists parents who are working, in job training or attending school, as well as children who receive, or are in need of, protective services. It is open to parents or guardians who are members of a federally recognized tribe living within the

UKB's jurisdiction and have children 12 years old or younger. It may also assist parents with children who have special needs up to the age of 18 years. For more information about eligibility and requirements or to download and application, visit <https://www.ukb-nsn.gov/ukbccdf>. Applications can also be requested via PO Box 975 Tahlequah, OK 74464 or email [ckirk@ukb-nsn.gov](mailto:ckirk@ukb-nsn.gov) or [kgourd@ukb-nsn.gov](mailto:kgourd@ukb-nsn.gov). For more information, call 918-871-2799.





Down payment assistance programs, an often-overlooked resource, could be the missing piece of the financial puzzle to make your dream of homeownership a reality, and there are more than 2,500 such programs nationwide. STATEPOINT MEDIA

## Affordable down payments may be easier than thought

STATEPOINT – If you’re ready to buy your first home but are short on the down payment, you’re not alone. Affording a down payment is the No. 1 barrier to homeownership, and rising housing costs are presenting even bigger hurdles.

The August 2021 Freddie Mac Housing Price Index showed a 19.67% year-over-year increase in home values. At the same time, more than 35% of non-homeowners say they do not have enough money to put toward a down payment, according to NerdWallet. Among millennials, the figures are even more disheartening, with 63% having set aside no money for a down payment.

But there’s good news. Down payment assistance programs, an often-overlooked resource, could be the piece of the financial puzzle to make your dream of homeownership a reality, and there are more than 2,500 such programs nationwide.

• Understand the types of help. Down payment assistance can take many forms, including grants from federal agencies, employers, community organizations, state and local housing finance agencies, and state and local governments. There are also down payment assistance loans available with attractive terms. For example, deferred payment second loans. These are secondary loans for which payments are not due until you sell, refinance or pay off the first mortgage loan. And for those looking to live in a rural area, USDA rural home loans are an option, because they have no down payment requirement.

Tax credits are another form of assistance. Certain states and local governments, including housing finance agencies, issue mortgage credit certificates that reduce the federal income tax you pay. This makes more money available for a down payment or closing costs.

• Although eligibility requirements vary depending on the program, most down payment assistance have income eligibility requirements based on you as an individual borrower or your household. Also, you usually must use the funds for your primary residence and be a first-time homebuyer.

• Identify programs by checking out trusted resources, including HUD’s directory of state programs and Down Payment Resource. Your housing counselor or lender can also help you determine which programs you’re eligible for and work with the program’s administrator to help you secure financial assistance.

• The homebuying journey is complex, so don’t be afraid to seek expert help. Freddie Mac Borrower Help Centers and HUD-certified housing counselors can help you navigate the homebuying journey, make informed decisions along the way and ensure you’re financially prepared for long-term, successful homeownership. In addition to being trained to provide budget and credit advice, housing counselors can also provide guidance on the different types of mortgage assistance programs that may be right for you. To learn more, visit myhome.freddie.com.

## Ways to save energy in kitchen

STATEPOINT – The kitchen is the home’s heart, it’s also a space where you can waste energy if not careful. By making a few adjustments to habits in the kitchen, you can cut energy bills and help the environment.

1. Keep it cool: Minimize the time you open the refrigerator door. Cold air falls straight to the floor. The longer you leave the door open, the more cool air drains away and the harder your fridge has to work. Refrigerators that have pantry and freezer drawers help contain the cold air even when they are open. Keep frequently accessed items in the refrigerated pantry drawer.

2. Go small or go home: Whenever possible, opt to use your small appliances. For example, the next time you’re reheating food, use the microwave instead of the stove or oven. According to the federal government program ENERGY STAR, microwaves use up to 80% less energy than conventional ovens.

3. Wash-up smart: If you’re running your dishwasher before it’s full, it’s time to consider an upgrade. Find a dishwasher that allows you to manage

load size. Features like the half-load option or Wash Zone setting available on Sharp’s Slide-In Stainless Steel Dishwashers will focus the water in one area when washing smaller loads.

4. Unplug: If you’re like most people, you use appliances like your toaster and coffeemaker for just a few minutes. Unplug appliances like these after you’re done to stop “vampire energy,” which is the energy consumed by items when they are plugged in but not in use.

5. Make an upgrade: Today’s appliances are generally more energy efficient than older ones, and there are a lot of energy efficient selections. According to ENERGY STAR, induction cooktops are around 5-10% more efficient than conventional electric units and about three times more efficient than gas. Making the switch means you’ll no longer be emitting greenhouse gases associated with gas cooking. Learn more about smart, energy-saving appliances at sharpusa.com.

To put a dent in energy bills and reduce impact on the environment, be mindful of your habits in the kitchen.

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[www.cczallthingswestern.page](http://www.cczallthingswestern.page) ✦ 918-414-5233



# UKB HOUSING Food Distribution

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

### AUGUST 2022

**Tahlequah 8/21**  
UKB Pavilion

**Flint/Goingsnake 8/24**  
UKB Building near DHS  
83531 S. 4700  
Stilwell, OK

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

**Sequoyah 8/31**  
645 N. Buffington Road  
Sallisaw, OK



### SEPTEMBER 2022

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

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

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

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

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