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QUILT CLASS
The Keetoowah Museum gets back to basic with a quilting class.
COMMUNITY, 4

GIDUWA CHEROKEE NEWS

YSG GWY A&P Official News Publication of the United Keetoowah Band of Cherokee Indians in Oklahoma October 2023

COMPACT APPROVAL URGED



Gov. Kevin Stitt signs a letter on Sept. 14 addressing gaming compacts with the United Keetoowah Band and Kialegee Tribal Town. The compacts require a higher percentage of gaming revenue to be remanded to the state than the current gaming compact most tribes in Oklahoma operate under. OKLAHOMA.GOV

The United Keetoowah Band and Kialegee Tribal Town signed gaming compacts in 2020.

BY CITY SENTINEL STAFF REPORTS

OKLAHOMA CITY – Gov. Kevin Stitt, on Sept. 14 and in separate letters with United Keetoowah Band of Cherokee Indians Chief Joe Bunch, and with Kialegee Tribal Town Mekko Stephanie Yahola, called on the Joint Committee on State-Tribal Relations, Senate President Pro Tempore Greg Treat and House Speaker Charles McCall to convene to approve their agreed-upon gaming compacts.

In 2020, Stitt negotiated new gaming compacts with four Oklahoma tribes: the Comanche Nation, Otoe-Missouria Tribe, UKB and KTT.

Those compacts were submitted to and approved by the office of the U.S. Secretary of the Interior in June 2020 (Comanche Nation and Otoe-Missouria Tribe) and September 2020 (UKB and KTT).

However, a state lawsuit related to the compacts resulted in an Oklahoma Supreme Court ruling that declared the compacts were not legal under state law in part because some referenced the possibility of future forms of gambling, such as sports betting, that are not currently legal under Oklahoma law.

Also, Stitt did this without the Legislature's approval or authorization. Now Stitt, UKB and KTT officials are calling for McCall to convene and approve the compacts.

"We thank Gov. Kevin Stitt and his administration for this monumental day and for their leadership efforts in this compact. It is a grand day for Keetoowahs and Native American tribes all over the country," said UKB Chief Joe Bunch in 2020.

On Sept. 14, Stitt said he was proud of the "compacts Chief Bunch, Mekko Yahola and I negotiated for Oklahoma, the UKB and the KTT. "These compacts are better for all Oklahomans, requiring a higher percentage of gaming revenue

to be remanded to the state while opening up this industry to the UKB and the KTT," he said. "Additionally, these compacts reflect our good faith efforts and demonstrates our ability and willingness reach agreements with tribes. I look forward to continued collaboration with our tribal partners and I call on the Joint Committee to convene and promptly endorse the compact."

In a press release, the communications staff for Stitt described each compact with these words: "The financial terms laid out in this compact are more favorable for the State of Oklahoma than gaming compacts that exist with other tribal governments. This compact also gives the UKB and KTT access to the gaming market that wasn't previously available to them. Unlike the Legislature's recent compact-related actions, the Legislature's involvement here is sanctioned by statute and consistent with the Supreme Court's ... opinions."

This action was, according to the press release, endorsed by four members of the Legislature.

State Rep. Tom Gann, R-Inola, said, "I applaud the governor's decision to submit this agreement to the Joint Committee. Oklahomans know that the Legislature sets state policy by making laws, but the executive branch executes the laws legislators make. This compact, unlike the bills passed this summer, is a byproduct of a legitimate process in which the governor negotiated a great compact for the state and stands in stark contrast to recent efforts by the Legislature to overthrow the governor's authority. We need to get back into our own sandbox and stop trying to renegotiate compacts through legislation that didn't even address, much less amend, current law."

State Sen. Nathan Dahm, R-Broken Arrow, said, "The Joint Committee should approve the compact

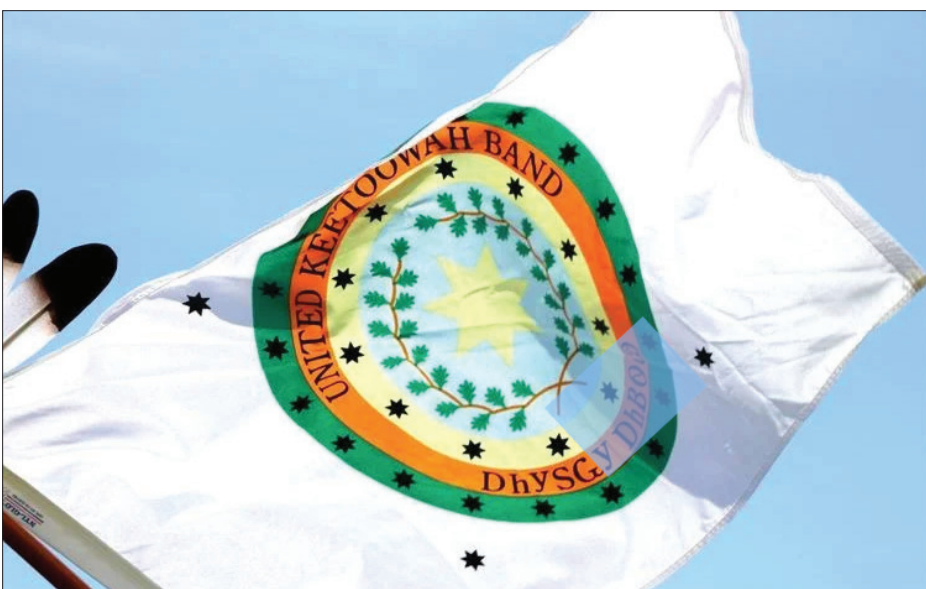
the Governor submitted for approval today. Under existing statute and precedent, it's clear that the Governor is the proper party to compact on behalf of the state subject only to later consideration by the joint committee in certain circumstances. Other processes, like the one legislative leadership spearheaded this summer, conflict with existing law and should be rejected by the Supreme Court if a pillar of our form of government — the separation of powers — is to mean anything at all."

Sen. Warren Hamilton, R-McCurtain, said: "Today's announcement about the compact Gov. Stitt negotiated with the UKB shows that the Stitt administration is ready and able to reach agreements with tribes. It also runs counter to the narrative others have been telling all summer long and proves that what happened this summer was all backwards, at best.

"Rather than letting legal and longtime processes play out, the legislative body disregarded the law as it is and put the Legislature in the seat of the executive."

State Rep. Jim Olsen, R-Roland, made the same points in these words:

"The submission to the Joint Committee is consistent with Oklahoma law — that is, the Governor negotiates compacts and then submits them to the Joint Committee for consideration, when necessary. The Legislature's recent attempt to amend and extend tobacco and motor vehicle compacts, on the other hand, was totally out of alignment with Oklahoma law applicable to compact negotiations. If the Legislature wants to insert itself into those compact processes beyond potential participation by the joint committee, current law must be amended. It hasn't been."



Proposed Fees for Compact

Exclusivity Fees:

- 12% for the first \$300 million
- 13% for next \$200 million
- 15 % for \$500 million and above

Card and Table Games Fees:

- 18% of adjusted net win

Source: Signed compact with Oklahoma



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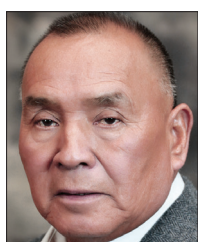
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Time to celebrate our past, future

Si yo, ni ga da

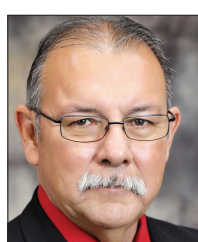
Celebration time is here and welcome to the Keetoowah Reservation. I hope you have a good time catching up on all the news, seeing old friends and rekindling relationships. I thank all who participated, sponsors, tribal employees, volunteers and tribal members.

Our theme is the beginning we were all Keetoowah. Sadly time has changed. I guess they couldn't pronounce Keetoowah. Today, we know there are three federally recognized tribes of the historic Cherokee Nation.

Our 73rd celebration, on or about Oct. 3, 1950, the tribal members ratified our constitution and charter.

The congressional record leading up to our federal recognition states we speak the historical Keetoowah dialect. It is said we are named after Keetoowah Mound, our mother town near Bryson City, North Carolina.

Another story is seven of our wisest wisemen went to on the highest mountain to receive instructions from the creator. It was there the creator said, "Your name will be Keetoowah forever." We are a proud, humble people serving and helping



Chief's Corner

JOE BUNCH
Principal Chief
jbunch@ukb-nsn.gov

each other. Today, the Eastern Band of Cherokee Indians are building a museum on the Keetoowah mound and moralizing all of our birthplace, who we are.

Thank you Eastern Band.

We are continuing our government-to-government relations, negotiating with the various federal agencies and continuing to build stronger relationship with congress and federal agencies.

We are removing the rumors that in the 1980s we were a dormant tribe, or we were a mistake in the 1979 federal Register listing of federally recognized tribes.

To see the fruits of our labor, we have Tori Holland, our delegate to the House of Representatives, and Assistant Chief Jeff Wacoche is on the National Tribal Advisory Board for the Department of

Interior. We have seen historic visits from Rosland Tso, director of Indian Health Service, and Michael Newland, assistant secretary of the Department of Interior.

We are negotiating health care, higher education, casino property, purchasing buildings and land. In the immediate future you will see construction on our 76-acre reservation. We will begin renovating the Title VI building, begin on a housing warehouse, Administration Building, Courts and Indian Child Welfare building, as well as a new tag building. We are expanding behavioral health to Jay and Vian. We have opened up a new community building in Kansas. All important in moving our tribe forward. Fighting for our sovereignty is an ongoing battle.

After warding off the worst pandemics (over a million people died) in recent history, we survive. COVID is morphing into new challenges. I recommend keeping safety practices in place, including booster shots.

I look forward visiting with you in this years celebration. We have a lot to be thankful for, keep us in your prayers as we have many continuing challenges ahead of us.

Miss Keetoowah says goodbye

Si yo, ni ga da

I am very honored and grateful for serving as Miss Keetoowah. It was a beautiful experience. I have dreamed of becoming Miss Keetoowah when I was a little girl and I have fulfilled that dream and one of my goals.

I was honored to serve with Chief Joe Bunch and assistant Chief Jeff Wacoche. They always made me feel welcomed and always encouraged me. I will miss being in parades with them and serving.

I was honored to work with our tribal council, and I hope that I left a legacy from my reign as they asked for that to



Other's View

Kimberly Holmes
Miss Keetoowah

be one of my goals as Miss Keetoowah. I shared our Keetoowah History to make us known, I spoke at schools in different towns.

I went to Powwows to represent Keetoowah people. A lot of people

was happy to know that we existed. They always had questions. I had Keetoowah people come up to me to take pictures and happy I was in their town representing.

I met so many elders who came and spoke to me about our traditions and our history. I learned so much and it made proud to be Keetoowah.

I had so many tribal members support me wherever I went. I will miss being Miss Keetoowah and will never forget the experience.

I am proud to have served as Miss Keetoowah and I am proud to be Keetoowah.

73rd UKB Celebration

KIDS FISHING DERBY

**OCTOBER 7
8 AM-10 AM**

Free fishing poles to the first 50 kids, 5-17 years old!

CELEBRATION GROUNDS FRONT POND

18300 W Keetoowah Circle
Tahlequah, OK 74465

**For more information, call Rich Vann.
918-871-2840**



GIDUWA CHEROKEE NEWS

Giduwa Cherokee News
P.O. Box 746
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Echota Behavioral Health sponsors walk

BY MARILYN CRAIG

UKB Museum Marketing Coordinator
TAHLEQUAH – On Saturday, Sept. 23, the UKB’s Echota Behavioral Health Center organized a family-friendly event at Norris Park – the Out of Darkness Walk – establishing a gathering and support network for suicide awareness and prevention.

Also, it was intended to pay tribute to and honor those in the community who have tragically taken their own lives.

The community walk was put on throughout the country with the American Foundation for Suicide Prevention.

Partnerships included the Northeastern State University Center for Tribal Studies and HawkReach, Southern Plains Tribal Health Board, Cherokee Nation Prevention Programs, Keetoowah Strong and various other nonprofit organizations.

Funding for this event was provided by the Substance Abuse Mental Health Services Association.

Local sponsors for the event included Emery’s Grille, Stuteville Ford, Century 21 Real Estate, Double Barrel BBQ, Countryside Wellness and The Lift Coffee Bar.

Tahlequah’s police chief, Nate King, and other officers were on hand to prepare the food.

“We’re thrilled to present an event that has something for everyone, ranging from bouncy houses to cultural crafting activities,” said Jennifer Leep, Echota Behavioral Health director. “Don’t miss the free exclusive ‘Hope’ shirts that are Native American-themed. In our



On Saturday, Sept. 23, the UKB’s Echota Behavioral Health Center organized a family-friendly event at Norris Park – the Out of Darkness Walk – establishing a gathering and support network for suicide awareness and prevention. PHOTOS BY ECHOTA BEHAVIORAL HEALTH

commitment to mental well-being, we’re offering valuable resources, opportunities to connect with behavioral health experts and immediate sign-ups for services. Dive into our variety of booths designed to promote healing from local partners. All activities and shirts are free, while supplies last.”

The most important objective for the ‘Out of the Darkness’ walk was to foster suicide awareness within the community.

Advocating for suicide awareness is essential. Each life lost impacts communities deeply, leaving lasting sorrow. By raising awareness, we reduce stigma, connect individuals with resources, and prioritize mental

well-being, ultimately saving lives and fostering a supportive environment.

A strong societal prejudice against

discussing suicide exists, causing many to shy away from the topic and its association with mental well-being.

Some feel that even broaching the subject could trigger suicidal tendencies and thus prefer to remain silent.

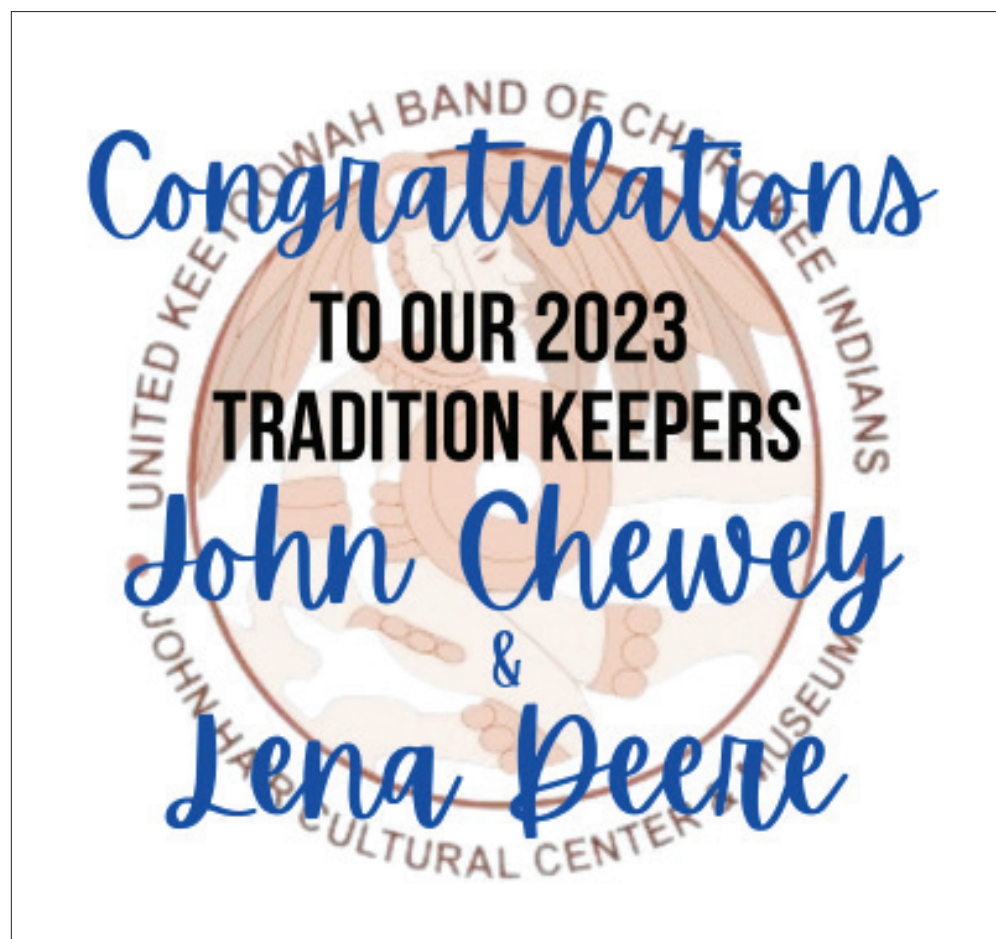
Yet, honest conversations are vital to assist those who are struggling. By openly addressing the matter, it can create a supportive environment, prompting individuals to reach out for the assistance they need to avert potential crises.

“We take immense pride in seeing our community unite in support of this event, addressing a deeply stigmatized subject,” Leep said. “We eagerly anticipated a strong turnout, as everyone’s presence will not only enhance the significance of the occasion but also exemplify our collective commitment to rally during crucial times and increase awareness.”

If you or someone you know is suffering from depression or possibly considering suicide, call the Echota Behavioral Health at 918-708-9009 or the crisis hotline at 988.



The community walk was put on throughout the country with the American Foundation for Suicide Prevention.



Congratulations

to Sheila Bluebird on 25 years of service to the United Keetoowah Band!

OBITUARIES

Roger Lee Jumper

Roger Lee Jumper, 61, of Spavinaw, passed away on Wednesday, August 16, 2023, in Tulsa, Oklahoma. He was born on January 29, 1962, in Chicago, Illinois, to Roosevelt and Ellamae (Smoke) Jumper. Roger worked as a maintenance man for Ketchum Cove for many years, demonstrating his strong work ethic and commitment to his job.

Roger had an incredible zest for life and pursued various interests and hobbies. He enjoyed spending time outdoors, mowing his yard and caring for it meticulously, as well as spending time tending to his mom's yard. Working on his truck occupied his spare time as well. Roger also cherished picking wild onions and berries during outings. But above all else, he treasured the moments spent with his beloved family. His children and grandchildren held a special place in his heart that brought him immense joy.

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Fondly remembered as someone who couldn't do without his coffee fix, Roger leaves behind a legacy filled with love for those dear to him. In addition to his vibrant personality and dedication to work and family life, he will always be known as someone who adored being surrounded by loved ones.

Roger is preceded in death by his father Roosevelt Jumper Sr., brothers Darryl Jumper and David Jumper, sisters Angie and Regina Wolfe, and grandchildren Maliki Luethje and Ayden Chuckluck. Their memory will forever remain in the hearts of those who knew and loved them.

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Jumper and David Jumper, sisters Angie and Regina Wolfe, and grandchildren Maliki Luethje and Ayden Chuckluck. Their memory will forever remain in the hearts of those who knew and loved them.

Roger is survived by his sons Donavan Jumper and wife Cassandra of Pryor, OK; Willie Jumper and Shandah

Kingfisher of Peggs, OK; Joshua Grass and Trenton Grass of Vinita, OK; Reggy Mouse, Lyndon Mouse, and Tandy Mouse of Jay, OK. His daughters include Brittany Jumper and William Buzzard, Tiffany Jumper and Joseph House, both of Eucha, OK; Whitney Jumper and Tyler Hogshooter, Shelby Smoke and Chris Luper, Sabrina Mouse, all of Jay, OK; and Destiny Jumper of Spavinaw, OK. Roger is also survived by his brothers Leonard Jumper and wife Talitha of Jay, OK; Johnny Jumper of Spavinaw, OK; Roosevelt Jumper Jr. of Pryor, OK. His sisters are Rosenell Russell and husband Joe of Salina, OK; and Darlene Jumper of Spavinaw, OK. He leaves behind a remarkable legacy through his 50 grandchildren and 7 great-grandchildren.

A funeral service for Roger will be held at 2:00 p.m., Friday, August 25, 2023, at Ribbon Church in Spavinaw. Burial will follow at Euwasha Cemetery in Kenwood with Mark Proctor, William Buzzard, Kevin Jumper, Brad Thomas, Tyler Hogshooter, and Joe Russell serving as casket bearers. Honorary casket bearers include David Arneecheer, Bryce Jumper, John Easter, Tommy Grass, Maurice Smoke, and Devin Jumper. A visitation will be held from 6:00 p.m. until 8:00 p.m., Thursday, August 24, 2023, in the Shipman's Funeral Home Chapel in Pryor.



Keetoowah Culture Bearer Betty Holcomb explains how to measure and make a pattern to her "Getting Back to Basics" Quilting Class on Sept. 9. PHOTOS BY MARILYN CRAIG/UKB MUSEUM



United Keetoowah Band tribal member Shelia Bluebird checks her first seam in the Keetoowah Museum's "Getting Back to Basics" quilting class.

Quilting series begins at Keetoowah Museum

"Getting Back to Basics" is popular as people suggest topics for future classes.

BY MARILYN CRAIG
UKB Museum Marketing Coordinator

TAHLEQUAH - Future quilters got their first sewing lessons in the "Getting Back to Basics" Quilting for Beginners series on Saturday, Sept. 9, at the John Hair Cultural Center and Keetoowah Museum Classroom. Keetoowah Culture Bearer Betty Holcomb taught the full class of a dozen participants.

"We put a limit on the number of participants, so that everyone would get plenty of one-on-one time with Betty and have plenty of space," said Barbara Girty Foster, Museum assistant director. "This same group of 12 will be attending two more quilting sessions, on Oct. 14 and Nov. 11. We are pleased with the response and interest in these 'Getting

Back to Basics' classes. People are already suggesting topics for future classes in canning, cooking, and sewing."

At the first session participants learned how to find the bias of the material and how to measure patterns. There was a good-sized box of material in all colors and patterns. Everyone picked three or four pieces of material and then cut out rectangles and triangles.

The value of using a thimble was stressed as one of the most important tips. All the participants were given an arm's length of thread and were told to thread the needle and tie it in one single knot. They were told to rock their needle back and forth to make tiny stitches in a straight line, which they followed by another row right next to the first one to try and perfect the stitches.

"It was peaceful and relaxing. It gives you something to focus on and you really don't think about anything else. I liked the class, it was fun. I can't wait for the next one," said Elaine Belmonte.

Another classmate, Shelia Bluebird agreed, "It was fun, inspiring, and relaxing. I can't wait for the next class!"



Carolyn Swimmer practices sewing tiny stitches in a straight line.

"We are pleased with the response and interest in these 'Getting Back to Basics' classes. People are already suggesting topics for future classes in canning, cooking, and sewing."

Barbara Girty Foster, UKB Museum assistant director

LUNCH MENU

The United Keetoowah Band's Title VI Lunch Menu for October 2023 in the Jim Proctor Community Center at 18419 W. Keetoowah Circle in Tahlequah, Oklahoma. For information, call 918-871-2800.

October 2
UKB Tribal
Offices Closed

October 3
Grilled Cheese
Tomato Soup
Rice Pilaf
Jell-O Cup

October 4
Meatball Sub
Onion Rings
Salad
Cinnamon Roll

October 5
Chicken & Dumplings
Green Beans
Bread
Salad, Jell-O Cup

October 6
Nutrition Center
Closed

October 9
UKB Tribal
Offices Closed
Keetoowah Day

October 10
Chicken Tortilla Soup
Mexican Rice
Mexican Corn
Fruit Cup

October 11
Stuffed Peppers
Rice Pilaf
Baby Carrots
Bread, Jell-O Cup

October 12
Fried Chicken
Mashed Potatoes & Gravy
Green Beans, Hot Roll
Banana Wafer, Pudding

October 13
Cooks' Choice

October 16
Lasagna
Italian Green Beans
Garlic Toast
Cookie, Apple Sauce

October 17
Frito Chili Pie
Corn
Salad
Fruit Cup

October 18
Roast Beef/Gravy
Green Beans/Potatoes
Hot Roll
Pumpkin Pie

October 19
Brown Beans w/Ham
Potato Logs, Hominy
Cornbread
Jell-O Cup

October 20
Chili Dogs & Fixings
Tater Tots
Pickle
Fruit Cup

October 23
Spaghetti w/Meat Sauce
Italian Green Beans
Bread Stick
Fruit Cup

October 24
Chicken Fried Steak
Potato & Green Beans
Gravy, Roll, Salad
Mandarin Oranges

October 25
Chili w/Beans
Hominy, Crackers
Cheese Sauce
Apple Sauce

October 26
Hamburger & Fixings
Tater Tots
Cake
Ice Cream

October 27
Kitchen Closed
Cleaning Day
Food
Food

October 30
Hamburger Stew
Yellow Hominy
Cornbread
Fruit Cup

October 31
Ham & Cheese on Wheat
Baked Potato Soup
Rice Pilaf
Jell-O Cup

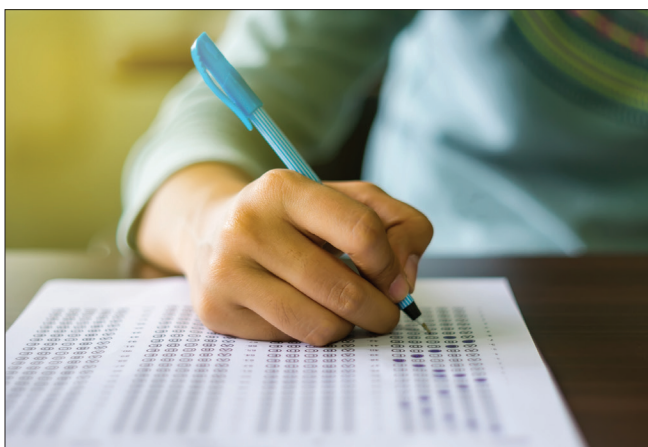


We have moved to a temporary building while our dining room is repaired. Park in the drive-thru so meals can be brought to you. Protect yourself by wearing a mask, staying 6 feet away from others, washing your hands and staying home if feeling sick. Meal service is from 11 a.m. to 12:30 p.m., Monday 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.

Prep tips for college entrance exams

STATEPOINT MEDIA – Is the SAT or ACT on the horizon for your high schooler? A lot of emphasis is placed on college entrance exams, and your child may be anxious about their scores. To adequately prepare for the SAT or ACT, consider these tips:

- Practice, practice, practice: Encourage your student to take free online practice tests early and often. Not only is this an effective way to get familiar with the types of questions that will be on the test, it can give your child a sense of where they stand currently and help them identify areas where they may need some extra review. It's helpful to simulate test day as much as possible. Have them take the practice test in a quiet place and time each portion of the test accurately.
- Have the right STEM tools: Acing the math portion is easier when you fully understand the principles behind the test questions. Fortunately, you can affordably equip your student with tools that facilitate that understanding. Casio, dedicated to making STEM education more engaging, has developed the fx-CG50, a graphing calculator in the brand's PRIZM line-up that offers a color LCD with a full textbook-style display. Jam-packed with features that enable students to solve the most challenging equations, it offers the ability to



Is the SAT or ACT on the horizon for your high schooler? A lot of emphasis is placed on college entrance exams, and your child may be anxious about their scores. STATEPOINT MEDIA

easily draw three dimensional graphs such as planes, cylinders and spheres, and view them from various angles in order to better analyze their shape. Plus, a cross-section option and special zoom function can be used for greater analysis.

- Build vocabulary: An expansive vocabulary is not just useful in the real world, it can greatly improve a student's chances of success in the English, reading and writing sections of the exam. Getting familiar with some of the more frequently used words on the test is important. However, it's best to break up the studying into chunks. Select a few words to master each day with flash cards. Hopefully, students will start to see etymological patterns that will help them make educated guesses when they don't know a word.
 - Take a break: It's tempting to assume a last-minute study session the evening before the exam is going to make or break their performance, but a mental breather is actually a better use of time. Urge your child to get a good night's sleep not just the night before the test, but that entire week. Pre-test jitters may lead to insomnia, but having a solid foundation of rest will help ensure your student is alert on test day. The morning of the test, encourage them to eat a healthy, filling breakfast and do activities that will warm up their brain, such as reading a book or solving a crossword puzzle.
- Sufficient preparation and great study tools can alleviate college entrance exam anxieties so that your student walks into their testing center with confidence.



With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks. STATEPOINT MEDIA

Older adults should protect their health

STATEPOINT MEDIA – With cold and flu season upon us, it's time to protect yourself, not only from those seasonal threats, but also from other health risks.

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel.

Vaccinations

There are vaccines older adults need to consider to protect themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no "one-size-fits-all" approach to vaccination. Timing and frequency vary, depending on your health history.

- Flu. This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.
- Pneumonia. Administration varies based on health history. If you're 65 or older and you've never had the vaccine before, then you'll likely need two shots, which are administered a year apart.
- Shingles. The Centers for Disease Control and Prevention recommends two doses of the shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.
- COVID-19. Ask your doctor about current recommendations for prevention of infections.
- RSV. Earlier this year, the Federal Drug Administration approved two vaccines to address respiratory syncytial virus in older adults. RSV, a common respiratory infection, usually causes mild,

cold-like symptoms, but can be more severe in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

Health Screenings

- Mammogram. Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age. Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive Services Task Force (USPSTF) recommends women 50 to 74-years-old at average risk get a mammogram every two years.
- Colorectal screening. Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.
- Bone density scan. USPSTF recommends women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent fractures.
- Eye exam. Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It's recommended that people with diabetes have annual retinal screenings.
- Mental health checkup. Many people experience seasonal depression during fall. Mental health is linked to physical health.

Kids have questions about their bodies, now you have answers

STATEPOINT MEDIA – Children have questions about the way the world works and parents hope to have straightforward answers. But when it comes to questions regarding the body, parents and kids alike can find these conversations awkward, uncomfortable and embarrassing. Experts say that destigmatizing a child's curiosity about their body will not only help them take better care of their health, it may even spark their interest in science.

"Kids have so many questions about their bodies, some practical, some pure curiosity. Sadly, society sometimes chastises children for even asking these questions. By better understanding their bodies though, they can adopt good habits that stay with them for life, and learn about physics and biology in a fun way," says David L. Hu, Ph.D., a professor at Georgia Institute of Technology and author of "The P Word: A Manual for Mammals."

Hu believes it's important for younger kids to enter puberty already having all the facts about their biology. His book, meant for ages 7-12, introduces the penis as an organ that unites all biologically male mammals. It's meant to serve as a gender-neutral, definitive resource about the penis for kids, providing tools kids need to recognize and name their body parts, understand when something might be wrong and practice good hygiene.

If you're a parent of a curious kid, or a parent of a child who hasn't yet voiced questions, Hu offers says:

1. Try not to shy away from these conversations or make your child feel ashamed for asking a question about their body. Keep in mind that many children will turn to the internet for answers if you aren't open to answering their questions, where they may encounter false information or inappropriate content. Instead, acknowledge their curiosity by answering their questions as best you can, and by pointing them to trustworthy resources.
 2. Don't wait until your child reaches puberty. If you start talking to kids about their bodies when they are young, you'll normalize and desensitize the subject, and the act of talking about it. Helping a child feel comfortable in their own skin before things start to change, will set the stage for less stress during puberty.
 3. Help kids understand that their body is natural and normal. In "The P Word," Hu intentionally presents colorful, engaging images and facts about different mammals around the globe alongside information about human bodies, including how animals use their penises to pee, mark their territory and reproduce. "Comparative biology makes learning fun and amusing, lightens the mood around a serious subject, helps young kids understand their place in nature, and offers insights into the role of their penis or vagina outside the role of sex," says Hu.
- "My hope is that kids realize that every question they have, no matter how embarrassing it is, can be addressed by the tools of science. They should be proud of being curious about their own bodies," Dr. Hu.

REMEMBER THE DATE!

The United Keetoowah Band of Cherokee Indians

73rd Annual UKB Celebration

OCTOBER 5-7, 2023

More details to follow.



Work continues on a United Keetoowah Band Henry Lee Doublehead Child Development Center. The center opened its new expansion in August with three classrooms and a storm shelter. PHOTOS BY SHAYLEY FOURKILLER/GIDUWA CHEROKEE NEWS

UKB child development center opens in August

BY SHALEY FOURKILLER
Marketing Specialist

TAHLEQUAH – The Henry Lee Doublehead Child Development Center opened its new expansion in August with three classrooms including a storm shelter.

The expansion will be able to hold 35 more children.

The expansion will also house three more infant and toddler classrooms.

A new gross motor room, which includes the storm shelter with be available to the staff, students and any parents that would like to shelter in place with their children should the need arise, is also part of the expansion!

With the expansion, HLDCDC officials were also able to update the existing classrooms with new flooring throughout the whole center and fun, colored accent walls for each classroom.

Each room has been renamed to reflect the theme.

HLDCDC officials were also able to upgrade their playground equipment with the new grant resulting in a bigger area for outside play and exploration for the children.

The new Keetoowah CDC, located in Stilwell, is also on track for completed construction at the end of October.

After construction, licensing by

Oklahoma Department of Human Services will begin with a tentative opening in beginning of the new year.

The Keetoowah CDC will house four infant and toddler classrooms, including a storm shelter.

A job fair for the Stilwell Keetoowah CDC will be announced at a later date with 15 to 18 new positions available.

Childcare Director, Christie Kirk states “We’re really excited to see the growth in our department and the positive things we can add to the community.”

For more information on Childcare, follow UKB Henry Lee Doublehead on Facebook or call (918) 871-2799.

The Henry Lee Doublehead Child Development Center was established in June 2006.

The center accepts children 6 weeks to 4 years of age and its mission is to provide quality, worry-free, educational child care 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.

The Henry Lee Doublehead CDC is a certified 2-star facility that is currently contracted with OKDHS and several tribal subsidy programs

The center is at 18771 W Keetoowah Circle in Tahlequah.

“We’re really excited to see the growth in our department and the positive things we can add to the community.”

Christie Kirk, Childcare director



The expansion will also house three more infant and toddler classrooms. A new gross motor room, which includes the storm shelter.

UKB Tribal Enrollment

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

As with other federally recognized tribes throughout the U.S., the United Keetoowah Band has its own unique process to determine membership. Below are Enrollment documents and a brief FAQ of the most common questions about membership into the UKB.

For additional questions or if you are a member who has lost your enrollment card, please contact

the UKB Enrollment Office Registrar Amanda Stopp at 918-871-2797.

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

**United Keetoowah Band
of Cherokee Indians in Oklahoma
Housing Department**

**Phone: 918-871-2773
PO Box 60, Park Hill, OK 74451
18300 W. Keetoowah Circle, Tahlequah, OK 74464**

2023 UKB HOUSING PROGRAMS

- ❖ Repair/Rehab/Includes Emergency Repair
 - To Assist Eligible UKB Members with the necessary home Repairs and Rehab for them to have decent, safe, and sanitary homes.
- ❖ Down Payment Closing Cost Assistance
 - To Assist Eligible Tribal Members with down-payment and closing costs in an amount of \$10,000 per household.
- ❖ Lease-Purchase Homeownership Program
 - To Assist Eligible UKB Tribal Members in becoming first time Homeowners.
- ❖ Storm Shelters
 - To Assist Eligible UKB Members with a storm shelter to be installed on their property for security and safety.
- ❖ Rental/Mortgage Assistance
 - Will Assist Income-Eligible Tribal Members who reside within the Jurisdictional area of the Tribe. Participants must establish that they are renting a suitable affordable housing unit or that they are delinquent in the payment of a mortgage.
- ❖ Elder Cottage Program
- ❖ College Student Housing Assistance
 - Will Assist Income-Eligible, full-time students who are attending an accredited College within the United States. This Program is active during the Fall and Springtime.
- ❖ To Assist Elderly Tribal Members who are precariously housed but who meet the minimum income guidelines and the selection criteria set forth in the program operating policy.
- ❖ Weatherization Program (Wood Stove/AC)
 - To Assist Elderly & Disabled with a window unit air conditioner or wood stove and/or weatherization materials as necessary to control the climates of dwelling units and to prevent infiltration of the elements.
- ❖ Coosa Wattee Income Based Homes
 - Assisting UKB Tribal Members with income-based housing in our Coosa Wattee neighborhood.
- ❖ Goingsnake Elder Apartments
 - Assisting our UKB Elders with a small community in Stilwell. All are one-bedroom apartments and fully furnished. This Program is also income based.

UKB HOUSING MEETING

**1ST AND 3RD TUESDAY OF EVERY MONTH AT 5 P.M. AT THE UKB CONFERENCE ROOM
18263 W KEETOOWAH CIRCLE,
TAHLEQUAH, OK 74464**

Eradicating Native language, culture was U.S. government goal

The United Keetoowah Band is committed to revitalizing its language and culture.

BY MARILYN CRAIG
UKB Museum Marketing Coordinator

TAHLEQUAH – According to the website, Britannica, “the American Indian boarding school was a system of boarding schools created for Native—that is, American Indian, Alaskan Native and Native Hawaiian children by the United States government and Christian churches during the 1800s and 1900s. Hundreds of thousands of children attended the schools, which were sometimes hundreds or even thousands of miles away from their homes. The schools were intended to wipe out traditional Native cultures and assimilate Native children into the dominant white culture. Richard Henry Pratt, the founder of the well-known Carlisle Indian Industrial School, described his philosophy of assimilation as “Kill the Indian...and save the man.”

The boarding-school system was part of the U.S. government’s broader policy toward Native peoples. As the United States expanded Westward during the 1800s, tribal nations occupied land that American settlers wanted. Conflicts over land often led to violence between the U.S. military and Native peoples.

The philosophy of assimilation was, “Kill the Indian, and save the man.”

As evidenced by the Plains Wars, this was a costly way for the United States to acquire land, in terms of both lives and financial expense. Government officials came to believe that assimilation was the safest and most economically efficient way to deal with “hostile” Native peoples. They made the education of children an essential part of their assimilation strategy. They thought that isolating Native children and educating them in the white tradition would break the ties between the children and their families, communities and lands. This in turn would make it easier to acquire Native territory.

These practices have resulted in loss of Indigenous languages. American Indian languages, spoken by the original inhabitants of the Americas and the West Indies and by their modern descendants. Before the arrival of Columbus, more than 300 distinct languages were spoken in North America north of Mexico by an estimated population of two to seven million. Today fewer than 170 languages are spoken, of which the great majority are spoken fluently only by older adults.”

Keetoowah Language Revitalization Project
Most indigenous languages in the United States

are being displaced by English—and the Keetoowah language is no exception. A sharp decline in intergenerational language transmission following the federal government boarding school experience is evidenced by anecdotal stories told by Keetoowah elders of that time.

The UKB is known for striving to keep the traditional lifeways of the Keetoowah. The Keetoowah have the highest percentage of enrolled full-blood Cherokees who are fluent speakers of the native language. Nevertheless, the number of speakers continues to diminish every year with the passing of the older generation leaving children and grandchildren who do not know the language.

The numbers of Keetoowah children, youth, and adults who are fluent or moderately fluent in the Keetoowah language is quickly diminishing. With each succeeding generation, the language is being left behind and Keetoowah culture is giving way to the dominant society. Tribal leaders have become increasingly concerned about the state of the Tribe, believing that generational transference of Tribal language, history, culture, and cultural values is imperative to a sense of identity and well-being.

In the past three years, thanks to a grant by the Institute of Museums and Library Services (IMLS) awarded to the John Hair Cultural Center and Museum, the tribe has developed a multi-generational language curriculum and program that is geared to Native learners of all ages.

The language curriculum was developed by JHCCM Director Ernestine Berry, along with Keetoowah first language speakers John Chewey, Clara Proctor, Oleta Pritchett, and Tyler Hodges. Other Keetoowah first language speakers have joined the team including Cindy Hair, Ronnie Livers and Roxanna Wilden. These speakers will be the teachers who will teach this language pilot program designed to be multi-generational and will be tested in their small family groups beginning in mid-September. Every two months or so they will come back together to evaluate the lesson plans and the experiences of the teachers and the learners.

“With the experience and knowledge, we have gained through this IMLS Enhancement grant, we will apply for a larger language revitalization grant to expand the spoken language revitalization efforts to larger groups in communities,” said Ernestine Berry, JHCCM Director. “We will continue to encourage our adults, young adults, and youth to learn the language and to know the culture. As our ancestors, those who have come before us, have said, “We will never give up Keetoowah.”

Keetoowah Museum Briefs

Save the Date!

The John Hair Cultural Center and Keetoowah Museum will be hosting a Christmas Arts and Crafts show featuring the UKB Tradition Keepers and other tribal artisans. The event is set for Friday, December 8 and Saturday, December 9 from 8:30 am to 4:30 p.m. Organizers estimate that ten to twelve tradition keepers will be selling their wares, along with another six to eight tribal members. That means a lot of beautiful, handmade, one-of-a-kind items will be available to purchase.

“One of the most popular parts of the sale is the Tradition Keepers raffle. All the Tradition Keepers donate items for the raffle, so there will be a dozen or more items that you will have a chance to win. The members and the gift shop will be selling raffle tickets for several weeks before the sale. For a one-dollar ticket purchase, you will have multiple chances to win, “ said Barbara Foster Girty, museum assistant director.

For more information, call the museum at 918-871-2866.

Follow us on social media

Go to the UKB Website, follow us on Facebook, like and share us on YouTube!

For information about the Keetoowah Museum, go to the UKB website at www.ukb-nsn.gov, then check services/departments and go down to the John Hair Museum.

If you would like more photos and additional information on articles that have been in the newspaper, please go to our Facebook page, John Hair Cultural Center, and Museum. Please follow us and message us with any questions or suggestions.

Subscribe Like and Share us on YouTube! Check out our videos, learn some Cherokee words, learn about some talented Keetoowah people!

Visit the Keetoowah Museum and Gift Shop in person! The shop contains hundreds of items hand made by the Keetoowah people. Hours are 8:30 am. to 4:30 pm. Monday – Friday. Saturdays by appointment. (918) 871-2866.



**TRUCK
or
treat**

**Fall Health and
Safety Fair**

games-candy-giveaways

UKB CELEBRATION PAVILION

27 October
3-6 P.M.

For more information, call:
918-871-2799

United Keetoowah Band of Cherokee Indians in Oklahoma

**In the
beginning...
We were all
Kituwah.**

73rd UKB Celebration

7 OCT, 2023 | **JOIN US**

**18300 W KEETOOWAH CIRCLE,
TAHLEQUAH, OK 74464** | **UKB-NSN.GOV**

* 2023 73rd UKB Celebration *

Pre-Celebration

Jr./Miss Keetoowah Pageant

Sept. 29, 2023
6 p.m.
The Venue



Dignitary Dinner

Oct. 6, 2023
6 p.m.
By Invitation only.

Golf Tournament

Oct. 5-6, 2023
8 a.m. - 5 p.m.
Cherokee Springs Golf Club

Chili Supper

Oct. 6, 2023
7 p.m.
Stomp Grounds

Stomp Dance

Oct. 6, 2023
9 p.m.
Celebration Grounds

**Food Vendors
Gas Card Drawings**



Saturday, October 7

Celebration Grounds

Car Show

8 a.m.

Kids Fishing Derby

8 a.m.

Stickball Tournament

9 a.m.

Arts & Crafts Vendors

10 a.m.

Cornstalk Shoot

10 a.m.

Horseshoe Pitch

10 a.m.

Recreational Stickball Game

10 a.m.

Volleyball Tournament

10 a.m.

Tradition Keepers

11 a.m.

Entertainment

11 a.m.

Chief's Address

11:30 a.m.

Traditional Meal

12 p.m.

Cornhole Tournament

2 p.m.

**For more information, email
mdowning@ukb-nsn.gov**

