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CHEROKEE ONE FEATHER * TSALAGI SOQUO UGIDAHLI

week of
ka-ga-li (feb.) 4-10,
2026

Sharing knowledge

EBCI attendees give presentation on New Zealand trip

By SCOTT MCKIE B.P.
One Feather Asst. Editor

CHEROKEE, N.C. – Indigenous educators from throughout the world gathered in Auckland, New Zealand last fall for the 2025 WIPCE (World Indigenous Peoples Conference on Education), and the Eastern Band of Cherokee Indians (EBCI) was well represented. EBCI attendees at the Conference spoke about their trip and what they learned during a presentation at the Yellowhill Activity Center in Cherokee, N.C. on the evening of



During a group presentation at the Yellowhill Activity Center in Cherokee, N.C. on the evening of Tuesday, Jan. 27, Kelly Murphy, a member of the Eastern Band of Cherokee Indians (EBCI) and a language specialist at New Kituwah Academy, speaks about her experiences as part of the EBCI contingent to the 2025 WIPCE (World Indigenous Peoples Conference on Education) held in Auckland, New Zealand. (SCOTT MCKIE B.P./One Feather photos)

see **PRESENTATION** page 4



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Winner of 11 North Carolina Press Assoc. awards in 2024-25 including: Sports Coverage (third place)

CHEROKEE PET OF THE WEEK

Ganasav hia svdodagwasdi asuyagida

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Submit your pet to us at:
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Quote of the Week



“In all these museums they had plaques up and they had Maori (language) first, English second. I thought, ‘wow, that’s a pretty big deal.’”

Landon French, a member of the Eastern Band of Cherokee Indians and an elementary school teacher at New Kituwah Academy, speaking about visiting museums in Auckland, New Zealand he visited while attending the WIPCE (World Indigenous Peoples Conference on Education) last fall

Letters Policy

The Cherokee One Feather is available as a forum for opinions or points of view concerning issues of general interest. Letters should be typed and are preferred in digital form, exclusive to the One Feather. Letters must be authenticated and should include a name, address, email, and phone number. Letters should not exceed 250 words. Commentary submissions should not exceed 750 words. Letters and commentaries exceeding the word limit will be published at the discretion of the Editor or a majority of the sitting Editorial Board. Only the name and town/community will be printed. Letters critical of specifically named minor children will not be published.

Unsigned letters will not be considered for publication. The One Feather will not accept requests for pen pals or “Lonely Hearts”-type classified material.

Opinion material is subject to approval by the Editor who may deny publication without specified cause at their discretion. Submitters may appeal the Editor’s denial to the Editorial Board. A majority of the Editorial Board may overturn an Editor’s decision. The decision of the Editorial Board is final.

The Editorial Board of the Cherokee One Feather consists of: Brooklyn Brown, chairperson; Dawn Arneach, vice chairperson; Robert Jumper; Scott McKie Brings Plenty; and Indica Climbingbear.

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PRESENTATION: From front page

Tuesday, Jan. 27, 2026.

Information from WIPCE states its mission is “to honour, preserve, and advance Indigenous education by uniting Indigenous educators, leaders, and knowledge keepers worldwide”. The organization states that over 3,800 people attended the 2025 Conference.

Tonya Carroll, an EBCI tribal member who is the department manager at the Ray Kinsland Leadership Institute (RKL), provided the following information regarding the EBCI attendees.

“The Harrah’s Cherokee Tribal Scholarship Fund provided financial support through RKL for 25 participants including Raylen Bark, Tonya Carroll, Jack Cooper, Nichole Efird, Landon French, Cassidy Galaviz, Consuela Girty, Hope Huskey, Angelina Jumper, Darius Lambert, Dreyton Long, Faith Long-Presley, Madison Long, Meshay Long, Tara McCoy, Kelly Murphy, Elnora Nations, Keyonna Rodriguez, Aaliyah Swimmer, Ashford Smith, Michael Thompson, Catcuce Vernon Tiger, Yona Wade, Elvia Walkingstick, and Levi West. Additional EBCI and Cherokee community members also attended through independent travel or other funding sources including Dr. Beau Carroll, Jennifer Martens, Jakeli Swimmer, Tribal Councilwoman Shannon Swimmer, Micah Swimmer, Truman Pipestem, Catcuce Micco Tiger, Shaligugi Tiger, and Katie Tiger.”

Carroll said, “They earned this trip by the work they’re already doing in the community - by the passion that they already have, by the roles that they’re already in. Our goal was to take a diverse



Landon French, an EBCI tribal member and a teacher at New Kituwah Academy, speaks about his time in New Zealand.

group from the community, and you can see we had representation from tribal programs, from the community, from the schools, from the hospital, from the Boy’s Club. So, I think being able to do this as a collective group and share these experiences is going to help us as we come back and we do our projects.”

The EBCI contingent was a diverse group of educators and Cherokee language speakers and learners. Several of them spoke about their experiences in New Zealand – both at the Conference and on various visits to Maori spaces while there.

Dreyton Long commented, “The one thing that really stood out to me was, we visited one of their immersion schools where they brought up toddlers up to third or fourth grade. They made a point - they said that they base none of their curriculum on any state senator or any typically

westernized standard...They’ve based their entire curriculum off of their local environment from their homelands so that their children will grow up to have a connection to where they’re actually from.”

Elvia Walkingstick said, “What I’m taking away from New Zealand is the community piece that they built for themselves. One generation ago, they made up their mind, as a community, that this is what they were going to do, that they weren’t going to ask the government, they weren’t going to ask people even within their community for permission. They were just going to identify exactly what they knew that they needed to do and then do that. So, the people we were meeting had been raised with that mindset, so they watched their grandmothers, their mothers, their fathers put in the work - hold that space for themselves and their community to create these nests for themselves. They had to built

it. They didn’t just exist.”

Madison Hye Long said she learned a lot but was most impressed with the model of land-based learning especially as it pertains to language. “I can relate to that because I grew up in the woods and I learned a lot of stuff that you can’t get in a classroom. I think that’s really important as a Cherokee individual. So, maybe creating language land-based camps...to where we’re stepping away from a classroom setting and then learning the language in our natural setting.

They don’t teach the language, they feed it. That just stuck out to me, so we’ve got to do that to our community. And, I think when we go for the aspect of feeding it instead of just teaching it, we do it with more love in our hearts.”

Mike Thompson said the trip was enlightening and empowering. “I was sad to see that every culture represented there is going through the same stuff. But, I was happy to see we weren’t the only ones going through the same stuff. It’s all of us.

A lot of the stuff I learned is that we’re going to have to do it ourselves - not ask for permission, just get out there and start going. It’s also on us. If you want access to the language, you’ve got to ask and demand it because there’s not a lot of language resources out there besides a few community classes.”

Consuela Girty, Cherokee Central Schools superintendent, stated, “As I lead Cherokee Central Schools, my hope is that we create a space that our students and our children know who they are when they leave us - they’re confident in their Cherokee identity. We have moved in a direction

where I want to integrate the language as whole-heartedly as we can - less of a silo. It's not 'we're going to go to Cherokee language class', it's 'Cherokee language is in every class'."

Superintendent Girty added, "Every presentation by a Maori individual was given to us in their language. For the first ten minutes they would talk in nothing but their language and they were unapologetic about it."

Kelly Murphy is a language specialist at New Kituwah Academy. She commented, "Each session, from the opening session to the very last session, was mind-opening not only as a second language learner, but as a Cherokee woman."

The experience was transformative, not only because of the

ideas shared, but because of the urgency behind it."

In speaking about the work of teaching and sharing the Cherokee language, she noted, "The work we do today determines whether our language survives tomorrow... unless we do the heavy work, the next generation won't be able to do what's necessary to carry forward. That really stuck out to me because I feel like we're making good strides, but there's not enough of us. We've got to get everybody involved. We've got to get the whole community involved."

Landon French is an elementary school teacher at New Kituwah Academy. He had the opportunity to explore Aukland and visited three museums including the Aukland History Museum. "In all these museums they had plaques

up and they had Maori (language) first, English second. I thought, 'wow, that's a pretty big deal'."

He added, "We all have the same ideas, we all saw the same stuff out in New Zealand. We all saw representation, language, everything and culture being represented, people not being scared to share their culture and being in your face about their culture. We all have the same ideas, but we're not all working together as a community."

Yona Wade is the head of learning development at Cherokee Indian Hospital Authority. "I travel quite a bit. But, when you have an opportunity to travel to go and share time with other Indigenous communities, it makes the travel entirely different. So, being able to go and visit other Indigenous peoples, to hearing how they're trying to preserve their language, how they are continuing to ensure that their language stays present, how they continue to connect with their community, how they plan to preserve their culture, were all the pieces that I took from this trip."

Carroll noted that each participant has to do a project where they improve something in the EBCI community - creating something

new or improving something that already exists. "As a result of this, people are coming back and there is a direct impact on the community...the way that we improve and progress and share and save our culture and our language is through that community, is through asking people, 'how can I help you? What role do I play?'. I think, hearing from everybody, they've brought back even a stronger sense of responsibility, even a stronger sense of the passion for whatever it is that they want to work to improve in the community."

Some have already started on their projects.

For her project, Angelina Jumper, EBCI culture resource supervisor, has created "The Path of Junaluska" which she describes as "a self-guided tour booklet that guides you through the life of Junaluska and the many local places he once stood".

Jumper said something that she took from the Conference was, "Culture is not bound by the walls that we exist in. If anything, it is actually outside the walls that we exist in and learn in every day."

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Un-redacted Consent Agenda from January School Board

By BROOKLYN BROWN
One Feather Reporter

CHEROKEE, N.C. - On Jan. 12, the Cherokee Central Schools Board of Education voted to un-redact names from their consent agenda after a two-week period, long enough for employees to provide a two-week notice to their previous employers. The following resolutions were approved from the consent agenda on Jan. 12:

26-078 Jamie Kaminski is approved as the Cherokee Central Schools Special Education Teacher

26-079 Matthew Taylor is approved as the 6 Hour Food Service Worker for the Cherokee Central School

26-080 Karen Gray is approved for an increase to the Level 5 pay scale at her current step due to obtaining a Master of Education from Saint Leo University effective

July 31, 2025

26-081 Alla Johnson is approved for an increase to the Level 5 pay scale at her current step due to obtaining a Master of Education from Chowan University effective Dec. 15, 2025

Lumbee Tribe added to official list of Federally Recognized Tribes

Department of Interior release

WASHINGTON – The Department of the Interior today (Friday, Jan. 30) affirmed its commitment to tribal sovereignty by adding the Lumbee Tribe of North Carolina to the official list of federally recognized tribes, formalizing the tribe’s government-to-government relationship with the United States and carrying out federal recognition enacted into law in December 2025.

The Department of the Interior Indian Affairs published the updated list in the Federal Register following President Donald J. Trump’s signing of legislation in December 2025 granting full

federal recognition to the Lumbee Tribe. The action affirms the tribe’s government-to-government relationship with the United States and fulfills a promise President Trump made to the Lumbee people.

“Federal recognition is about respect, accountability and self-determination,” said Secretary of the Interior Doug Burgum. “By formally recognizing the Lumbee Tribe, President Trump and the Department of the Interior are acknowledging a long and well-documented history of tribal governance and ensuring the tribe has a direct, sovereign relationship with the federal government. This action reflects our responsibility to listen to tribes, honor commitments and support strong tribal governments.”

During the first week of his second term, President Trump issued a memorandum, declaring that, “considering the Lumbee Tribe’s historical and modern significance, it is the policy of the United States to support the full Federal recognition, including the authority to receive full Federal benefits, of the Lumbee Tribe of North Carolina.”

“Recognition of the Lumbee Tribe demonstrates that President Trump is keeping his promises to Indian Country,” said Assistant Secretary for Indian Affairs Billy Kirkland. “This list documents the tribes that have a government-to-government relationship with the United States, supporting tribal sovereignty and underscoring our commitment to upholding the nation’s obligations to tribes.”

The list of federally recognized tribes is published in the Federal Register annually. The list comprises 575 American Indian and Alaska Native tribal entities, including nations, tribes, bands, communities, Pueblos and villages, that are acknowledged to have:

- The immunities and privileges available to federally recognized tribes by virtue of their government-to-government relationship with the United States, and
- The responsibilities, powers, limitations and obligations of such tribes.

The list is maintained, updated and published by the Bureau of Indian Affairs’s Office of Indian Services, Division of Tribal Government Services.

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2026 Ford Expedition Active
Stock #: V9620

\$75,100
\$72,171



2026 Ford Mustang EcoBoost Premium
Stock # F9590

\$45,435
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Tax Prep Checklist

Everyone:

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- Dates of birth (yourself, spouse & dependents)
- Bank Account/Routing #s

Income

- W-2s
- Pension/IRA/annuity income (1099-R)
- Social security/RRB income: SSA-1099, RRB-1099
- Interest, dividend income (1099-INT, 1099-OID, 1099-DIV)
- Income from sales of stock or other property (1099-B, 1099-S)
- Gambling income (W-2G)
- Any other 1099s received

*If you are enrolled in GenWell you will not be issued a 1099

Health Insurance

- Form 1095-A if you enrolled in an insurance plan through the Marketplace (Exchange)

Educational Expenses

- Forms 1098-T from educational institutions
- Form 1098-E if you paid student loan interest

Misc.

- IP Pin issued by the IRS if you have previously been a victim of tax-related identity theft

Dinilawigi (Tribal Council) Agenda for Thursday, Feb. 5

8:30 a.m. – Call to Order
New Ordinances

- An ordinance to amend the time for filing ethics complaints and amending the publication requirements for ethics reports

- An ordinance to amend the Tribe’s laws on fishing guides which shall be known as the “William Thomas Dooley Saunooke Law”

- An ordinance to update the Tribe’s fishing laws

- An ordinance amending Cherokee Code Chapter 45 to update the Tribe’s laws on foreclosure of security instruments that contain the power of sale and are used to secure repayment of a loan

- An ordinance amending Chapter 1 – Civil Procedure

8:30 a.m. – Tabled Ord. No. 6 (2025), an ordinance amending Chapter 7 (Judicial Code) of the Cherokee Code

8:40 a.m. – Tabled Ord. No. 11 (2025), an ordinance to update the Tribe’s laws on Underground Storage Tanks

8:50 a.m. – Tabled Ord. No. 14 (2025), an ordinance to update the Tribe’s fishing laws

9 a.m. – Tabled Ord. No. 54 (2025), an ordinance to amend Cherokee Code Sections 105-4, 106-21, and 106-22 to clarify remedies for failure to pay Tribal Levy and other fees and to clarify when appeals may be made to Business Committee

9:10 a.m. – Tabled Res. No. 88 (2026), a resolution to acknowledge the 100th anniversary of the placement of the Qualla Boundary into trust with the United States of America

9:20 a.m. – Tabled Res. No. 92 (2026), a resolution requesting that Tribal Council express its full support for the Reconciliation in Place Names Act and urges the United States Congress to pass this legislation without delay

9:30 a.m. – Tabled Res. No. 95 (2026), a resolution required by Wells Fargo to confirm certain matters necessary to amend and extend the existing Revolving Credit and Term Loan Agreement between EBCI Holdings, LLC and Wells Fargo in connection with the Caesars Southern Indiana casino

9:40 a.m. – Tabled Res. No. 97 (2026), a resolution authorizing the EBCI to withdraw from USET (United South and Eastern Tribes) and terminate its membership

9:50 a.m. – A resolution to approve funding and capital requests (none were listed in the official agenda packet)

10 a.m. – The Tribal Foods Distribution Program requests to apply for and accept funds from the USDA Food and Nutrition Services in the estimated amount of \$718,829 for FY26-27

10 a.m. – The EBCI Emergency Management Program requests to apply for an accept funds from the Federal Emergency Management Agency administered by North Carolina Emergency Management in the estimated amount of \$700,000 for FY26-30

10 a.m. – The EBCI Emergency Management Program requests to apply for an accept funds from the Federal Emergency Management Agency administered by North Carolina Emergency Management in the estimated amount of \$300,000 for FY26-30

10 a.m. - The EBCI Emergency Management Program requests to apply for an accept funds from the Federal Emergency Management

Agency administered by North Carolina Emergency Management in the estimated amount of \$200,000 for FY26-30

10 a.m. - The EBCI Emergency Management Program requests to apply for an accept funds from the Federal Emergency Management Agency administered by North Carolina Emergency Management in the estimated amount of \$100,000 for FY26-30

10 a.m. - The EBCI Emergency Management Program requests to apply for an accept funds from the Federal Emergency Management Agency administered by North Carolina Emergency Management in the estimated amount of \$300,000 for FY26-30

10 a.m. - The EBCI Emergency Management Program requests to apply for an accept funds from the Federal Emergency Management Agency administered by North Carolina Emergency Management in the estimated amount of \$200,000 for FY26-30

10 a.m. - The EBCI Emergency Management Program requests to apply for an accept funds from the Federal Emergency Management Agency administered by North Carolina Emergency Management in the estimated amount of \$2,500,000 for FY26-30

10:10 a.m. – A resolution to approve the research project entitled “American Indian Alumni Voices: Navigating Non-Native Campus Culture” by Dr. Sara Lute, assistant professor of psychology at the University of North Carolina Asheville

10:20 a.m. – A resolution to change the fees for fishing permits

10:30 a.m. – A resolution to appoint Shannon Swimmer to the Beloved Woman Committee

10:40 a.m. – A resolution to authorize a Tribal Census for the

purpose of adjusting Dinilawigi (Tribal Council) weighted votes

10:50 a.m. – A resolution requesting that the land and associated structures and infrastructure be located on the west side of Camp Creek Rd., consisting of approximately 33 acres of parcel purchased by Res. No. 203 (2028) shall be used as a Tribal Sovereignty Development Property and shall be used for the purposes of construction of a meat processing facility, including a livestock feeding and holding area, be used for crop production and may be used for animal grazing, growing food, etc.

11 a.m. – A resolution to name Dr. Lisa Lefler, Ph.D., as an honorary member of the Eastern Band of Cherokee Indians

11:10 a.m. – A resolution to encourage the Ugvwiyuhi (Principal Chief) to grant administrative leave for tribal employees to participate in Red Cross Blood Drives held on the Qualla Boundary

11:20 a.m. – A resolution to provide that tribal leaders will each year recognize and honor the oldest living male and female tribal elders in each community

11:30 a.m. – A resolution to purchase one buildable acre of land for housing purposes

No time listed – Tabled Res. No. 106 (2026), Banishment of Arvis Boughman

No time listed – Banishment of Durwood Chase Fox

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CHEROKEE ONE FEATHER • Tsalagi Soquo Ugidahli

**Deadline:
Fridays at
12 p.m.**

**CIPD Arrest Report for
Jan. 19-25, 2026**

The following people were arrested by the Cherokee Indian Police Department and booked into the Anthony Edward Lossiah Justice Center. It should be noted that the following defendants have only been charged with the crimes listed and should be presumed innocent until proven guilty in a court of law. Mugshots can be viewed online at theonefeather.com.

George, Michael Anthony – age 32
Arrested: Jan. 19
Released: Jan. 19
Charges: Hold Until Sober

McCoy, John Herbert – age 72
Arrested: Jan. 19
Released: Jan. 29
Charges: Domestic Violence and Dating Violence, Failure to Obey a Lawful Order of the Court

Sneed, Samuel Otter – age 24
Arrested: Jan. 19

Released: Jan. 22
Charges: Second Degree Trespass; Resisting, Delaying, or Obstructing Officers

Malpass, Johnathan – age 50
Arrested: Jan. 20
Released: Not released as of report date (Feb. 4)
Charges: Resisting, Delaying, or Obstructing Officers; Violation of Exclusion Resolutions and Order; Resisting Lawful Order

Reed, Olivia Megan – age 36
Arrested: Jan. 20
Released: Jan. 20
Charges: Possession of a Controlled Substance

Sierra, Isaiah Maurillio – age 32
Arrested: Jan. 20
Released: Jan. 22
Charges: Resisting, Delaying, or Obstructing Officer

Chapman, Christopher Hume – age 37
Arrested: Jan. 21

Released: Jan. 22
Charges: Resisting Public Officer
Messick, Erick Morgan – age 34
Arrested: Jan. 21
Released: Jan. 27
Charges: Failure to Appear on Misdemeanor

Panther, Jared Lewis – age 28
Arrested: Jan. 21
Released: Jan. 21
Charges: Grand Larceny

Seay, Zachary Hayes – age 19
Arrested: Jan. 21
Released: Jan. 22
Charges: Injuring Real Property; Providing Alcoholic Beverages to, Possession of, Consumption of Alcoholic Beverages by Persons under 21-years-old

Watty, Justina Elizabeth – age 19
Arrested: Jan. 21
Released: Jan. 21
Charges: Injury to Real Property

Bradley, Ronald Albert – age 43

Arrested: Jan. 22
Released: Jan. 30
Charges: Second Degree Trespass

Davis, Cory Matthew – age 36
Arrested: Jan. 23
Released: Jan. 28
Charges: Pre-Trial Release Violation

George, Yolanda – age 55
Arrested: Jan. 24
Released: Jan. 24
Charges: Filing a False Emergency Report; Resisting, Delaying, of Obstructing Officers

Chapman, Christopher Hume – age 37
Arrested: Jan. 25
Released: Jan. 25
Charges: Temporary Hold

Patel, Tarangkumar – age 32
Arrested: Jan. 25
Released: Jan. 25
Charges: Hold Until Sober



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Keep Smokies streams clear
and clean.



Federal legislative updates of interest to EBCI citizens

By SCOTT MCKIE B.P.
One Feather Asst. Editor

The One Feather will now provide weekly legislative updates on various pieces of federal legislation of interest to members of the Eastern Band of Cherokee Indians. The bills are shown in the order in which they were introduced following the new bills for the week.

New this week

S. Res. 585 (A resolution honoring the life, achievements, and legacy of Ben Nighthorse Campbell). This Senate resolution honored the late Ben Nighthorse Campbell, one of the members of the Council of Chiefs of the Northern Cheyenne Tribe (Mont.), who served in both the U.S. Senate and the U.S. House of Representatives.

The resolution reads, in part, “Ben Nighthorse Campbell was then elected to the Senate in 1993, serving as the chair of the Committee on Indian Affairs between 1997 and 2005; and Whereas during the 105th Congress, Ben Nighthorse Campbell passed more legislation than any other member of the Senate; and Whereas Ben Nighthorse Campbell was the first and only American Indian to chair the Committee on Indian Affairs and was a member of the Council of 44 Chiefs of the Northern Cheyenne Tribe; and Whereas Ben Nighthorse Campbell was a trailblazer who championed bipartisan action and dedicated his entire life in service of his community, the people of Colorado, and the United States.”

Introduced: Sen. Michael F. Bennet (D-Colo.) on Jan. 15, 2026

Action: This resolution was considered and agreed to without amendment on Jan. 15, 2026.

Bills we’re currently watching

H.R. 226 (Eastern Band of Cherokee Historic Lands Reacquisition Act). This House bill would place 76 acres of land in eastern Tennessee into trust for the Eastern Band of Cherokee Indians. Included in that land are the Sequoyah Birthplace Museum, the Chota Memorial, and the Tanasi Memorial sites.

Introduced: Jan. 7, 2025 by Rep. Charles J. “Chuck” Fleischmann (R-Tenn.)

Action: This bill was passed in the House by a voice vote on Feb. 4, 2025. It was received in the Senate the next day and has been referred to the Senate Committee on Indian Affairs. There are no scheduled hearings in that Committee for this bill as of press time.

S.761 (Truth and Healing Commission on Indian Boarding School Policies Act). This Senate bill would establish the Truth and Healing Commission on Indian Boarding School Policies. According to Congress.gov, “Among other duties, the Commission must investigate the impacts and ongoing effects of the Indian Boarding School Policies – federal policies under which American Indian, Alaskan Native, and Native Hawaiian children were forcibly removed from their family homes and placed in boarding schools.”

Introduced: Feb. 26, 2025 by Sen. Lisa Murkowski (R-Alaska)

Action: This bill was referred to the Senate Committee on Indian Affairs. It was “ordered to be re-

ported without amendment favorably” by the Committee on March 5, 2025. It was reported without amendment by Sen. Murkowski (R-Alaska), Senate Committee on Indian Affairs chairperson, on July 31, 2025. That same day, it was placed on the Senate Legislative Calendar under General Orders (Calendar No. 139).

H.R. 2412 (Indigenous Diplomacy and Engagement Act).

This House bill would establish an Office for Indigenous Affairs and an Advisory Commission for Indigenous Peoples within the Department of State.

Introduced: March 27, 2025 by Rep. Ed Case (D-Hawai’i)

Action: This bill was referred to both the House Committee on Foreign Affairs and the House Committee on Natural Resources on March 27, 2025. There are no scheduled hearings in either Committee for this bill as of press time.

H.R. 2929. (Haliwa-Saponi Indian Tribe recognition bill).

This House bill would grant federal acknowledgement to the Haliwa-Saponi Indian Tribe of North Carolina, a state-recognized group. Introduced: April 17, 2025 by Rep. Donald G. Davis (D-N.C.)

Action: This bill was referred to the House Committee on Natural Resources on April 17, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 3255. (Grand River Bands of Ottawa Indians Restoration Act of 2025).

This House bill will would grant federal acknowledgement to the Grand River Bands of Ottawa Indians, a

state-recognized group in Michigan.

Introduced: May 7, 2025 by Rep. Hillar J. Scholten (D-Mich.)

Action: This bill was referred to the House Committee on Natural Resources on May 7, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 3444. (Tribal Self-Determination and Co-Management in Forestry Act of 2025).

According to the bill text, this House bill is “To direct Federal land management agencies of the Department of the Interior to establish Tribal Co-Management Plans and to authorize the Secretary of Agriculture to enter into agreements with Indian Tribes and Tribal organizations for the performance of certain activities of the Forest Service, and for other purposes”.

Introduced: May 15, 2025 by Rep. Jared Huffman (D-Calif.)

Action: This bill was referred to both the House Committee on Natural Resources and the House Committee on Agriculture. It was referred to the House Subcommittee on Federal Lands on June 3, 2025, and a hearing was held in that subcommittee on June 10, 2025.

S.2022 (Tribal Tax and Investment Reform Act of 2025).

This Senate bill, according to the legislation, would “amend the Internal Revenue Code of 1986 to treat Indian Tribal governments in the same manner as state governments for certain federal tax purposes, and for other purposes”. Introduced: June 11, 2025 by U.S. Senators Catherine Cortez Mas-

to (D-Nev.) and Lisa Murkowski (R-Alaska)
Action: The bill was referred to the Senate Committee on Finance on Jun 11, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 3956 (Food Distribution Program on Indian Reservations Act of 2025). This bill would amend the Food and Nutrition Act of 2008 “to authorize the Secretary of Agriculture to enter into self-determination contracts and self-governance agreements with Indian entities to administer the food distribution program on Indian reservations”.

Introduced: June 12, 2025 by Rep. Sharice Davids (D-Kan.) and Rep. Frank Lucas (R-Okla.)

Action: This bill was referred to the House Committee on Agriculture on June 12, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

S.2160 (Grand River Bands of Ottawa Indians Restoration Act of 2025). This Senate seeks the same as H.R. 3255 (Grand River Bands of Ottawa Indians Restoration Act of 2025).

Introduced: June 25, 2025 by Sen. Gary C. Peters (D-Mich.)

Action: The bill was referred to the Senate Committee on Indian Affairs on June 25, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 4276 (To amend the Native American Tourism and Improving Visitor Experience Act). According to congress.gov, this bill amends the Native American Tourism and Improving Visitor Experience Act “to authorize grants to Indian tribes, tribal

organizations, and Native Hawaiian organizations”.

Introduced: July 2, 2025 by Rep. Ed Case (D-Hawai’i)

Action: This bill was referred to the House Committee on Natural Resources as well as the House Committee on Energy and Commerce on July 2, 2025. This bill was referred to the House Subcommittee on Indian and Insular Affairs, and a hearing was held in that Subcommittee on Nov. 19, 2025.

S.2211 (Special Diabetes Program Reauthorization Act of 2025). This Senate bill seeks to reauthorize the Special Diabetes Program for Type 1 Diabetes and the Special Diabetes Program for Indians. For both programs, it seeks funding in the amount of \$160,000,000 for fiscal years 2026 and 2027.

Introduced: July 8, 2025 by Sen. Susan M. Collins (R-Maine)

Action: This will was referred to the Senate Committee on Health, Education, Labor, and Pensions on July 8, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

H.R. 4463 (To amend the Catawba Indian Tribe of South Carolina Land Claims Settlement Act of 1993). The text of the legislation states, “Subsection (d) of section 7 of the Catawba Indian Tribe of South Carolina Land Claims Settlement Act of 1993 (Public Law 103–116), is amended by striking ‘; however, in no event may an individual be enrolled as a tribal member unless the individual is a lineal descendant of a person on the final base membership roll and has continued to maintain political relations with the Tribe.’”
Introduced: July 16, 2025 by Rep.

Ralph Norman (R-S.C.)

Action: This bill was referred to the House Committee on Natural Resources on July 16. It was referred to the House Subcommittee on Indian and Insular Affairs on Sept. 4, 2025, and a hearing was held on this legislation in the subcommittee on Sept. 9, 2025.

H.R. 4596 (McCarren-Walter Technical Corrections Act).

According to the bill’s text, this legislation would “amend the Immigration and Nationality Act with respect to the right of members of federally recognized Indian Tribes in the United States and First Nations individuals in Canada to cross the borders of the United States”.

Introduced: July 22, 2025 by Rep. Timothy M. Kennedy (D-New York)

Action: This bill was referred to the House Committee on the Judiciary on July 22, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 4750 (To extend federal recognition to the Patawomeck Indian Tribe of Virginia).

This House bill would grant federal acknowledgment to the Patawomeck Indian Tribe of Virginia, a state-recognized group.

Introduced: July 23, 2025 by Rep. Eugene Simon Vindman (D-Va.)

Action: This bill was referred to the House Committee on Natural Resources on July 23, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 4712 (Parity for Tribal Law Enforcement Act). According to the legislation text, this House bill would “amend the Indian Law Enforcement Reform

Act to provide for advancements in public safety services to Indian communities, and for other purposes”.

Introduced: July 23, 2025 by Rep. Dan Newhouse (R-Wash.)

Action: This bill was referred to the Committee on the Judiciary as well as the Committee on Natural Resources on July 23, 2025. There are no hearings scheduled for this bill in either committee as of press time.

S.2452 (Parity for Tribal Law Enforcement Act). According to the legislation text, this Senate bill would “amend the Indian Law Enforcement Reform Act to provide for advancements in public safety services to Indian communities, and for other purposes”. This bill is identical to H.R. 4712.

Introduced: July 24, 2025 by Sen. Maria Cantwell (D-Wash.)

Action: The bill was referred to the Senate Committee on Indian Affairs on July 24, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

S.2564 (Tribal Gaming Regulatory Compliance Act). The opening text of the bill states it is “to ensure all federally recognized Tribes that are eligible for gaming in the United States are regulated under the Indian Gaming Regulatory Act”.

It specifically seeks to amend Public Law 100–89 (Ysleta del Sur Pueblo and Alabama and Coushatta Indian Tribes of Texas Restoration Act). Section 3 of the bill states, “This Act shall be construed to ensure the full applicability of the Indian Gaming Regulatory Act (25 U.S.C. 2701) to gaming activ-

see LEGISLATIVE next page

LEGISLATIVE: From page 11

ities on Indian lands of the Ysleta del Sur Pueblo and Indian lands of the Alabama-Coushatta Tribe.”

Introduced: July 31, 2025 by Sen. Martin Heinrich (D-N.M.)

Action: This bill was referred to the Senate Committee on Indian Affairs on July 31, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

S. 2577 (McCarran-Walter Technical Corrections Act).

This Senate bill, according to its text, would “amend the Immigration and Nationality Act with respect to the right of members of a federally recognized Indian Tribe in the United States and First Nations individuals in Canada to cross the borders of the United States”. This bill is identical to H.R. 4596.

Introduced: July 31, 2025 by Sen. Steve Daines (R-Mont.)

Action: This bill was referred to the Senate Committee on the Judiciary on July 31, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

House Resolution 666 (Supporting the goals of Overdose Awareness Day and strengthening efforts to combat the opioid crisis in the United States).

This House resolution states in part, “Substance use disorder and drug overdose affect all socioeconomic groups, racial and ethnic groups, geographical regions, and ages; and Black and American Indian or Alaskan Native populations are more likely to die from a drug overdose than their White counterparts”.

The resolution continues, “The House of Representatives (1) rec-

ognizes Overdose Awareness Day (reporter’s note – it is usually Aug. 31, but a specific date is not listed in the resolution) in the United States; (2) commits to advancing the passing bipartisan policies that reduce the stigma surrounding substance use disorders and overdoses; and is dedicated to collaborating with states, localities, businesses, nongovernmental organizations, health care providers, patients, and families to support a comprehensive system that promotes prevention, treatment, harm reduction, and recovery from opioid use disorder.”

Introduced: Aug. 29, 2025 by Rep. Lori Trahan (D-Mass.)

Action: This resolution was referred to the House Committee on Energy and Commerce on Aug. 29, 2025. There are no scheduled hearings in that Committee for this resolution as of press time.

H.R. 5144 {Cheroenhaka (Nottoway) Indian Tribe of Southampton County, Virginia Federal Recognition Act}.

This House bill would grant federal acknowledgement to the Cheroenhaka (Nottoway) Indian Tribe of Virginia, a state-recognized group. Introduced: Sept. 4, 2025 by Rep. Jennifer A. Kiggans (R-Va.)

Action: The bill was referred to the House Committee on Natural Resources on Sept. 4, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 5257 (To reaffirm the trust status of land taken into trust). The full title of the bill states “To reaffirm the trust status of land taken into trust by the United States pursuant to the Act of June 18, 1934, for the benefit of an Indian Tribe that was federally

recognized on the date that the land was taken into trust”.

Introduced: Rep. Tom Cole (R-Okl.) on Sept. 10, 2025

Action: This bill was referred to the House Committee on Natural Resources on Sept. 10, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

H.R. 5327 (To extend federal recognition to the Nottoway Tribe of Virginia). This House bill would grant federal acknowledgment to the Nottoway Indian Tribe of Virginia, a state-recognized group.

Introduced: Rep. Jennifer L. McClellan (D-Va.) on Sept. 11, 2025

Action: This bill was referred to the House Committee on Natural Resources on Sept. 11, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

S. 2832 (Native American Entrepreneurial and Opportunity Act of 2025).

This bill would establish an Office of Native American Affairs within the Small Business Administration.

Introduced: Sen. John W. Hickenlooper (D-Colo.) on Sept. 17, 2025

Action: This bill was referred to the Senate Committee on Small Business and Entrepreneurship on Sept. 17, 2025.

H.R. 5488 (To extend funding for the Special Diabetes Program for Indians). This bill would amend Title III of the Public Health Service Act to extend the funding for the Special Diabetes Program for Indians. It would approve “\$160,000,000 for each of fiscal years 2026 through 2030 to remain available until expended”. Introduced: Rep. Paul Ruiz (D-Ca-

lif.) on Sept. 18, 2025

Action: This bill was referred to the House Committee on Energy and Commerce on Sept. 18, 2025.

H.R. 5739 (Italian Heroes and Heritage Act). This House bill would, according to the legislation, “prohibit federal funds from being provided to any state or local government that celebrates Indigenous Peoples Day instead of Columbus Day”. Section 2(a) (1) of this bill states, “Christopher Columbus set sail 533 years ago in 1492 to bravely cross the Atlantic Ocean and discovered new land that would soon after become known as America.”

Section 2(b) states, “It is the sense of Congress that Oct. 13 should continue to be celebrated nationwide as Christopher Columbus Day, as it has been since 1892, to honor our Italian-American heritage and our forefather, Christopher Columbus, who helped to discover this great land.”

Introduced: Rep. Michael A. Rulli (R-Ohio) on Oct. 10, 2025

Action: This bill was referred to the House Committee on Oversight and Government Reform on Oct. 10, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

S. Res. 450. (A resolution expressing support for the designation of the second Monday in October 2025 as “Indigenous Peoples’ Day” to celebrate and honor Indigenous Peoples and their shared history and culture).

The resolution states, “Columbus Day does not currently provide an opportunity to reflect on the stories and perseverance of the Indigenous Peoples of the lands that are now part of the United

States; and where, prior to western contact, Indigenous Peoples lived and flourished in the lands that are now part of the United States for thousands of years”.

Introduced: Sen. Martin Heinrich (D-N.M.) on Oct. 14, 2025

Action: This resolution was referred to the Senate Committee on Indian Affairs on Oct. 14, 2025.

There are no scheduled hearings in that Committee for this bill as of press time.

H.R. Res. 809 (A resolution expressing support for the designation of the second Monday in October 2025 as “Indigenous Peoples’ Day” to celebrate and honor Indigenous Peoples and their shared history and culture). This

House resolution is identical to S. Res. 450 (above).

Introduced: Rep. Norma J. Torres (D-Calif) on Oct. 14, 2025

Action: This resolution was referred to the House Committee on Natural Resources on Oct. 14, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

S.3041 (Tribal Warrant Fairness Act). This Senate bill would “allow the U.S. Marshals Service to assist in certain tribal criminal matters”.

Introduced: Sen. Catherine Cortez Masto (D-Nev.) on Oct. 23, 2025

Action: This bill was referred to the Senate Committee on the Judiciary on Oct. 23, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 5820 (Mono Lake Kootzaduka’a Tribe Recognition Act). This House bill would grant federal acknowledgment to the Mono Lake Kootzaduka’a Tribe

of California and Nevada, a group based in Lee Vining, Calif.

Introduced: Rep. Kevin Kiley (R-Calif.) on Oct. 24, 2025

Action: This bill was referred to the House Committee on Natural Resources on Oct. 24, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 5869 (Tribal Water Infrastructure Grants Expansion Act). This House bill would “amend the Federal Water Pollution Control Act with respect to assistance for Indian Tribes”. According to the bill, “In addition to amounts otherwise made available under Title VI of the Federal Water Pollution Control Act, there is authorized to be appropriated \$500,000,000 for each of fiscal years 2026 through 2031 to make grants, in cooperation with the Director of the Indian Health Service...for (A) projects and activities eligible for assistance under 603(c) of such Act; and (B) training, technical assistance, and educational programs related to the operation and management of treatment works eligible for assistance...”

Introduced: Rep. Frederica S. Wilson (D-Fla.) on Oct. 28, 2025

Action: This bill was referred to the House Committee on Transportation and Infrastructure on Oct. 28, 2025. There is not a scheduled hearing in that Committee for this bill as of press time.

H.R. 5910 (To authorize leases of up to 99 years for land held in trust for federally recognized Indian Tribes). As stated in the title, this House bill would amend 69 Stat. 539, Chapter 615, 25 U.S.C. 514(a) to authorize such leases.

Introduced: Rep. Harriet M. Hage-

man (R-Wyo.) on Nov. 4, 2025
Action: This bill was referred to the House Committee on Natural Resources on Nov. 4, 2025. A Committee Consideration and Mark-up Session was held on Dec. 17, 2025, and the bill was reported and placed on the Union Calendar by the Committee on Jan. 14, 2026.

S. 3236 (A bill to amend the Food and Nutrition Act of 2008). This is a “bill to amend the Food and Nutrition Act of 2008 to ensure Tribal consultation and representation under the food distribution program on Indian reservations”.

Introduced: Sen. Deb Fischer (R-Neb.) on Nov. 20, 2025

Action: This bill was referred to the Senate Committee on Agriculture, Nutrition, and Forestry on Nov. 20, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

H.R. 6285 (To amend the American Indian, Alaska Native, and Native Hawaiian Culture and Art Development Act). The full text of this bill has not been made public yet.

Introduced: Rep. Jill N. Tokuda (D-Hawai’i) on Nov. 21, 2025

Action: This bill was referred to the House Committee on Education and Workforce on Nov. 21, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

H.R. 6206 (Protect Culturally Sensitive Information Act).

According to the bill, the purposes are, “(1) to protect the confidentiality of culturally sensitive information provided by Indian Tribes, Alaska Native Entities, and Native Hawaiian Organizations to the federal

government;

(2) to create a safe, respectful space for consultation between the federal government and Indian Tribes, Alaska Native Entities, and Native Hawaiian Organizations that encourages a free-flowing exchange of information and ideas; (3) to build trust, strengthen relationships, and expand opportunities for costewardship between the federal government and Indian Tribes, Alaska Native Entities, and Native Hawaiian Organizations by ensuring that culturally sensitive information provided to the federal government will be protected to the maximum extent possible; (4) to advance repatriation of cultural items, including human remains, under the Native American Graves Protection and Repatriation Act (NAGPRA); and (5) to strengthen support for the policy of the United States of protecting and preserving traditional, cultural, and ceremonial rites and practices in accordance with Public Law 95-341 (commonly known as the American Indian Religious Freedom Act).

Introduced: Rep. Teresa Leger Fernandez (D-N.M.) on Nov. 20, 2025

Action: This bill was referred to the House Committee on Natural Resources on Nov. 20, 2025. There are no scheduled hearings in that Committee for this bill as of press time.

Here is the contact information for your federal legislators:

Sen. Thom Tillis (R-N.C.): <https://www.tillis.senate.gov/email-me>

Sen. Tedd Budd (R-N.C.): <https://www.budd.senate.gov/contact/>

11th District Congressional Rep. Chuck Edwards (R-N.C.): <https://edwards.house.gov/contact>

EBCI tribal members try a week off social media

By SCOTT MCKIE B.P.
One Feather Asst. Editor

CHEROKEE, N.C. – According to Statista, people in the United States spent an average of 2 hours and 27 minutes daily on social media in 2025. The One Feather sought several members of the Eastern Band of Cherokee Indians (EBCI) who were willing to try a week off of social media and

report back with their findings. Below are our respondents:

Avery Weatherly, age 27, of Elawodi (Yellowhill), is a conservation outreach coordinator with EBCI Natural Resources. She spends around 2 hours and 45 minutes a day on social media and uses Instagram, Reddit, and Facebook. Weatherly was able to finish the seven-day experiment successfully.

“Instagram was the hardest because I love watching Reels and looking at fashion accounts,” she said. “Reddit was really hard too because I use it to read about shows and video games.”

She did various things to occupy her time that would have been taken up previously with social

media. “I read books, played video games, spent time with friends, and organized parts of my house. I also got my wisdom teeth out at the end of that week. So, it was hard to sit on my couch and not use my phone.”

Weatherly said that the week-long experiment did change her social media routine. “On the first day back, I went on Facebook and instantly started to feel bad. I was bombarded with all the horrible things going on in the news. I felt my anxiety get worse, and it had me staying up late. After that day, I put the limits right back onto my social media. Last week, other than the first day, I averaged five minutes a day on Instagram and Facebook. And I would like to keep

it that way! I have a lot more time in the day and I feel less stressed and less bored without it. As for Reddit, I’m back to my normal usage but that’s because Animal Crossing got a big update so it’s fun to talk with other people about it and see what others are doing in the game.”

She added, “Having spent a week off and coming back on, it exhausted me. It sounds funny, but there’s so many sounds, bright colors, and multiple things trying to grab your attention at once. It was overwhelming.”

The most surprising part for me was that I realized I didn’t do any online shopping that week! I usually spend a couple hundred dollars a week shopping online. I’ll



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Lucille Lossiah, *Basket*, white oak and maple, 8.5 x 10 x 9.5 inches. Gift of Lambert Wilson. ©Lucille Lossiah. Photo Credit: Tim Burtleson Photography.

see clothes, shoes, and house stuff on Instagram and then go buy them. When I went back online, the first thing that popped up was an ad for a sale from a store I love. I wanted to click it so bad but then I realized that I wasn't even thinking about buying clothes the week I wasn't on social media. I kept seeing that same ad over and over, showing me clothes I viewed before and almost bought. It was blatant, and I'm glad I see that now."

Rose Shell-Maney, age 56, of Elawodi (Yellowhill), is a weigh master/administrative assistant at the EBCI Transfer Station. She spends one to 1.5 hours per day on social media and uses Facebook and Instagram.

She did the entire week and enjoyed her time off from social media. "Facebook was kind of hard, not going to lie. But then I realized I was just being nosy. I occupied my free time by connecting and reconnecting with family and friends."

Shell-Maney said this time off definitely changed her mindset about social media for the better. "I don't miss it, and I didn't for that week. I do believe I'm better off without it. It made me realize that I don't need the drama, lies, and made-up stories of this and that.

My week was quieter and I enjoyed it. Even today, a week later, I've only been on it when one of my daughters tag me in some informational post, but the week-free of social media was a breeze!"

Isiah Davis, age 27, of Wayohi (Wolftown), is a manager in the slots department at Harrah's Cherokee Casino Resort. He spends more than five hours on social media daily and uses Facebook, Instagram, and TikTok.

On the week, he noted, "I failed every single day, often being reminded by my wife... but I'd log off and go as long as I could, before forgetting again. Facebook was the hardest as it's so easy to open and start scrolling, but I also found myself opening TikTok at times."

During the week, he filled the time normally on social media by watching more shows and movies and making more social time with his family.

"The only negative effect was not knowing what was going on around me and the community/country, but it could also be seen as positive depending on how you look at it. I spent less time thinking and worrying about the outside world, and more time thinking about what was right in front of me."

Davis said the experiment was helpful. "I've actually gone right back to how I was before; however, this experiment opened my eyes to how much time I actually spent on social media. I think there's a good balance because we all want to be connected to each other and have the means to do so 24/7, but sometimes it's good to disconnect."

Joey Owle, age 37, of Wayohi (Wolftown), is with the CLMAP (Cherokee Language Master Apprentice Program. He averages two hours a day on social media and does Facebook, YouTube, and occasionally Pinterest.

He was successful in completing the week free of social media. "I did go the entire duration without using any social media apps. To help quell any temptation, I deleted them from my home screen. Surprisingly, I did not have any urge to go find the app and open it up to peruse as normal.

I didn't feel that any one app was harder to give up than the other. I felt committed to the experiment in its entirety, and I wanted to complete it because it ultimately was a challenge to myself."

When asked how he occupied his free time during the experiment, Owle noted, "Prior to the experiment, I confirmed that the 'Apple News' was considered a social media app. I found myself reading a lot more articles during the times that I would most likely check a social media app. But from those articles, I was opening up a browser to research something further that I read about.

I like to exercise regularly, but during this experiment when I found myself with the newfound free time, I would stretch, or do push-ups, squats, or some other moderate movement mostly likely during a time when I open up an app."

He added, "Facebook is a convenient app to keep up to date on strategic pages that are informational for here on the Boundary and regionally, such as the One Feather page, Chief Hick's page, or some other enlightening organization. I did not have immediate access to what I would consider relevant news and information, which is not inherently a negative thing to experience. If anything, purging social media for a week or longer yields positive outcomes on one's mental and physical health."

When asked about any changes he plans to make in his social media routine following the experiment, Owle commented, "I have actively focused on reducing my social media screen time to a target duration in a given day. Based on some articles I read recently, I use social media far less than what was reported, which can be six

hours or longer for some demographics. It is my goal to use social media for deliberate purposes and to not doom scroll endlessly, each day, because I can or want to. I think the evidence is clear on the addictive and negative attributes social media can have on individuals. Social media has also enabled folks to feel connected and heard in nearly whatever way they can imagine. I want to view social media app use as not routine, but purposeful."



by Ryan A. Berenz

1. What Chicago White Sox player's 1990 Topps rookie card became coveted by collectors after an error led to a small number of cards being issued without his name printed on the front?
2. What British boxer knocked out Jake Paul, the social media influencer turned prizefighter, in the sixth round of a December 2025 bout in Miami, Florida?
3. William Walter "Pudge" Hefelfinger, considered the first professional football player, was paid how much to compete for the Allegheny Athletic Association in a November 1892 game vs. the Pittsburgh Athletic Club?
4. Name the Basketball Hall of Famer, a member of the 1978 NBA champion Washington Bullets, who recorded exactly 50,000 NBA minutes played in a career spanning 1968-84.
5. What U.S. city has a drawbridge named after Japanese Baseball Hall of Famer and Pacific Coast League legend Lefty O'Doul?
6. What team finished the 2025 regular season with a 10-2 record but declined to play in any bowl game after not being selected to the College Football Playoff field?
7. Name the seven-time Formula 1 World Drivers' Championship winner who suffered severe brain trauma in a 2013 skiing accident in the French Alps.

Answers

1. Frank Thomas.
2. Anthony Joshua.
3. \$500.
4. Elvin Hayes.
5. San Francisco.
6. The Notre Dame Fighting Irish.
7. Michael Schumacher.

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**EBCI COMMUNITY
ANNOUNCEMENTS**

Photographers wanted

Submission by April 1. Cherokee Historical Association is seeking proposals from qualified photographers to take marketing photos during the 2026 season. Photos to be taken at the Oconaluftee Indian Village and Unto These Hills. Photographers should be local to the area. Additional considerations will be given to Indigenous candidates. Proposal should include: fee for 20 photos(including editing), any additional service fees, timeline to receive final photos, portfolio or sample of work. Cherokee Historical Association will select the proposal offering the best overall value, considering quality, experience and cost. Submit

proposals to Chelsey@Cherokee-Adventure.com by April 1. You may also email with questions if needed.

- Cherokee Historical Association

Volunteer Income

Tax Assistance (VITA)

Feb. 2 – April 15, Monday – Thursday from 8 a.m. – 4:30 p.m. call for an appointment (828) 359-6001.

Join our Local Advisory Council

Help shape the future of mentorship on the Qualla Boundary. Big Brothers and Big Sisters of Western North Carolina. Seeking community leaders, parents, retirees, business owners and residents to join the local advisory council. Contact Brandon Fouts email

brandonF@bbswnc.org or call (828) 347-6097.

- Big Brothers and Big Sisters of Western North Carolina

Museum shares opportunities for EBCI creatives

Submitted by
Museum of the Cherokee People

As a first-voice institution, Museum of the Cherokee People is committed to facilitating opportunities for Eastern Band of Cherokee Indians (EBCI) creatives on the Qualla Boundary and beyond. The Museum is excited to share three current opportunities for EBCI writers and filmmakers to hone their craft and share their work:

Full scholarship to the Appalachian Writers' Workshop,
Hindman, Ky., July 26-31

In partnership with the Hindman Settlement School, Museum of the Cherokee People is pleased to offer the Confluence Scholarship for the 49th annual Appalachian Writers' Workshop, held from July 26-31, 2026 in Hindman, Ky. Created to ensure access to high-quality writing instruction for enrolled members of our Tribe, the Confluence Scholarship is open to enrolled members of the Eastern Band of Cherokee Indians.

A week-long residency, the Appalachian Writers' Workshop welcomes published and unpublished writers alike, all learning alongside one another in a supportive environment guided by the region's unique tradition. The Workshop provides an opportunity to study craft in structured workshops, attend special topic sessions, and enjoy captivating readings by our award-winning faculty. This historic gathering is known for providing rigorous instruction in a family-like atmosphere, where writers of place come together at the banks of Troublesome to meet a year-round community.

Beginning, emerging, and established EBCI writers are all encouraged to apply and, if selected, are eligible to receive the Confluence Scholarship. Applications are due by March 1: hindman.org/workshop/application

Full scholarship to the Tremont Writers Conference,
Townsend, Tenn., Oct. 21-25

Presented by Museum of the Cherokee People, the Confluence Scholarship grants one enrolled member of Eastern Band of Cherokee Indians all-expenses paid attendance to the Tremont Writers

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Apply via [writers.gsmit.org] writers.gsmit.org. For scholarship consideration, under the “Tell us a little about yourself” section, include the text “Confluence Scholarship” and your EBCI enrollment

number. Applications are due May 15.

Call for film submissions: The Way We See the World, Harrah’s Cherokee Casino Resort, Aug. 7

Museum of the Cherokee People seeks short films by Indigenous filmmakers for consideration for the fifth annual The Way We See the World: Spotighting Indigenous Pop Culture event. Since 2022, MotCP’s annual The Way We event highlights Native pop culture and showcases timely perspectives for Cherokee people, primarily by Cherokee people. These free community-centered events put Native self-representation in the spotlight and uplift creative work that explores identity through artistic expressions in

film, music, visual art, and more. View past event lineups: [motcp.org/the-way-we]motcp.org/the-way-we

Applications close Feb. 20. Learn more and submit your film via weblink.donorperfect.com/tww.

Elder Meal & Support Initiative launched

CHEROKEE, N.C. - With a newly awarded two-year grant from Dogwood Health Trust, The Center for Native Health has partnered with the Deb West Senior Center to provide prepared, microwavable meals and beverages to approximately 160 homebound Eastern Band of Cherokee Indians elders on Tribal employee holidays.

Meals will be delivered throughout the Qualla Boundary and Snowbird communities, ensuring elders receive nutritious food and meaningful personal connection.

The Initiative also includes the creation of an “Adopt an Elder” campaign to build a sustainable

network of community support for these Tribal citizens. Participants will commit to delivering meals on Tribal employee holidays and making regular in-person visits and phone calls.

In addition, the project will provide in-home fall risk assessments to participating elders who have not previously been assessed, further supporting safety and overall well-being.

For questions about this project or to learn how to contribute, please contact the Project Leader, Turner Goins, at (828) 400-4281.

The Center for Native Health is a 501(c)(3) located on the Qualla Boundary and was founded in 2009 with the vision of supporting balanced wellbeing of southeastern Native communities through the preservation and respectful application of Native knowledge to empower the people, Land, and culture.

Info: The Center for Native Health, visit:

www.centerfornativehealth.org
- Center for Native Health release



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**CHEROKEE INDIAN
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COMMENTARY

Common sense: Demand your rights to information

By ROBERT JUMPER

Tutiya (Snowbird) and Clyde, N.C.

I am dumbfounded by some of the warnings and recommendations that are coming from authorities and social services groups these days. One advisory had to do with preventative measures for leaving a child in the backseat of a vehicle. One of the “tricks” this agency recommended was to put something important in the backseat with the child so that the par-

ent would remember that item and it would prompt them to remember their child. Seriously? Must you put something you really care about in the back seat, maybe your laptop or purse, to remember your child is back there? Many new vehicles are being equipped with a sensor and an onboard screen reminder to check your back seat for your kids. Amazing!

You really do not have to dig very deep into the web to find more examples of what Reader’s Digest calls “labels that make us question our faith in humanity”. Product manufacturers not only attempt to look after the less mentally acute clients, but also do their very best to buffer themselves from lawsuits brought by those unwitting product users. Here are

some examples from the Digest’s files.

A wheelbarrow manufacturer’s warning label states, “Caution: Not intended for highway use”. A baby stroller manufacturer felt the need to tell us “Caution: Remove child before folding”. A note on a digital health thermometer reads, “Warning: Once used rectally, the thermometer should not be used orally”. This note on the back of a Chipotle semi-truck trailer was apparently meant to keep hungry folks from tailing the truck, hoping to get their Tex-Mex fix, or Chipotle delivery truck hijackings are more of a thing than I thought. It reads “Notice: Drivers do not carry burritos”. A warning label on a takeout coffee cup reminds us that you should “Avoid pouring on crotch area.” This warning was probably precipitated by the famous 1992 case of Liebeck versus McDonald’s, in which she sued the company for a hot cup of coffee that she spilled on herself. The 49-cent cup of coffee turned into a two-year disability for Ms. Liebeck and a six-digit settlement for her from McDonald’s. Or how about the jet ski company that felt it necessary to advise, “Warning: Never use a lit match or open flame to check fuel levels”. There is a dishwasher company that tells us, “Notice: Do not allow children to play in the dishwasher”. Aren’t you glad that a company selling packaged fireplace logs reminds you that “Caution: Risk of fire”? Or the fishing hook company that lets you know that a fishing hook is “harmful if swallowed”.

Here’s a little wisdom for the office that we, at the One Feather, observe. We have a laser printer in the office. We are very appreciative of the warning label that reads,

“Warning: Do not eat toner”. We do scratch our heads over the cautionary message on a letter opener that says, “Caution: Safety goggles recommended”. As the Digest suggests, “How aggressively are people opening their letters?” (from 20 Stupid Warning Labels That Will Make You Feel Like a Genius, 2025, Reader’s Digest Editors).

Our modern society bombards us with propaganda and even software innovations to push us not to think and do for ourselves. We have discussed previously how little the population trusts organized media for truthfulness and unbiased reporting, and yet we base some of our most crucial decisions on information we receive from those same media sources, in addition to unvetted special interest organizations, and even the friends that we have never met in person on Facebook. We are trained not to think, not to question, not to draw rational conclusions. In essence, we are told not to use our common sense, just trust what is said, like we are lemmings.

One commentator, David Icke, says, “Lemmings are small rodents who have been known to follow each other as they charge to their deaths into raging rivers or off of cliffs. ‘Lemminghood’ is an innate psychological phenomenon, present in most mammals and observable in common people as well as the most sophisticated and educated elites. ‘Lemminghood’ is not an intellectual phenomenon. It is psychological. As such, no socio-economic class is immune to its strangulating effect. A grant-seeking university scientist can be a lemming just as much as a fashion-obsessed teenager. One blindly follows the latest trendy

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theory, while the other blindly follows the latest trendy clothing style. Neither can resist the force of nature. The power to fit in with one's social peers can be irresistible. To a human lemming, the logic behind an opinion doesn't count as much as the power and popularity behind an opinion". (The Road Map, David Icke, 2026)

Humanity is about as trusting as it has ever been, historically speaking. Many of the extreme conservative and extreme liberal viewpoints come from information supplied from sources that have never been vetted or where the vetting is suspect, or as the younger generations say "sus". You might think that followers would stop and say, "hold on, that just doesn't seem right" when they are faced with a proposition that is

extremely apart from their norm, but not so.

Ron McIntyre, who is listed as a "Leadership Anthropologist, Author and Consultant", wrote about this follower mentality in March of last year. He gave 10 reasons, so many are acting like lemmings. The list included the social media echo chamber, making people more susceptible to groupthink. AI-driven trends, allowing artificial intelligence to curate our experiences and follow the digital herd without realizing how much AI is leading us by the nose, we fear missing out if we don't follow the crowd; we succumb to corporate manipulation, allowing establishment leaders to push in a certain direction; we have an over-reliance on influencers, trusting them blindly with our thoughts

and feelings; political polarization from groups of extremists pulling us from rational thought with irrational messages; we don't critically think for ourselves, being willing to adopt everyone else's point of view without thinking through the matter alone; we give ourselves over to mass psychological stress relying on collective behavior to relieve our situations; increasing dependence on virtual reality escapism, enjoying the digital world more than reality; and the decline of individualism, the cultural shift from individual identity to a more collective identity. (ronmci.medium.com)

Disclaimer: Some commentators suggested that lemmings following each other to their deaths is an urban legend. Regardless, they have become a symbol of following blindly and extreme herd mentality.

It is more challenging than ever to find the facts and truth needed to make rational decisions based on common sense. For example, when governments withhold information from the citizenry they serve, the community is left with no way to make good judgments on laws, projects, or even to select public servants to provide leadership. We see this tendency to withhold information from federal, state, local, and tribal governments. It is possible to be a person or a government with integrity and high character and still be fearmongered into believing that it is better to keep a community in the dark rather than be transparent and allow the community to play a role in their

destiny.

I am not a big fan of placation. It was a tool of the federal government when tribes were placed on reservations. The message was that if Indigenous peoples were quiet and compliant, the government would supply their needs and allow them to live peacefully. This promise came after, in some cases, brutal removal of those indigenous peoples from their homelands and total disregard for treaty guarantees. They were stripped of their human rights and prepared for assimilation. You would think that we would be, as Indigenous peoples, particularly sensitive to civil rights and any attempt to withhold information that rightfully belongs to us.

When we see a government authority proposing legislation to further restrict our access to information, we must question those actions and that legislation. Keeping in mind that each time we give up information, we also give up the ability to make rational, common-sense decisions for ourselves. We give up power that belongs to us. Cherokee pride, sovereignty, and transparency become nothing more than buzzwords if we are not knowledgeable and leading, instead of acting like lemmings.

I tried to think of a fitting warning to sum up this whole lemming phenomenon, and I kept coming back to what so many mothers have said to their children. Mom used to say, "And if your friends jumped off a cliff, would you follow them?"

MISSING

Kelly Marie Hunt

American Indian/Alaska Native

Height: 5'4" Weight: 155 lbs

Female Age: 19

Hair: Black Eyes: Brown

Date of last contact: January 7, 2026

Last Known Location:

Anchorage, Alaska

Circumstances of Disappearance:

Kelly was last seen on foot in the area of 32nd Avenue and Oregon Drive around 6:00 am on January 7. Kelly was last seen wearing a dark jacket and dark pants.

If you have seen or have information about Kelly Hunt contact Malia Miller, Missing Persons Clearinghouse Manager, Alaska State Troopers (907) 269-5511.



Source: Namus.gov

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THE GOOD STUFF

Elvia Walkingstick brings a fire to Cherokee language and culture

By SCOTT MCKIE B.P.

One Feather Asst. Editor

CHEROKEE, N.C. – At the 2025 Cherokee Indian Fair Parade, I took a photo of Elvia Walkingstick on a float, distributing candy, that I feel embodies the spirit of who she is as a Cherokee woman – smiling, working for the community, being strong and present.

Elvia Walkingstick, a member of the Eastern Band of Cherokee Indians from Elawodi (Yellowhill), is a passionate Cherokee language learner, community member, and artist. She approaches everything she does with a zeal and strength to make sure a Cherokee voice is included.

Walkingstick was part of the EBCI contingent attending the 2025 WIPCE (World Indigenous Peoples Conference on Education) in Auckland, New Zealand in November 2025. EBCI attendees spoke about their trip during a special presentation at the Yellowhill Activity Center in Cherokee, N.C. on the evening of Tuesday, Jan. 27, 2026.

She noted, “What I’m taking away from New Zealand is the community piece that they built for themselves. One generation ago, they made up their mind, as a community, that this is what they were going to do, that they weren’t going to ask the government, they weren’t going to ask people even within their community for permission. They were just going to identify exactly what they knew that they needed to do and then do that. So, the people we were meeting had been raised with that mindset, so they watched their grandmothers, their mothers, their fathers put in the work – hold that space for themselves and their community to create these nests for themselves. They had to built it. They didn’t just exist.”

From language-learning to community action, Walkingstick approaches everything she



Elvia Walkingstick throws candy to the crowd from a float in the Cherokee Indian Fair Parade in Cherokee, N.C. on Oct. 7, 2025. (SCOTT MCKIE B.P./One Feather photo)

does with fire and passion and from a community-first mindset.

I had the pleasure of working with Walkingstick for several years as she served as the One Feather subscription clerk. During that time, she wrote a commentary for the paper entitled “Elders are the gems of a culture, do not abuse them” where she wrote eloquently about the need to protect elders and treat them respectfully.

She wrote, “They are true gems forever embedded in our history and survival. Our elders guide our lives well into the next generation. They’re our advisors, our confidantes, and our link to what was and what will be. This link, crucial for our minds, bodies, and spirits, can only be shared with us through their stories of life, tradition, and sacrifice.”

In April 2025, Walkingstick was part of the cohort from CLMAP (Cherokee Language Master Apprentice Program) who received the 2025 Impact Award for Community-Engaged Teaching, Learning, and Research from the WCU Center for Community Engagement and Service Learning. The group – which also consisted of Hartwell Francis, Meshay Long, Aaliyah Swimmer, Michelle Long, Madison Long, and Olivia Owle – received the award

for their collaboration with WCU professor Tatiana Potts on seven hand-printed books on Cherokee culture.

In October 2020, the Campaign for Southern Equality produced a series of videos entitled “Indigenous Wisdom from the Mountains”. Several EBCI tribal members were involved in this including Walkingstick, Mary “Missy” Crowe, Lisa Montelongo, Tyson Sampson, and Amy Walker.

Walkingstick has recently entered the realm of fashion design and has participated in several Kanesgi Fashion Shows in Cherokee with the fashion team known as Aniyona consisting of herself, Madison Long, Meshay Long, and Aaliyah Swimmer.

The Kanesgi website bio on Walkingstick states in part, “Walkingstick draws her inspiration from her own community and finds strength in being a strong Cherokee woman. For this reason, she takes her role as taline agitsi (my maternal aunt) and community artisan very seriously and eagerly shares her work with younger generations.”

That sums up Walkinstick really well – strong, community-minded, and grounded in Cherokee culture.



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INFRASTRUCTURE	<input type="checkbox"/> Once pre-approved/qualified, the infrastructure application must be completed. <input type="checkbox"/> Legal description proving ownership of the property must be included. <input type="checkbox"/> Must be an EBCI enrolled member constructing a permanent residence on trust lands to receive Infrastructure services.
HOME BUYING SEARCH & QUOTE	<input type="checkbox"/> Prequalified borrower will begin their house search, keeping in mind the size of the site that was approved. <input type="checkbox"/> Borrower will request a sales quote, floor plans and foundation plan for their home. <input type="checkbox"/> After receiving quote and house plans, Borrower will submit all documents and drawings to Homebuyer Services Coordinator. <input type="checkbox"/> Homebuyer Services Coordinator will submit estimate, plans and drawings to Infrastructure. <input type="checkbox"/> Simultaneously, HBS Coordinator will submit same plans to the lending institution, as well as financial documents to keep loan active. Financial documents are updated with lender every 30 days.
DOWN PAYMENT ASSISTANCE (DPA) & LOAN PROCESS	<input type="checkbox"/> Homebuyer Services Coordinator will process documents to request Down Payment Assistance for 20% of sales contract amount, up to \$50,000.00, and will request \$5,000.00 in Rate Buy Down (RBD) gift funds simultaneously. <input type="checkbox"/> Coordinator will submit to Loan Compliance Committee for review. Committee will review for completeness of application. <input type="checkbox"/> Completed applications are submitted to Secretary of Housing for approval and signature. <input type="checkbox"/> Approved applications are then submitted to the Principal Chief for approval and signature. <input type="checkbox"/> The approved and signed applications are returned to Homebuyer Services Coordinator. <input type="checkbox"/> Coordinator will continue to send financial docs on a continual basis to lender until loan close is scheduled.
CIDH & REALTY – On Trust Lands	<input type="checkbox"/> After receiving signed loan approvals, the Homebuyer Services Coordinator will send DPA firm commitment to Tribal Realty to initiate Ownership Statement (OS), Lease and Assignment. <input type="checkbox"/> Coordinator will also send a letter to lender to notify approval of DPA and RBD. <input type="checkbox"/> Once OS, lease and assignment are received, these documents will be forwarded to the lending institution. <input type="checkbox"/> Lending Institution will contact client to “lock in” their interest rate, taking into consideration the gift funds to purchase discount points.
DPA funds – Off Trust Lands	<input type="checkbox"/> After loan approvals are received, Coordinator will send letter notifying lender the borrower has been approved for DPA and RBD funds and request closing attorney information. <input type="checkbox"/> Coordinator will complete the Promissory Note and Deed of Trust and to be signed at closing and recorded at Register of Deeds in the county of purchase. <input type="checkbox"/> Closing attorney will send copy of recorded documents back to Coordinator. <input type="checkbox"/> Coordinator will submit recorded documents to Realty to be recorded for off-boundary loans.
LOAN CLOSE	<input type="checkbox"/> Prior to loan close, Coordinator will request AP checks for issuance of DPA and RBD to be disbursed to the lender at closing. <input type="checkbox"/> Coordinator will notify Site Prep that loan has closed. <input type="checkbox"/> Home construction may start after loan close. <input type="checkbox"/> Client will begin working with Lender’s Construction Loan Specialist for completion of construction.
SITE PREP SCHEDULING	<input type="checkbox"/> Signed purchase agreement, house floor plans and firm commitment must on file with homebuyer services and Infrastructure. <input type="checkbox"/> If 1 acre or more will be disturbed during site prep construction, a SWPP (Storm Water Protection Plan) must be completed by our contractor before any work can begin.
SERVICES PROVIDED BY INFRASTRUCTURE FOR NEW HOMES	<input type="checkbox"/> For qualified EBCI enrolled members residing on trust land, Infrastructure provides: <input type="checkbox"/> Site Prep, Footers, Block Foundation, Block Underpinning, Vinyl Underpinning, Gutter System and Final Grade to prevent erosion.

CONTACT INFORMATION

Tribal Realty	Infrastructure Dept.	Housing Services	Timber Permits
Michelle Ruffman: (828) 359-6913	Denny Ensley: (828) 359-6841	Michelle Stamper: (828) 359-6904	Michelle Ruffman: (828) 359-6913
Ka'ila Cucumber: (828) 359-7442	Sarah Crowe: (828) 359-6121	Misty Milsaps: (828) 359-6919	
Renee Long-Cole: (828) 359-6971	Nekyle Lossiah: (828) 359-6839	Tina Larch: (828) 359-6912	
	Joel Queen: (828) 359-6844		

Living the Arte Suave

Walks of opportunity

By ARMANDO BASULTO

Whether it be in the middle of a summer heat wave or a winter ice storm, you can almost bet hard, cash money that you will find some dedicated runners and joggers, risking life and limb, or at least pneumonia or heat stroke, running down your street or country road. They have different gaits or speeds when they run but many of them seem to have officially licensed jogging gear with either colorful athletic wear or sneakers/running shoes that cost as much as the average home's Smart TV.

There also seems to be a special matching sunglasses visor set that most runners are issued when they join their local jogging collective. Runners, joggers and sprinters are all definitely in great muscle tone and cardiovascular health. This is not just because running has great health benefits. The real reason hobbyist-runners glean the most benefits from their exercise routine is because of commitment. They run every day. People serious about their running schedule follow the famous inscription on the NYC Post Office building; "Neither snow nor rain nor heat nor gloom of night stays these couriers (runners) from the swift completion of their appointed rounds". Even on vacation or business trips, they bring their running kit to make sure they don't skip a day.

But not everybody has that kind of commitment or schedule to religiously squeeze their running in daily and consistently. Running sporadically and haphazardly can be grueling on the body and mind. Physically, staying on a consistent running schedule, varying intensity and distance, helps mitigate muscle soreness and joint aches. Mentally, runners are always chasing either their PR (personal record for time) or "effort-comfort ratio" (tracking as a particular distance and pace become easier). Missing run days can set a runner back in these self-imposed benchmarks.

A more accessible exercise option for many folks is walking. Walking is requires no special equipment or shoes, can be done anywhere and because of its low

impact, requires less recovery time. It has longer sustainability because its easier on the knees, feet and hips. Walking also helps regulate stress and, unlike running, can actually lower your cortisol levels (stress hormones).

Walking, unlike jogging or running, is something that you don't have to schedule into an already busy modern daily grind. Rather walking is something that in many cases just "happens". The average person in the United States walks about 1.5 to 2.5 miles a day (calculated from the average American taking anywhere from 3,000 to 5,000 steps a day. This may seem like a lot of ground to cover in the span of a day but this estimate is actually below what would be considered "sedentary lifestyle". Though your work and

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lifestyle will impact how much walking you do on any given day, knowing you are already getting in about 2 miles a day in steps by just going about your daily tasks should be encouraging; you are already on your way! The trick to getting the most benefit out of these already existing walking moments, is to identify them as walks of opportunity and utilize them for your health.

For starters, not everyone has or wants a pedometer. Having something track your steps all day can be stressful to some, creating the feeling that you're a hamster in a cage running on a squeaky wheel. However, if you are always carrying your iPhone or Android, both have apps that will track your number of steps every day.

The Health app on iPhone will

even track as your steps increase. If you want to go "old school", set a timer for one minute and count your steps as you walk. Once you have how many steps you walk in a minute, use that to calculate your total step-count every time you walk.

For overall health and vitality, 10,000 steps a day should be your baseline. This would be between 4 to 5 miles of walking, depending on your stride. For example, a 6'2" person may cover 5.5 miles, while a 5'6" person covers 4.4 miles in 10,000 steps. How can we add these extra steps a day? You will be surprised how you can raise your daily steps with just some simple daily tricks and start closing the distance to that 10,000 step goal.

One simple hack for upping

your step count is what I call the "parking handicap" (as opposed to handicap parking for folks who need the closer parking spaces). In sports, a handicap is used to equalize competition between players by giving the less-skilled side an advantage or the better-skilled side a disadvantage. In a parking lot, the parking handicap means I will park farther away from the entrance than others to get in more steps from and back to my car. This is obviously easier in large parking lots than it would be in street parking situations but the opportunity almost always presents itself to walk an additional 100 steps in 50yd. Of course, this parking tactic is only available when feasible and safe but it's one that is most often missed as an opportunity.

If your job schedule allows for a lunch time, you can estimate how much time it normally takes you to eat, they use the rest or some of your allotted "lunch time" to walk. Though eating a meal should be taking 15 to 20 minutes to eat in a healthy manner, the average American eats a meal in between 8 to 10 minutes. Rather than scroll on your phone for the remainder of your lunch break, get out and walk for 10-20 minutes. That's another 1,000 to 2,000 steps and you may also get the benefits of being outside!

The benefits of even casual daily walking are many, but most people don't realize it because they imagine "exercise" as something that is separate from their daily life. A quick review of your daily schedule will show you how much you are already "exercising" just going about your day and with just minimal effort, you can increase your walking steps into the "sweet spot" of 10,000 steps for best health benefits.



CHEROKEE INDIAN FAIR

2026 CHEROKEE INDIAN FAIR THEME CONTEST

PRIZE IS \$250 FOR THE WINNING ENTRY!

If you are an enrolled member of the Eastern Band of Cherokee Indians, you are eligible to enter this contest. Here are a few simple rules:

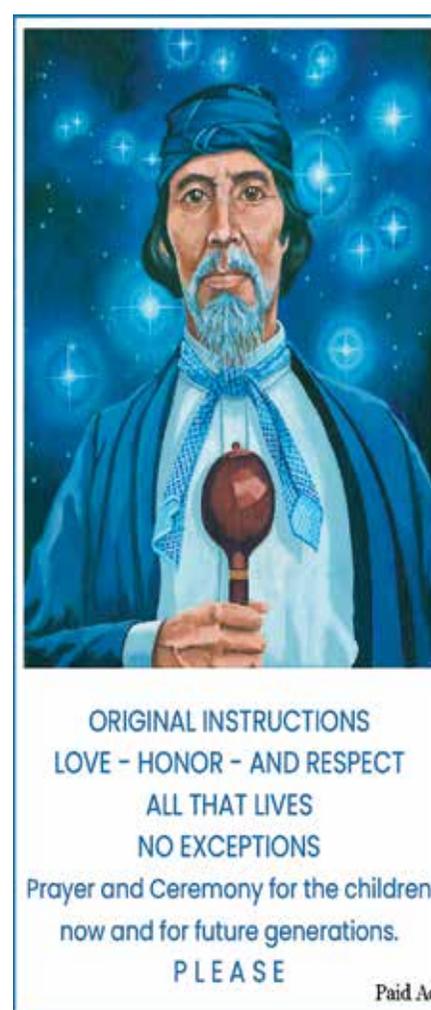
- *Contest is open to all ages. Entrants younger than 18 years of age must have a parent or guardian to co-sign the liability release form and submit it with a W-9 form.
- *The theme MUST be culturally oriented.
- *The theme must be seven words or less and write a short paragraph describing the meaning of your theme. (Last year's fair theme was "Connecting Our People, Plants and Culture")
- * Only one entry per person.

The entry forms will be available at the Cherokee Welcome Center, (828)359-6490, between the hours of 7:45am till 4:30pm, daily. Forms can also be emailed to interested participants. Please contact Lisa Frady at lisafrady@ebci-nsn.gov or Brandy Sequoyah at bransequ@ebci-nsn.gov for a form.

Deadline for entering the contest is **Friday, February 3rd at 4:00 pm**. Please email your entry form to Lisa Frady, Brandy Sequoyah or turn it in at the Cherokee Welcome Center.

The winner will be selected at the next Cherokee Indian Fair Committee meeting on February 4th, 2026.

****EBCI DESTINATION MARKETING DEPARTMENT, AND THEIR IMMEDIATE FAMILIES ARE NOT ELIGIBLE TO ENTER CONTEST.****



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Your engine light is on,

Part 2 of 2

By Lamont H. Fuchs, Ed.D.
(<https://preacherspurs.com>)

Scripture references: Psalms 1:1-2, 1 Corinthians 2:6-16, Romans 12:2, Matthew 4:1-11, Philippians 4:8, Romans 8:5-8, Romans 8:38-39.

The warning light urges you to react and become active in trying to find out what is wrong. Investigative research will lead you to act if needed; sometimes, you must do something as soon as possible. No decision is a decision, and it is usually the wrong one. (Paul and Elder 2012)

Peter A. Facione, an identified leader in the use of Critical Thinking, said this in 2011, “Critical thinking is skeptical without being cynical. It is open-minded without being wishy-washy. It is analytical without being nitpicky. Critical thinking can be decisive without being stubborn, evaluative without being judgmental, and forceful without being opinionated.”

All this advice about indicators transfers directly to everyday living. Christians, especially, need to be critical thinkers, too. We must know where our truth comes from and never doubt it. Satan is the liar of all liars, and he will invade every thought process you have to skew the truth and give you the false indicator he wants you to react to.

Some of his best work is right inside your brain to doubt yourself and who you are. If you believe his lies, he will have you thinking you are not good, intelligent, strong,

rich, or powerful enough. Soon, you will give up without even trying. Do not accept the lies. The truth is that you are a child of God, and when you know that, you can brush off all those lies above.

The cartoon that shows the devil sitting on one shoulder and an angel sitting on the other shoulder whispering in the ears of the decision-maker comes to mind. Satan can't control your mind, but he can influence the way you think.

If you are wary that you might be lied to and you begin to accept the lie because the idiot light continues to blink, then it's time to reintroduce yourself to the only book of how to live on earth by God, the author of life.

“Finally, brethren, whatsoever things are true, whatsoever things are honorable, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if

there be any praise, think on these things.” Philippians 4:8

That devil sitting on your shoulder screaming in your ear, “Loser, Worthless, Unloved, Hated,” is lying to you. They come from the father of lies, the great accuser and master of false indicators. So shed that junk and believe what God says. Ask Him for help. Use His Word to combat the fiery arrows being shot at you. Read Matthew 4:1-11 and do what Jesus did when Satan tried to sway Jesus into sin.

“For they that are after the flesh mind the things of the flesh; but they that are after the Spirit the things of the Spirit. For the mind of the flesh is death; but the mind of the Spirit is life and peace: because the mind of the flesh is enmity against God; for it is not subject to the law of God, neither indeed can it be and they that are in the flesh cannot please God.” Romans 8:5-8

And never forget that God is

on your side. You have become a child of God, and as such, who can be against you if God is for you? The battle has been won; stay on the right side.

“For I am persuaded, that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord.” Romans 8:38-39

Lord, Father of life and Creator of all things, protect us daily from the one seeking to destroy our minds and lives. Remind us through the Spirit to seek Your Word and truth. Help us maintain a Spirit-filled perspective on life and walk in step with You and Your will for us. Teach us daily and remind us of Your love; all good gifts come from You. Give us Your peace and spare us from evil. Amen.



THE ILLUSTRATED BIBLE

Rise up, my love, my fair one,
and come away!
O my dove, in the clefts of the rock,
in the secret places of the cliff,
let me see your face,
let me hear your voice;
for your voice is sweet,
and your face is lovely.

— Song of Solomon 2: 13,14 —



“Blue Nude 2” by Henri Matisse (1952)

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Amber Waves

OK, SON, JUST PICK OUT YOUR FAVORITE LURE AND WE'LL SEE IF WE CAN GET A BITE TODAY.



ALRIGHT, HERE WE GO. DROP IT DOWN THE HOLE.



NOW WE WAIT. THOSE FISH SHOULD COME ALONG AND SNATCH IT UP!



SERIOUSLY? PAINTED PLASTIC, FULL OF HOOKS, AND YOUR ISSUE IS IF IT HAS GLUTEN?



by Dave T. Phipps

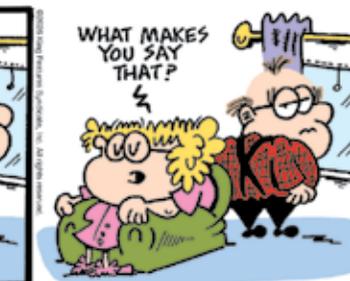
TIGER



by BUD BLAKE



The Spats



by Jeff Pickering

King Crossword

ACROSS

- 1 Table support
- 4 Mosque leader
- 8 Island near Java
- 12 Terre Haute sch.
- 13 Terse denial
- 14 Poetic tributes
- 15 Ecol. watchdog
- 16 Faints
- 18 Word list, for short
- 20 Japanese pond carp
- 21 Sty chow
- 24 Rebuffs
- 28 Review in detail
- 32 Pesky insect
- 33 Friendly leader?
- 34 Albacore and yellowfin
- 36 Playwright Levin
- 37 Finn's floater
- 39 Revamp
- 41 Vampire, by nature
- 43 Nobelist Walesa
- 44 Bar bill
- 46 Savory taste
- 50 Begin anew, as on January 1
- 55 — Angeles
- 56 California valley

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16				17				
18			19			20					
		21		22	23		24		25	26	27
28	29	30				31		32			
33			34				35		36		
37		38		39				40			
41			42		43						
		44		45		46		47	48	49	
50	51	52			53	54			55		
56				57					58		
59				60					61		

- 57 Egyptian river
- 58 Book-spine abbr.
- 59 Afternoon affairs
- 60 Darkens
- 61 Oklahoma city
- 5 Curly's brother
- 6 Devoured
- 7 Moo juice
- 8 Fan disapproval
- 9 Pt. of speech
- 10 Author Harper
- 11 Leb. neighbor
- 17 "Mayday!"
- 19 Bat wood
- 22 Egg
- 23 Prison-related
- 25 Rice or Auburn (Abbr.)
- 26 Naked
- 27 Rating unit
- 28 Basil or thyme
- 29 Smoothie berry
- 30 Cushy
- 31 Yard tool
- 35 Locks down
- 38 Block-dropping video game
- 40 Resistance unit
- 42 Scoundrel
- 45 Connection
- 47 Edison's middle name
- 48 Disposition
- 49 Actress Fisher
- 50 Retired jet
- 51 Dead heat
- 52 "I — Rock"
- 53 Half of XIV
- 54 Shade tree

DOWN

- 1 Schreiber of "Ray Donovan"
- 2 Hockey legend Phil, to fans
- 3 Avocado dip, for short
- 4 Rorschach pattern

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Weekly SUDOKU

		7		5		1		
		6				5	3	4
1	3							7
6		7				2		
	2						4	6
	4			8	7			
3	8	4				9		
2			1	7				5
6			9					

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

- ◆ Moderate
- ◆◆ Challenging
- ◆◆◆ HOO BOY!

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HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Side mirror is moved. 2. Grille is different. 3. Sign is taller. 4. Door handle is different. 5. Fence is different. 6. Headrest is added.

3	9	1	9	8	2	4	7	3
4	2	9	3	1	7	6	8	5
7	3	8	4	6	9	1	2	1
3	6	4	6	2	8	7	5	1
8	7	2	5	6	1	3	4	6
1	5	7	3	4	8	2	9	6
5	1	3	8	4	6	2	9	7
2	6	1	7	9	5	3	4	4
9	4	7	2	5	3	1	6	8

Answer

Weekly SUDOKU

A	D	V	S	D	I	M	S	T	E	A	S
L	O	L	I	N	I	L	E	V	O	L	S
S	T	A	R	T	O	V	E	R	L	O	S
L	M	A	V	I	T	A	B	L	E	M	I
B	I	T	T	E	R	L	E	C	H	O	S
R	A	F	T	M	A	K	E	O	V	E	R
E	C	O	T	U	N	A	S	I	R	A	V
H	A	S	O	V	E	R	G	N	O	V	A
S	L	O	P	S	N	U	B	S	I	N	G
V	O	C	A	R	B	A	L	L	E	T	E
E	P	A	K	E	L	S	O	V	E	R	S
I	S	U	I	T	I	O	N	O	D	E	S
L	E	G	I	M	A	M	B	A	L	L	E

Solution time: 24 mins.

Answers

King Crossword



by Fifi Rodriguez

1. GAMES: What color is Sonic the Hedgehog in the video game?
2. GEOGRAPHY: What is the former name of the U.S. Virgin Islands?
3. MOVIES: What are the colors of the striped sweater Freddy Krueger wears in "A Nightmare on Elm Street"?
4. MEDICAL TERMS: What is a more common name for pneumothorax?
5. HISTORY: By which name is Martha Jane Canary more commonly known?
6. TELEVISION: What is Hawkeye Pierce's real first name in the "M*A*S*H" series?
7. ANIMAL KINGDOM: What is a group of larks called?
8. AD SLOGANS: Which car company uses the ad slogan "Driven by passion"?
9. MYTHOLOGY: What is the head of the Egyptian god of death, Anubis?
10. GENERAL KNOWLEDGE: What is the currency of Japan?

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Benefits and Fundraisers

Upcoming Turkey Shoots at the Jesse Welch Turkey Shoot Facility in Kolanvvi (Big Cove) in Cherokee, N.C.

- Feb. 7 at 3 p.m., Wheelchair Basketball travel expenses fundraiser for Rayne Queen. Frybread dinners will be available.

Big Y Breakfast fundraiser.

Feb. 21 starting at 8 a.m. at Big Y Community Building 2641 Wrights Creek Rd., Cherokee, NC. 28719. \$10 platter includes: scrambled eggs, potatoes, biscuit, gravy & your choice of bacon or sausage and drink (orange juice, apple juice, coffee or water). Info: Bunsey (828) 788-4879.

EBCI Community Events

Childbirth Classes. Feb. 10, 17, and 24 from 5 p.m. – 7 p.m. in the Cherokee Choices Community Room 806 Acquoni Rd, Cherokee, NC. 28719. Info: Tricia Carver (828) 788-4401 email triccarv@ebci-nsn.gov

FIT Fridays. Feb 6 – March 13 from 12 p.m. – 1 p.m. at Cherokee Choices 806 Acquoni Rd., Cherokee, NC. 28719. Info: Tori (828)359-6778

SEAT Workout and Nutrition Classes. Feb. 6, 13, 20, and 27. from 9 a.m. – 10 a.m. at Cherokee Choices 806 Acquoni Rd., Cherokee, NC. 28719. Info: Shelby (828) 359-6783

Elder Member Appreciation Day. Feb. 12 from 5 a.m – 3 p.m. at the Cherokee Fitness Complex 37 Cherokee Boys Club Loop Cherokee, NC. 28719. Come out,

bring a friend, there will be food, door prizes, challenges, swag and demonstrations of the new recovery equipment (hydromassage beds and compression sleeves, call to reserve your time slot to try the new NORMATEC compression sleeves). INFO: (828) 359-6495.

Sweetheart Market. Feb. 12 from 10a.m. – 3 p.m. at the Pam Taylor Gym 10 Old Gap Rd., Cherokee, NC. 28719. Over 30 vendors, gifts for your sweetheart. Several varieties of food onsite. INFO: Angie Garcia (828) 778-4585.

Valentine's Fashion Market. Feb. 13 from 4p.m. – 7 p.m. at the Ray Kinsland Leadership Institute 171 Boys Club Loop, Cherokee, NC.2 8 719. Snag a last minute gift for your loved one. Featuring Kananesgi Artists: Faith Long-Pressley of Ganvhida Design, Tara McCoy, Tonya Carroll, Alicia Wildcatt of Greybeard Metal Smithing, Paula Wojtkowski of Unapologetically Rez, Tooter Owens, Mary Thompson, Alex Lane and Louise Goings. Info: kananesgi17@gmail.com

Member Appreciation Day. Feb. 18 from 5 a.m – 6 p.m. at the Cherokee Fitness Complex 37 Cherokee Boys Club Loop Cherokee, NC. 28719. Come out, bring a friend, there will be food, door prizes, challenges, swag and demonstrations of the new recovery equipment (hydromassage beds and compression sleeves, call to reserve your time slot to try the new NORMATEC compression sleeves). INFO: (828) 359-6495.

Books on the Boundary: "The Bone Thief". Feb. 18 at 5:30 p.m. at the Museum of the Cherokee

People Store 589 Tsali Blvd., Cherokee, NC. 28719 Museum of the Cherokee People's book club meets to discuss "The Bone Thief" by Vanessa Lillie (Cherokee Nation). Info: (828) 497-3481

Big Y Community Yard Sale.

Feb. 21, doors open at 8 a.m. at Big Y Community Building 2641 Wrights Creek Rd., Cherokee, NC. 28719 Info: Bunsey (828) 788-4879.

EBCI Community Night with the Georgia Swarm.

Feb 28 at 7:30 p.m. at the Gas South Arena 6400 Sugarloaf Pkwy., Duluth, Ga. 30097. As a member of the Eastern Band of Cherokee Indians, you may claim up to four (4) complimentary tickets to the

Georgia Swarm's annual Native Heritage Night on Saturday, February 28, 2026 at Gas South Arena in Duluth, GA. Simply login to <https://www.gofevo.com/event/EBCINHN260228>, to select your seats. Upon adding seats to your cart, your discount code will be automatically applied for the four (4) complimentary tickets! An order processing fee of \$5 will be applied at checkout.

Spring Rod Run. April 24- 25 Old Cherokee High School Site, 1501 Acquoni Rd., Cherokee, NC. 28719. Thousands in Cash Giveaways, Early Bird Show and Shine Thursday after Lunch, Tool Box and Cooler Scooter Raffles, 50/50, Cruise Thru the Great Smokies National Park, Participant Meal,

CHEROKEE PET OF THE WEEK

Ganasav hia svdodagwasdi asuyagida

SŌHi ᄇD RVLLᄇJ DᄇᄇYL



Duke and Rex Medford-Goings live with Kasey and Eddie Goings in Elawodi (Yellowhill).

Duke is a 7-year-old Blue Dapple, and Rex is a 1-year-old Black and Tan Dachshund.



Sponsored by:

CHEROKEE

ANIMAL CARE CLINIC

828-497-3401
1100 US 441N, Whittier, NC 28789

Valve Cover Racing, Model Car Contest, Vendors, Swap Meet, Food Vendors, Home Built Trophies, and More! Pre-Register before April 10 and be entered for a huge cash prize. Info: Cherokeeodders.com

Cherokee Cultural/Historic Events

Fingerweaving Fridays. Feb. 6, 13, 20, & 27, 2:30pm-4:30pm
Museum of the Cherokee People Art Studio 589 Tsali Blvd, Cherokee, NC. 28719 Bring a project or choose materials from the Museum's selection at this free craft circle open to beginner and

experienced weavers. Info: (828) 497-3481

Cherokee Winter Social. Feb. 28 at the Peaches Squirrel Sports & Rec. Complex 1212 Birdtown Rd., Cherokee, NC. 28719. MC: Catuce Tiger. Everyone welcome! Traditional dress and ribbon shirts/skirts encouraged. All Cherokee singers welcome, bring your rattles & drums. Food provided by Nikki's Frybread.

EBCI Community Regular Meetings

see **EVENTS** next page



ARIES (March 21 to April 19) A gracious Lamb can learn more about a problem-filled situation than one who is openly suspicious of what could be happening. A friend might offer some well-directed advice.

TAURUS (April 20 to May 20) Getting adjusted to an unexpected change might be difficult for the Bovine, who prefers things to go according to plan. But help could come from a most welcome source.

GEMINI (May 21 to June 20) This could be a good time to get a head start on some career-related plans. The sooner you check out the pluses and minuses, the sooner you can act on your information.

CANCER (June 21 to July 22) A personal situation that you thought would no longer present a problem could suddenly produce some surprises. Try to sort things out with the help of your trusted colleagues.

LEO (July 23 to August 22) An upcoming move holds both anticipation and anxiety for Leos and Leonas who have some big decisions to make. Advice is plentiful, but it's up to you to decide which way you want to go.

VIRGO (August 23 to September 22) Someone from a previous project could provide valuable guidance on how to handle a current problem, especially where it might involve a legal matter.

LIBRA (September 23 to October 22) A business situation presents some unexpected complications. But rather than trying to handle them all at once, it would be best to deal with them one at a time.

SCORPIO (October 23 to November 21) You just might get what you want despite the odds against it. In any event, be sure to thank all the people involved who believed in you and went to bat for you.

SAGITTARIUS (November 22 to December 21) Before you even hint at an accusation, remember that you'll have to prove what you say. So, be sure that you have what you need to back up your comments.

CAPRICORN (December 22 to January 19) A romantic situation takes an unexpected turn that favors some Sea Goats but causes others to reassess how they've been handling the relationship.

AQUARIUS (January 20 to February 18) A surprise turn of events could unsettle the Water Bearer. But it might also help to open up an entirely different way of working out an important matter.

PISCES (February 19 to March 20) A smoothly running operation could bump up against an obstacle. This is where your ability to assess situations and make adjustments can restore things to normal.

BORN THIS WEEK: Your kindness is legendary, and so is your strong sense of responsibility. You most likely do well in humanitarian efforts.

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VETERANS POST

by Freddy Groves

Using your GI Bill education benefits

GI Bill education benefits come with several forms of help, including a monthly housing allowance (MHA). To be eligible for a full-time allowance, you need to be enrolled in a full-time slate of classes that equal 12 credits. But it's not quite that simple.

The actual amount of money you receive for the MHA depends partially on where you live (more if the area has a high cost of living) and partially on how you attend those classes. If you're taking all of your full-time classes online, did you know that you can increase your housing allowance by taking at least one in-person class? That one class changes your MHA category to in-person, getting you more benefit money, nearly double the rate you would get for only attending classes online. If all of your classes are online, your monthly housing allowance will be approximately half of the national average, which is quite a deduction.

To find a school that qualifies for you to receive benefits, go to www.va.gov/education/gi-bill-comparison-tool. Be certain your school qualifies; the January 2026 file of GI Bill Quick Facts indicates there are over 600 suspended institutions. Ask at the school about what they call "hybrid" classes, the combination of online and in-person classes, and if they're allowed.

Many of your questions about your education benefits can be answered at www.va.gov/education/about-gi-bill-benefits/how-to-use-benefits. When it's time to apply, you can do that online at www.va.gov/education/how-to-apply. Start at the top of the page with the eligibility information. Note the service periods: 90 days of active duty after Sept. 10, 2001, or 30 days of continuous service after that date, or if you received a Purple Heart after that date.

Be sure to look at the details for the Yellow Ribbon Program. It covers several expenses the GI Bill doesn't, such as out-of-state or graduate school tuition.

Where there is a desire for education, there is usually a way to make it happen. Call the VA Education Call Center at 888-442-4551 for help.

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Trouble finding a pet-friendly apartment? You're not alone

DEAR PAW'S CORNER: I've been struggling to find an apartment that will accept pets. I have a parakeet named "Bert" and a big mutt of a dog named "Georgie," and while some landlords are OK with a bird, they all draw the line at dogs. My current lease is not being renewed, and I only have a few weeks left to find a place. Why do so many landlords not allow pets? I'm so frustrated. — Cary in Waltham, Massachusetts

DEAR CARY: Trying to find a rental property in or near a major city that accepts pets is a tough slog. Why has it become so? A number of factors are at play, but they all add up to the same thing: Landlords don't want the liability and maintenance issues that they assume pets cause in rental properties.

This attitude caused pet deposits to skyrocket — \$300 to \$500 per pet in some cases — and "pet rent" (additional fees each month from \$35 to over \$100) to become a thing at many properties. Other landlords simply banned pets altogether, making an exception only for service animals. For renters who aren't able to come up with the extra fees, the choices they have are stark: Either try to find another place, or give up their pets in order to find housing. This has hit elderly renters especially hard, and their beloved pets frequently end up in shelters.

What solutions are there? Short term, not many. There are still some deluded folks who ask, "Why don't pet owners just buy their own house?" But most of us know the answer to that. In Massachusetts, the MSPCA (Massachusetts Society for the Prevention of Cruelty to Animals) is supporting two pet-friendly housing bills, but any change will be slow to arrive.

Send your tips, comments or questions to ask@pawscorner.com.

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EVENTS: From page 29

NAIWA (North American Indian Women's Association, Inc.) Cherokee Chapter meets the second Thursday of each month at 4:30 p.m. at the West Senior Center in Cherokee, N.C. Eligibility for membership: any American Indian or Alaska Native or Canadian First Nations woman, 18 years of age or older, who is officially identified as a member of a federally recognized Indian Tribe/Nation. The meetings contain information on purpose and further aims. All who meet the eligibility are invited to attend.

Dinilawigi (Tribal Council) Meetings

(All meetings are held in the Cherokee Tribal Council House in Cherokee, N.C. unless otherwise noted.)

Dinilawigi (Tribal Council) regular session. Feb. 5 at 8:30 a.m.

Community Services Committee. Feb. 9 at 9 a.m.

Lands Acquisition Committee. Feb. 9 at 1 p.m.

HIP Committee. Feb. 11 at 8:30 a.m.

Lands Committee. Feb. 11 at 9 a.m.

Parks & Rec. Committee. Feb. 11 at 1 p.m.

TCGE Report. Feb. 18 at 8:30 a.m.

Qualla Enterprises LLC Report. Feb. 18 at 10 a.m.

Balsam Report. Feb. 18 at 11 a.m.

Qualla Housing Committee. Feb. 19 at 8:30 a.m.

TGC Report. Feb. 25 at 8:30 a.m.

EBCI Holdings Report. Feb. 25 at 9 a.m.

Kituwah/KGC LLC Report. Feb. 25 at 10:30 a.m.

Cherokee Indian Hospital Authority Report. Feb. 26 at 8:30 a.m.

Museum of the Cherokee People Report. Feb. 26 at 9:15 a.m.

Pow Wow Listings

Sweetheart Dance. Feb. 7 at the Bridgestone Intermediate School in Oklahoma City, Okla. MC: Carla Whiteman. Head Singer: Leonard Cozad Jr. Info: Felecita Toledo (405) 408-5310

Prairie Island Waniyetu Wacipi. Feb. 13-15 at the Treasure Island Resort & Casino Event Center in Welch, Minn. Emcees: Whitney Rencountre and Redwing Thomas. Host Drum: Bad River. Invited Drums: The Descendants, Hay Creek, Ironwood, Smokeytown, Bad Nation. Info: <https://prairieisland.org>

20th Annual Gathering at the Rapids. Feb. 14-15 at GLF Memorial Gardens in Sault Ste. Marie, Ontario, Canada. MC: Joey Awonohopay. Host Drum: Blackstone. Co-Host Drum: Bear Creek. Info: Elizabeth.nahwegezhic@algomau.ca

Quapaw Nation Gourd Dance and Hand Games. Feb. 14 at Miami Council House in Miami, Okla. MC: Awk-A-Noxie Hamilton. Info: Lane Ellick (918) 543-1853 or Shawn Ellick (918) 290-0026

15th Annual Bay Area American Indian (BAAITS) Two Spirit Pow Wow. Feb. 14 at Fort Mason Festival Pavillion in San Francisco, Calif. Info: admin@baaits.org

Spirit of Nations Pow Wow. March 28 at Jefferson County High School at 115 W. Dumplin Valley Rd. in Dandridge, Tenn. Info: www.indiancreekproductions.com

Yellowhorse Pow Wow Celebration. April 4-5 at Found-

ers Hall at 4950 Swinyar Dr. in Collegedale, Tenn. Info: Tammera Hicks (423) 240-7270 or NAServices.org@gmail.com

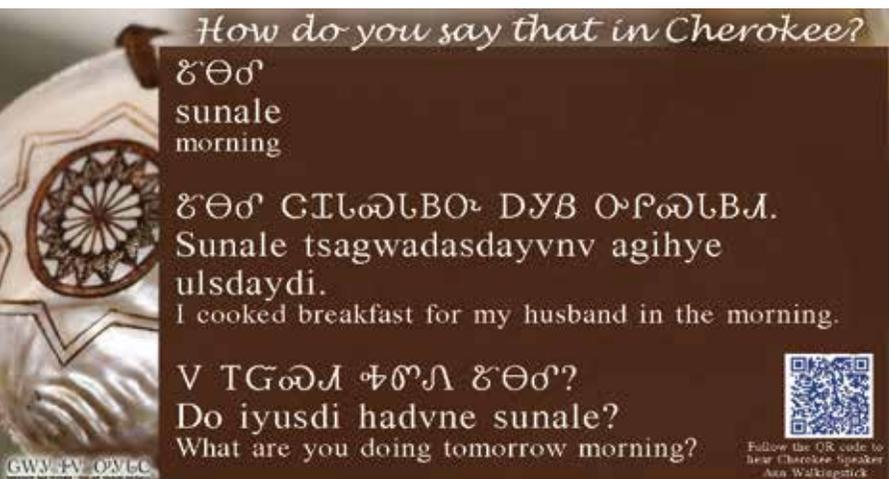
Support Groups

Alcoholics Anonymous meets every Thursday at 6:30 p.m. at Analenisgi. Info: www.AAwnc80.com

Celebrate Recovery meets every Tuesday at 6 p.m. at the Cherokee Baptist Church at 812 Tsalagi Road, in Cherokee, N.C. This is a Christ-centered recovery program for anyone struggling with hurt, hang-ups, and habits of any kind. All are welcome. Info: Chris Mc-Millan (828) 788-5410

Cherokee Cancer Support Group, potluck dinner with a speaker the first Thursday of each month at 5:30 p.m. at Betty's Place, 40 Goose Creek Rd, Cherokee, N.C. Anyone is welcome to attend the potluck. The group provides educational and emotional support to clients and families of the Eastern Band of Cherokee Indians members with cancer. The group can provide financial assistance for fuel, lodging, and transportation and also can assist with mastectomy items, nutritional supplements, wigs, and related products. The group can volunteer to take a client to their appointment if it is requested in a timely manner. Betty's Place is open Monday through Fridays from 10 a.m. to 2 p.m. Info: (828) 497-0788

Life@WesternCarolina meets each Wednesday morning during the academic school year the Life@ group meets on the campus of Western Carolina University in



Cullowhee, N.C. For those over the age of 50 and looking for ways to engage with the community. To learn more or register visit life.wcu.edu or contact Western Carolina University Educational Outreach (828) 227-7397.

MARA (Medication-Assisted Recovery Anonymous) meets Thursdays at 5 p.m. in the Rivercane Room at Analenisgi. Info: Analenisgi (828) 497-9163 or visit: <https://cherokeehospital.org/locations/analenisgi>

Narcotics Anonymous meets on Mondays at 6 p.m. at the Cherokee Indian Hospital. Info: North Carolina NA Helpline (855) 227-6272, or www.NA.org

Western N.C. and Beyond Events

Swain County Genealogical and Historical Society meeting. Feb. 5 at 6:30 p.m. at the Swain County Regional Business Education and Training Center at 45 East Ridge Dr. in Bryson City, N.C. Don Casada will present “Jacob Shope’s Mule Sets the Record Straight” about the Deep Creek area. Conversation and refreshments will follow the presentation. This is free and open to the public.

Winter Heritage Festival. Feb. 21 from 10 a.m. to 4 p.m. at the Great Smoky Mountains Heritage Center 123 Cromwell Dr., Townsend, TN 37882. Admission: Adults (13+) \$15.00; Kids (5-12) \$10.00. Info: Terence Norman, Museum Events Coordinator, (423) 355-8575 or tnorman@gsm-heritagecenter.org

Roughest & Toughest Brawl. Feb. 27 and 28 Doors open at 6:30 p.m., fights begin at 8 p.m.

at Smoky Mountain Event Center 758 Crabtree Rd., Waynesville, NC. 28985 Info: [www,RoughestandToughest.com](http://www.RoughestandToughest.com)

Calling all Vendors. Greening Up The Mountains is looking for Artisans, Crafters, and Food and Beverage Vendors to submit their application for the Greening Up the Mountains Festival to be held on Saturday, April 25 from 10 a.m. until 4:00 p.m. This year’s festival seeks artisans and crafters selling their own handmade products. Arts, Crafts, and Food Vendors from the expanded Appalachian area are encouraged to apply. Please visit the festival’s website: <http://www.mainstreetsylva.org/greening-up-the-mountains/> to review the 2026 Vendor Policies and submit your application. Ap-

plications will be accepted through March 20, 2026. For more information, please contact the event coordinators at greeningupth-mountains@townofsylva.org.

Stampede in the Smokies. May 1 and 2 gates open at 6 p.m. action begins at 8 p.m. at the Great Smoky Mountains Event Park 113 Hyatt Creek Rd., Bryson City, NC. 28713 To enter text (864) 784-4110 by April 28. Info: rodeoroadshow.rodeoticket.com/stampede-in-the-smokies/rodeo-information.

Cherokee Community Clubs

Kolanvyi (Big Cove) Community meets the first Tuesday of each month at the new community building at 6 p.m. Info: Chair

Butch Hill (828) 506-8936. For building rental contact any of the Officers.

Widagalinidisgv (Big Y) Community meets the second Tuesday of each month at the community gym at 6:30 p.m. Info: Chair Bunsey Crowe (828) 788-4879, bunsey.crowe@kituwahllc.com For building rental contact Bunsey Crowe.

Tsisqwohi (Birdtown) Community meets the second Monday of each month at the community building; potluck at 5:30 p.m., meeting at 6 p.m. Info: Chair Joey Owle (828) 508-2869

Tsalagi Gadugi (Cherokee County) Community meets the second Tuesday of each month at the community building; potluck at 6:30 p.m., meeting at 7 p.m. Info: Chair Joe Palmer (828) 361-9219, joepalmer1013@yahoo.com

Aniwodihi (Painttown) Community meets the last Monday of each month at the old community building across from the casino at 6 p.m. Info: For building rental, contact Janet Arch (828) 508-8071.

Tutiya (Snowbird) Community meets the first Tuesday of each month, or the Tuesday before Tribal Council, at the Jacob Cornsilk Complex, at 7 p.m. Info: Chair Elijah Wachacha (828) 735-6453, ewachacha@ebci-nsn.gov

Toledvyi (Tow String) Community meets the second Tuesday of each month at the community building at 7 p.m. Info: Chair Jacob Long (828) 736-9128, jacob-

MEET YOUR CIHA STAFF



LISA HOYLE
Respiratory Therapy Manager

Education: Associate of Applied Science, SCC; Bachelor of Science, Respiratory Therapy, UNC-Charlotte; Master of Business Administration-Healthcare Administration, Lenoir Rhyne University
Years at CIHA: 11
Community/Hometown: Birdtown

“Choosing to work at CIHA has truly been one of the best decisions I’ve made. Every day, I find deep satisfaction in knowing that the work I do directly impacts the health and well-being of our community. CIHA’s commitment to our mission and to the well-being of both patients and staff creates an environment where I feel valued, empowered, and inspired to give my best.”- Lisa Hoyle

ᐱᐢᐅᐅᐅᐅᐅᐅ (Di qwa tse li i yu sdi) “Like family to me.”

see **EVENTS** next page

EVENTS: From page 31

long19982@gmail.com

Wayohi (Wolfstown) Community meets the first Tuesday of each month at the community building; potluck at 5:30 p.m., meeting at 6 p.m. Info: Chair Dwayne "Tuff" Jackson (828) 788-4088, dwayne4251@gmail.com, For building rental contact Lynn Catt (828)736-6150.

Elawodi (Yellowhill) Community meets the first Tuesday of each month at the Yellowhill Activity Center at 6 p.m. Info: Chair Dakota Bone (828) 736-8092, Dbone8312@yahoo.com, For building rental, contact Virginia Johnson (828) 788-8659

Cherokee Houses of Worship

Abundant Life Apostolic Church. 171 Johnson Br. Road, Bryson City. Sunday Worship 10:30 a.m. Wednesday Worship 7 p.m. Pastor Kevin Linkinhoker 488-8937

Acquoni Baptist Church. 722 Acquoni Road. 497-7106. Sunday

School 10 a.m. Sunday Morning Worship 11 a.m. Sunday Evening Worship 6 p.m. Sunday Choir Practice 5 p.m. Wednesday Prayer Meeting 6 p.m. Pastor Merritt Youngdeer (828) 788-6614

Antioch Baptist Church. Coopers Creek Road. Sunday School 10 a.m. Sunday Service 11 a.m. Sunday Night Service 6 p.m. Wednesday Night Bible Study 6 p.m. Pastor Tim Barker

Bethabara Baptist Church. 1088 Birdtown Road. Sunday School 10 a.m. Sunday Service 11 a.m and 7 p.m. Wednesday Service 7 p.m. Youth Meeting Wednesday 7 p.m. Pastor Max Cochran (828) 341-5801, Church number (828) 497-7770

Big Cove Missionary Baptist Church. 6183 Big Cove Road. Sunday School 10 a.m., Sunday morning service 11 a.m., Sunday evening service 6 p.m., Wednesday evening prayer meeting 7 p.m., Monthly business meeting is first Wednesday 7 p.m.

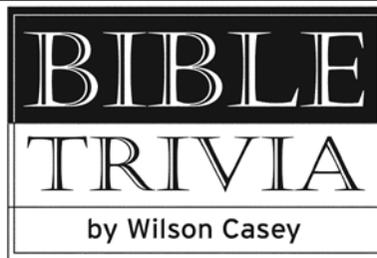
Big Cove Pentecostal Holiness Church. 7710 Big Cove Road.

Sunday School 10 a.m. Sunday Worship Service 11 a.m. Wednesday Night Service 7 p.m. Pastor Roberta French 497-6918

Bigwitch Baptist Church. 2290 Bigwitch Rd. Sunday School 10 a.m., Sunday service 11 a.m., Sunday evening service 6 p.m., Wednesday service 6 p.m. Pastor James "Jimbo" Sneed. All are welcome.

Boiling Springs Missionary Baptist Church. 960 Old Bryson City Road in the 3200 Acre Tract. 488-9202

Cherokee Baptist Church. 812 Tsalagi Road. Sunday School 10 a.m. Sunday Worship 11 a.m. Adult Bible Study Wednesday 6 p.m. Pastor Ric Eddings 497-2761



1. Is the book of Cornelius (KJV) in the Old or New Testament or neither?
2. From Revelation 2, what city was said by John to have "Satan's seat"? *Pergamos, Miletus, Patara, Sodom*
3. Whose first chapter begins, "God, who at sundry times and in divers manners"? *Mark, Galatians, Hebrews, Jude*
4. From Acts 13, where were Paul and Barnabas deserted by Mark? *Jericho, Perga, Athens, Damascus*
5. What were Gihon, Pishon, Tigris and Euphrates as connected with the Garden of Eden? *Cities, Kings, Rivers, Caves*
6. From 1 Kings, who is given credit for writing 1,005 songs? *Jacob, Solomon, Philip, David*

6) Solomon
ANSWERS: 1) Neither, 2) Perga-
m, 3) Hebrews, 4) Perga, 5) Rivers,
Hardcore trivia fan? Visit Wilson
Casey's subscribersite at www.patreon.com/triviaguy.

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Moments in time

• On Feb. 16, 1959, Fidel Castro was sworn in as Cuba's prime minister after leading a guerrilla campaign that forced right-wing dictator Fulgencio Batista into exile. Castro, who became commander in chief of Cuba's armed forces after Batista was ousted on Jan. 1, replaced the more moderate Miro Cardona as head of the country's new provisional government.

• On Feb. 17, 1972, the 15,007,034th Volkswagen Beetle rolled off the assembly line and broke a world car-production record held for more than 40 years by the Ford Motor Company's Model T, which was manufactured from 1908 to 1927.

• On Feb. 18, 1930, Elm Farm Ollie earned the remarkable distinction of becoming the first cow to fly — and be milked — in an airplane. Her milk was then boxed and parachuted to waiting spectators on the ground.

• On Feb. 19, 1473, Nicolaus Copernicus, regarded as the father of modern astronomy, was born in Torun, a city in north-central Poland on the Vistula River. He would become the first modern European scientist to propose that Earth and other planets revolve around the sun.

• On Feb. 20, 1977, an episode of the TV sitcom "Seinfeld" titled "The Pothole" debuted, with the inclusion of a storyline in which the eccentric character Kramer adopted a stretch of the fictional Arthur Burghardt Expressway via the real-life Adopt-A-Highway program.

• On Feb. 21, 2016, quadruple amputee Kyle Maynard reached the summit of Mount Aconcagua, South America's tallest mountain, after bear-crawling up the nearly 23,000-foot peak without the use of his prosthetics. Four years earlier, he'd climbed Africa's Mount Kilimanjaro in the same manner.

• On Feb. 22, 1983, Arthur Bicknell's play "Moose Murders" made its Broadway debut at New York's Eugene O'Neill Theater, and closed the very same night, earning it the unfortunate description by The New York Times as "the standard of awfulness against which all Broadway flops are judged." After the curtain fell on cue, there was no applause, leading one cast member to remark that "I don't think there ever was a show in the history of Broadway where you took a bow to silence."

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The rose variety **"Gertrude Jekyll"** was named "World's Favourite Rose" by the World Federation of Rose Societies at its May 2025 convention held in Fukuyama, Japan. Rose enthusiasts all over the world love its vibrant pink color, its elegant shape, large blooms loaded with petals from late spring through fall, and its exquisite perfume. A Gertrude Jekyll rose needs a minimum of 4 hours of sunlight per day during the growing season, well-draining soil and adequate air circulation around it.

— Brenda Weaver
Source: theflorajournal.international, www.bhg.com, www.worldrose.org

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Cherokee Bible Church. Olivet Church Road. Sunday Service 11 a.m. Wednesday Service 7 p.m. Pastor Randy Miller 497-2286

Cherokee Church of Christ. 2350 Old Mission Road and Hwy. 19. Sunday Bible Study 10 a.m. Sunday Worship 11 a.m. Sunday Evening Worship 6 p.m. Wednesday Bible Study 6 p.m.

Cherokee Church of God. 21 Church of God Drive. Sunday School 10 a.m. Sunday Worship Service 11 a.m. Wednesday Night Service 7 p.m. Every third Sunday they have a fellowship meal to celebrate all the birthdays throughout that month. Everyone is cordially invited for any of the services and meals. Pastor Rev. Owen Isaacs

(828) 242-0754

Cherokee Church of the Nazarene. 72 Old School Loop off Big Cove Road. Sunday Morning Service 11 a.m. Continental Breakfast served Sunday 10:30 a.m. Sunday Evening Prayer Service 6 p.m. Wednesday Bible Study 7 p.m. Food and Clothing Ministry M-Th 4-8 p.m. Pastors Lester and Lisa Hardesty 497-2819

Cherokee Pentecostal Holiness Church. Located behind the Wolfetown Gym. Sunday School: 10 a.m., Sunday worship: 11 a.m., Sunday evening worship: 5 p.m. Wednesday night worship: 6 p.m. Pastor Tim Melton 674-2690

Cherokee United Methodist Church. Hwy 19 – Soco

Road. Sunday Church Service 11 a.m. Wednesday dinner at 6 p.m. followed by Bible Study. Pastor – Rev. Beverly Parker-Reece

Cherokee Wesleyan Church. Hwy 19 across from Happy Holiday Campground. Sunday School 10 a.m. Sunday Worship 11 a.m. Interim Co-Pastors Lester and Lisa Hardesty 497-2819

Christian Acts Church at the Crossroads. 3501 Hwy. 441, Whittier, N.C. (near Mountain Credit Union). Sunday School and Continental Breakfast 10 a.m., Sunday Service 11 a.m., Wednesday service – music practice at 5 p.m. and Bible Study at 6 p.m., Saturday Prayer Service 6 p.m. (828) 556-0115

Echota Baptist Church. 1274 Birdtown Road. Sunday School: 10 a.m. Sunday Morning Service: 11 a.m. Sunday Evening Service: 6 p.m. Wednesday Evening Service: 6 p.m. Pastor David Hall (828) 508-1906

Ela Baptist Church. 4450 Ela Rd., Bryson City, N.C. Sunday morning service 11 a.m., Wednesday 6 p.m. Pastor Justin Hunt (828) 736-1155

Embassy Christian Center Church of God in Christ. 87 Vinewood Circle, Whittier, located on the campus of Church of God Gateway Campground and Conference Center. Full season starts Aug. 4. Sunday School 10 a.m. and Morning Worship 11 a.m. Year-round services – church online live streamed from the 24/7 church channel, Embassy TV <https://embassytv.net> Tuesday Night Bible Study 6:30 p.m. with Dr. Will Chambliss, Thursday Night Women's Bible Study at 6:30 p.m. with Dr. Brenda Miller-Chambliss (828) 835-2359 or embassymedia-group@gmail.com

Goose Creek Baptist Church. Sunday School – 10 a.m. Sunday Worship Service 11 a.m., Sunday Evening Services 6 p.m. Pastor – Bro. James Gunter 631-0331, Info: John and Linda George 497-3512

Grace Bible Church. 344 Whittier School Rd., Whittier, N.C. Sunday School 9:45 a.m., Sunday worship 11 a.m., Wednesday services 6:30 p.m. Pastor Brent Stewart. Search Grace Bible Church NC on Facebook. Check the page as some Wednesdays there are no services. Also, Sunday worship

Tsalagi NATURE

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During the winter, **American crow** gather in large communal roosts to sleep, sometimes forming in the same areas for more than 100 years. These roosts help protect crows from predators and harsh weather and also serve as hubs where birds can share information about food sources and where younger crows learn important social behaviors. Urban areas create ideal conditions for especially large roosts due to warmer temperatures, artificial lighting, and abundant food. As a result, winter roosts can range from a few hundred crows to as many as two million.

see **EVENTS** next page

EVENTS: From page 33

service is live-streamed.

Grace Community Church of Cherokee. 320 Highway 441 N., Whittier, NC 28789. Sunday Morning Worship 11 a.m. Pastor Scott Hill 508-7836

Grace Fellowship Church. Great Smokies Center. Sunday Service 10 a.m. Wednesday Service 6:30 p.m.

Jesus is the Light Full Gospel Ministries. 1921 US 441 N. Sunday service 10 a.m. Thursday service 7 p.m. Pastor Margie Hall 736-9383

Living Waters Lutheran Church. 30 Locust Road. Sun-

day Service 11 a.m. Pastor Jack Russell (918) 868-4166

Macedonia Baptist Church. 1181 Wolfstown Rd. Sunday School 10 a.m., Sunday Morning Worship 11a.m., Sunday Evening Worship 6pm, Wednesday Evening Bible Study 6pm. Pastor Bro. Dan Conseen, 497-1611, mbccherokee@outlook.com, Website: www.macedoniabaptistcherokee.church

Newsong Church. 3548 Wolfetown Rd. Sunday morning service 11 a.m., Sunday night service 6:30 p.m., Tuesday Night Prayer 7 p.m., Wednesday night service 7 p.m. Pastor Eric Moore

Old Antioch Baptist Church. 2868 Wrights Creek Rd. Sunday morning service 10 a.m., Sunday

evening service 6 p.m. Wednesday evening service 6 p.m.

Olivet United Methodist Church. 811 Olivet Church Road. Sunday School 9am. Sunday Service 9:45am.

Our Lady of Guadalupe Catholic Mission. 82 Lambert Branch Road. Saturday Mass at 4:30 p.m. in English and 6 p.m. in Spanish. Pastor Fr. Victor Ameh, MSP. For more information, go to www.stjosephbryson.org.

The Peaks Church. Meets at Smokey Mountain Elementary School gym. Sunday services 10 a.m. Pastor Aaron Langston

Rock Creek Missionary Baptist Church. 240 Sherrill Rd.,

Bryson City, N.C. Sunday School 10 a.m., Sunday morning worship service 11 a.m., Sunday evening service 6 p.m., Wednesday evening service 6 p.m. Pastor Rev. Ned Welch. Check our FB Page "Rock Creek Baptist Church" for the latest updates.

Rock Springs Baptist Church. 129 Old Gap Road. Sunday School 10 a.m. Sunday Service 11 a.m. and 6:30 p.m. Wednesday Service 6:30 p.m. Pastor Greg Morgan 497-9455, 736-1245 (cell)

Sequoyah Sovereign Grace Church. 3755 Big Cove Road. Sunday Service 11 a.m. Sunday Bible Study 1 p.m. Wednesday Night Bible Study 7 p.m. Pastor Tim James 497-7644

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Weekdays

Greening Up
the Mountains

Open Call for Vendors

Artisans, Crafters, and Food and Beverage Vendors are invited to submit their application for the Greening Up the Mountains Festival to be held on **Saturday, April 25, 2026, from 10:00 a.m. until 4:00 p.m.** Greening Up The Mountains Festival is the premiere spring festival for Western North Carolina. The festival, sponsored by the Town of Sylva, will once again take place in historical downtown Sylva. This year's festival seeks artisans and crafters selling their own handmade products. Arts, Crafts, and Food Vendors from the expanded Appalachian area are encouraged to apply.

Please visit the festival's website:
<http://www.mainstreetsylva.org/greening-up-the-mountains/> to review the 2026 Vendor Policies and submit your application. Applications will be accepted through March 20, 2026. For more information, please contact the event coordinators at greeningupthemountains@townofsylva.org.

Shoal Creek Baptist Church.
184 Shoal Creek Church Loop
Rd., Whittier, NC 28789. Sunday
Continental Breakfast 9:30 a.m.,
Sunday School 10 a.m., Sunday
Worship Service 11 a.m., Wednes-
day evening Fellowship Meal 6
p.m., Wednesday evening Prayer
Service 6:30 p.m., Choir Practice 7
p.m. Dr. Mickey Duvall, Pastor

Spruce Grove Baptist Church.
780 Lands Creek Rd., Bryson
City, N.C. Sunday School 10 a.m.,
Sunday morning worship service
11 a.m., Sunday evening service 7
p.m., Wednesday evening service 7
p.m., third Saturday singing 7 p.m.
Pastor Ernie Cable. Email: spruce-
grovebc.1920@gmail.com

Straight Fork Baptist Church.
Big Cove Loop. Sunday school 10

a.m. Sunday morning worship
11 a.m. Sunday evening worship
6 p.m. Wednesday night prayer
service 7 p.m. Youth group meet-
ings also. Interim Pastor – Harley
Maney Jr.

Waterfalls Baptist Church.
82 Waterfalls Church Rd., Sunday
School 10 a.m., worship service at
11 a.m., Sunday evening service 5
p.m., Wednesday evening service 6
p.m. Praying for a Pastor.

**Whittier United Methodist
Church.** 150 Church St., Whitti-
er, N.C. 28789. Sunday worship
service 10 a.m. Rev. Beverly Park-
er-Reece

Wilmot Baptist Church. Thom-
as Valley Road. Sunday school:
10 a.m., Worship: 11a.m., Sunday

night worship: 6 p.m., Wednesday
prayer service: 7 p.m., every other
Monday night (Youth night) sing-
ing, bible study and crafts: 6 p.m.

**Wrights Creek Baptist
Church.** Wrights Creek Rd.
Sunday School 10 a.m. Sunday
Worship Service 11 a.m. Sunday
Evening Service 6 p.m. Wednesday

Night Bible Study 6 p.m. Visitors
welcome. Pastor David Birch

Yellowhill Baptist Church.
Sunday School 9:45 a.m. Sunday
Worship Service 11 a.m. Sunday
Evening Service 6 p.m. Wednes-
day Night Service 7 p.m. Pastor
Foreman Bradley 506-0123 or
736-4872



Contact Dawn Arneach
to advertise with the One Feather:
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dawnarne@ebci-nsn.gov



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Attention EBCI Artists/Craftspeople

The One Feather is developing a list of Eastern Band of Cherokee Indians artists and craftspeople to help get your name out there for potential buyers. If you would like to be included, please send your name, contact information (phone, email, etc.), and what mediums you are selling to: Scott at scotmckie@ebci-nsn.gov



CLASSIFIEDS

DoneHauling

One-time cleanouts, regular trash pickups, and large-item hauling for Qualla Boundary residents—honest, affordable, and convenient. Tribally owned & operated. Call or text for a free quote: 828-341-0099. **3/25**

5 Family Indoor Yard Sale

Saturday, February 14, 2026 from 9 AM until 3 PM at Painttown Community Building 59 Painttown Community Road, Cherokee, NC. 28719 INFO: 828-736-2781. **2/11**

FOR SALE - New dining room table includes 8 upholstered chairs, with a Pecan finish. Asking \$1,500. Also, same matching China cabi-

net \$675. Ethan Allen Curio, with lights and glass shelves. 3 drawers, beautiful \$630.00. Call to see (828)-226-0994. **2/11**

LEGAL NOTICES

Eastern Band of Cherokee Indians
Cherokee, North Carolina
Estate File No. 06-001
Notice to Creditors and
Debtors of:
EDNA VERA SAUNOOKE
GOSHORN

All persons, firms and corporations having claims against this estate are notified to exhibit them to the fudiciary(s) listed on or before the date listed or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the appointed fudiciary(s) listed below.

Date to submit claims: 90 DAYS
FROM DATE OF FIRST PUBLI-
CATION

Donna Beck
229 Appleton Dr.
Sylva, NC 28779
2/5

Eastern Band of Cherokee Indians
Cherokee, North Carolina
Estate File No. 26-002
Notice to Creditors and
Debtors of:

RACHEL G. MORGAN
All persons, firms and corporations having claims against this estate are notified to exhibit them to the fudiciary(s) listed on or before the date listed or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the appointed

fudiciary(s) listed below.
Date to submit claims: 90 DAYS
FROM DATE OF FIRST PUBLI-
CATION

Dylan Morgan
312 Macedonia Rd
Cherokee, NC 28719
2/5

Eastern Band of Cherokee Indians
Cherokee, North Carolina
Estate File No. 26-004
Notice to Creditors and
Debtors of:
WILLIAM PATRICK
CALHOUN

All persons, firms and corporations having claims against this estate are notified to exhibit them to the fiduciary(s) listed on or before the date listed or be barred



Employment Opportunities

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Spa Attendants

For questions, please contact:
Autumn Parker, Spa Operations Manager
828-497-8550 AutumnP@mandaraspaspa.com
Email: HRRrecruitment@onespaworld.com



Cherokee Central Schools Job Openings

Apply online at
<https://phl.applitrack.com/cherokeecentral/onlineapp/> or
www.ccs-nc.org/apps/pages/human_resources for more information.

Cherokee Central School is currently taking applications for employment for the following job opportunities, all jobs are open until filled unless otherwise indicated

- Varsity Football Head Coach - Must have NC DPI teaching license
- JV Baseball Head Coach
- JV Softball Head Coach
- 9-12 Cherokee Language Instructor
- 9-12 Special Education Teacher - Self-Contained Class
- 9-12 Special Education Teacher
- 9-12 Exceptional Children Inclusion Teacher
- 6-12 Part-Time Vocal Instructor
- K-5 Special Education Teacher Assistant
- K-5 Teacher Assistant
- K-5 School Counselor
- K-5 Cherokee Language Instructor
- K-5 Mental Health Classroom Teacher Assistant (GRANT FUNDED)
- K-5 Behavior Support Teacher Assistant
- 6-Hour Full-Time Food Service Worker
- Part-time Food Service Worker
- Elementary School Nurse (RN or LPN)
- Middle School Nurse Assistant (CNA)

from their recovery. Debtors of the decedent are asked to make immediate

payment to the appointed fiduciary(s) listed below.

Date to submit claims: 90 DAYS FROM DATE OF FIRST PUBLICATION

Patricia Leigh Calhoun
P.O. Box 2005
Cherokee, NC. 28719
2/11

Eastern Band of Cherokee Indians
Cherokee, North Carolina
Estate File No. 26-005
**Notice to Creditors and Debtors of:
UNA SAMPSON**

All persons, firms and corporations having claims against this estate are notified to exhibit them to the fiduciary(s) listed on or

before the date listed or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the appointed fiduciary(s) listed below.

Date to submit claims: 90 DAYS FROM DATE OF FIRST PUBLICATION

Ryne Sampson
P.O. Box 2408
Cherokee, NC. 28719
2/18

Eastern Band of Cherokee Indians
Cherokee, North Carolina
Estate File No. 26-006
**Notice to Creditors and Debtors of:
ANNA SUE OWLE**

All persons, firms and corporations having claims against this estate are notified to exhibit them to the fiduciary(s) listed on or

before the date listed or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the appointed fiduciary(s) listed below.

Date to submit claims: 90 DAYS FROM DATE OF FIRST PUBLICATION

Charles E. Owle Jr.
1555 Route 206
Tabernacle, NJ 08088
2/18

NOTICE OF SERVICE OF PROCESS BY PUBLICATION
Eastern Band of Cherokee Indians
In the Tribal Court
In the Matter of H.L.

Petitioner: The Eastern Band of Cherokee Indians Public Health and Human Services Department
of Human Services
TO: UNKNOWN PARENTS OF THE MINOR CHILD

Take notice that a pleading seeking relief against you has been filed in the above-entitled juvenile action. The nature of the relief being sought is the adjudication and disposition of a petition alleging the minor child H.L born September 30, 2010, as a dependent child, filed in the Cherokee Tribal Court on August 21, 2025.

You must answer or otherwise respond to the pleading within forty (40) days of the date of first publication of this Notice. If you fail to answer or otherwise respond within the time prescribed, the matter will proceed. If you are not already represented by appointed counsel, you are entitled to appointed counsel in this matter, and to that end, provisional counsel will be appointed for you in this matter, and the appointment of provisional counsel shall be reviewed by the court at the first hearing after service of process in this matter.

You are advised to IMMEDIATELY contact the Clerk of Tribal Court for the Eastern Band of Cherokee Indians at (828) 359-6213, to obtain further information about this case, including a copy of the pleadings filed herein and the date(s) and time(s) of scheduled hearings.

First published this the 4th day of February, 2026.
Jamie Arnold
Family Safety Program Attorney
P.O. Box 455
Cherokee, N.C. 28719
(828)359-1009
2/25

NOTICE OF SERVICE OF PROCESS BY PUBLICATION
Eastern Band of Cherokee Indians
In the Tribal Court
In the Matter of N.H.

Petitioner: The Eastern Band of Cherokee Indians Public Health and Human Services Department
of Human Services
TO: UNKNOWN PARENTS OF THE MINOR CHILD

Take notice that a pleading seeking relief against you has been filed in the above-entitled juvenile action. The nature of the relief being sought is the adjudication and disposition of a petition alleging the minor child N.H. born August 16, 2011, as a dependent child, filed in the Cherokee Tribal Court on March 27, 2025.

You must answer or otherwise respond to the pleading within forty (40) days of the date of first publication of this Notice. If you fail to answer or otherwise respond within the time prescribed, the matter will proceed. If you are not already represented by appointed counsel, you are entitled to appointed counsel in this matter, and to that end, provisional counsel will be appointed for



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Services Offered through Analenisgi:

Adult Services
Programs include:

- Individual and group outpatient therapy
- Substance abuse treatment
- Domestic Violence program
- Targeted case management
- Recovery Center with peer support services
- Walk-ins accepted for outpatient

IMMEDIATE AVAILABILITY FOR GROUP THERAPY AND CLASSES

Recovery Services
Programs include:

- Analenisgi Inpatient Services
- Men's & Women's Homes
- Kanvwotiyi (extended recovery)

Family & Child Services
Programs include:

- School-based services
- Dora Reed & Early Childhood services
- Juvenile court-based services
- Family Safety Services
- Child outpatient services (walk-ins accepted)

Scan the QR Code below to access a list of our services and learn more!



Contact us:

Analenisgi
828-497-6892
1 Hospital Road
Cherokee, NC

Child and Family Services
828-497-9163 ext. 6549

On-Call Mobile Crisis After Hours:
Adult: 828-269-0301
Child: 828-736-9797

you in this matter, and the appointment of provisional counsel shall be reviewed by the court at the first hearing after service of process in this matter.

You are advised to IMMEDIATELY contact the Clerk of Tribal Court for the Eastern Band of Cherokee Indians at (828) 359-6213, to obtain further information about this case, including a copy of the pleadings filed herein and the date(s) and time(s) of scheduled hearings.

First published this the 4th day of February 2026.

Jamie Arnold
Family Safety Program Attorney
P.O. Box 455
Cherokee, N.C. 28719
(828)359-1009

2/25

NOTICE OF SERVICE OF PROCESS BY PUBLICATION

Eastern Band of Cherokee Indians
In the Tribal Court

In the Matter of R.W. and K.I.
Petitioner: The Eastern Band of Cherokee Indians Public Health and Human Services Department of Human Services

TO: UNKNOWN PARENTS OF THE MINOR CHILD

Take notice that a pleading seeking relief against you has been filed in the above-entitled juvenile action. The nature of the relief being sought is the adjudication and disposition of a petition alleging the minor children R.I.B. and K.I born December 3, 2019 and December 11, 2013, as abused and neglected children, filed in the Cherokee Tribal Court on November 25, 2024.

You must answer or otherwise respond to the pleading within forty (40) days of the date of first publication of this Notice. If you fail to answer or otherwise re-

spond within the time prescribed, the matter will proceed. If you are not already represented by appointed counsel, you are entitled to appointed counsel in this matter, and to that end, provisional counsel will be appointed for you in this matter, and the appointment of provisional counsel shall be reviewed by the court at the first hearing after service of process in this matter.

You are advised to IMMEDIATELY contact the Clerk of Tribal Court for the Eastern Band of Cherokee Indians at (828) 359-6213, to obtain further information about this case, including a copy of the pleadings filed herein and the date(s) and time(s) of scheduled hearings.

First published this the 4th day of February, 2026.

Jamie Arnold
Family Safety Program Attorney
P.O. Box 455
Cherokee, N.C. 28719
(828)359-1009

2/25

BIDS, RFPs, etc.

Looking for Contractors

Please be advised that Qualla Enterprises LLC, an Equal Opportunity Employer, is soliciting TERO General Contractors for the project, "57K Indoor". This work will consist of foundation design/ placement, and installation of a 57,000 sf red iron building.

A mandatory Pre-bid will be held February 12th at 8 am. Pre-bid meeting will be located at 91 Bingo Loop Rd Cherokee NC 28719 in the small conference room. Be advised that all attendees must be 21 years of age or older.

For more information, contact Charles Bryson at 828-788-5494.

2/4

DESIGN-BUILD REQUEST FOR QUALIFICATIONS (RFQ)

The North Carolina Department of Transportation (NCDOT) is requesting interested Design-Build Teams submit qualifications for a Design-Build Project in Wake County. The project, I-5701 / I-5703, I-40 / I-440 / US 1 Interchange Reconstruction and I-40 from US 1 to SR 1009 (Lake Wheeler Road) - widen from six to eight lanes.

Interested parties should send a request, by e-mail only, to rfq_package_request@ncdot.gov for a formal package detailing the requirements for submitting a Statement of Qualifications. The following contact information must be included in the e-mail request: company name, physical address, city, state, zip code, contact person, phone number and current e-mail address. The Statements of Qualifications must be submitted, by e-mail only, to db_soq_submittal@ncdot.gov by 3:00 p.m. on March 3, 2026.

All available Design-Build Project information is on the NCDOT website at <https://connect.ncdot.gov/letting/Pages/Design-Build.aspx>. Project information is continually being added, so it is advisable to monitor this website for the most up to date information.

Technical questions related to the RFQ package, or other project related questions, must be sent, by e-mail only, to altdelivery@ncdot.gov. For tracking purposes, questions will only be answered through e-mail requests.

When making requests by e-mail, it is advisable to request a return receipt for your records.

2/4

INVITATION TO BID

Re: 2026 Residential Remodeling Advertisement:

The Cherokee Housing Indian Division is seeking sealed bids from qualified TERO contractors to complete Residential Remodeling Services in Cherokee, NC.

108-A Wayah
108-B Wayah
78-B Wayah
112 Tsula Dr.
59 Awi Dr
242 Eagles Nest.

Please contact CIHD for additional information.

Ernest Tiger, Property Manager,
Qualla Housing Services, Cherokee Indian Housing Division, PO Box 1749, 687 Acquoni Rd., Office 828-359-6748 ernetige@ebci-nsn.gov

2/11

ADVERTISEMENT FOR BIDS

Eastern Band of Cherokee Indians
Project Management Program

810 Acquoni Road, Ste 117
P.O. Box 455

Cherokee, N.C. 28719
Ph. (828) 359-359-6702

Project Title: New Village Restroom Facility

The Eastern Band of Cherokee Indians (EBCI) Project Management Program is requesting separate sealed bids for the services of a licensed contractor to provide work under contract for the construction of a new restroom facility located adjacent to the Oconaluftee Indian Village and the Fire Mountain trailhead.

The project area is located within the existing parking area serving the Oconaluftee Indian Village located at 288 Drama Road Cherokee, North Carolina. Contract specifications and bidding documents will be provided to any



Clarion Pointe

has the following jobs available:

Assistant General Manager – Full Time – Exempt - Under the direction of the General Manager, oversees the Front Desk, Housekeeping, and Food and Beverage Departments. The Assistant General Manager ensures that all policies and procedures are followed to uphold company standards.

Executive Housekeeper – Full Time – Non-Exempt - Under the direction of the Assistant General Manager, oversees the housekeeping department. The Executive Housekeeper organizes and monitors overall cleanliness of the hotel's interior and exterior. The Executive Housekeeper ensures that all policies and procedures are followed to uphold company standards.

Front Desk Manager – Full Time – Exempt - The Front Desk Manager is responsible for the strategic management of the

Front Office department following Choice Hotels' brand standards, policies, and procedures. This role is responsible for the operation of all Front Desk operations, the Housekeeping Team, and the Food and Beverage.

Front Desk Agents – 3 Full Time, 3 Part Time, Non-Exempt - Efficient check-in/check-out of guests. Respond to inquiries and complaints in an efficient, courteous, and professional manner to achieve maximum customer satisfaction while complying with or exceeding all standard operating procedures and service. The

Front Desk Agent must have good data entry skills and basic computer knowledge. Strong customer service skills. Ability to work in a high-stress, fast-paced environment while maintaining a professional and positive demeanor. You must be well-organized and detail-oriented. Ability to work in a diverse and team-focused environment. Full Time Shifts – 7:00am – 3:00pm, 3:00pm – 11:00pm, 11:00pm – 7:00am, PT shifts Vary

Room Attendant – 4 Part Time – Non Exempt, 9:00 am – 3:00 pm - The Room Attendant plays a crucial role in maintaining the overall cleanliness of the hotel's guestrooms. Their duties include being able to stand and bend for several hours. You must be able to clean guest rooms and common areas to Choice Hotels' standards. Ability to work in a diverse, fast-paced environment. Room attendants are required to disinfect and fully clean guest rooms and common areas within the required time.

Laundry Attendant: 1 – Full – Time – Non Exempt - The role of Laundry Attendant is to ensure that all linen is properly washed, dried, cleaned, restocked, and all closets are maintained with proper pars. To operate all laundry equipment and maintain a safe environment.

Anyone interested should pick up an application and position description at the Kituwah Office across the road from the Waffle House, between the hours of 9:00 am - 4:00 pm Monday -Friday or email kristin.smith@kituwahllc.com.

Exempt means it's a salaried position; non-exempt means it's an hourly position



Kituwah Global Government Group LLC
has the following jobs available:

Creating Opportunity. Building Futures.

Executive Vice President: Full-Time/Exempt Position

The Executive Vice President (EVP) is a key enterprise leader responsible for driving operational execution, strategic growth, and federal contracting excellence across the Kituwah Global Government Group. This role oversees a diverse portfolio of federal and commercial programs, ensuring consistent, compliant, and high-performing results aligned with tribal economic development objectives.

The EVP is accountable for revenue expansion, disciplined program management, operational maturity, and risk mitigation across a growing family of 8(a), small business, and commercial entities. This includes direct oversight of program operations, shared services coordination, capture and growth strategy, and long-term enterprise planning.

This position mirrors EVP/COO responsibilities in major tribal government contracting organizations and requires a senior executive with demonstrated success scaling multi-entity platforms under SBA regulations and complex federal acquisition environments.

QUALIFICATIONS

- Master's degree in business administration, Public Administration, Government Contracting, or a related field required.
- Minimum 15+ years of progressive leadership experience, including 10+ years in federal contracting or federal services.
- Experience leading a federal contracting enterprise or business unit with annual revenue typically ranging from \$50M–\$500M+.
- Deep knowledge of SBA tribal 8(a) regulations, federal procurement processes, and multi-entity tribal corporate structures.
- Demonstrated success in scaling operations, improving margins, and managing complex portfolios with multiple agencies.
- Strong financial acumen, including cost accounting standards, indirect rate management, DCAA compliance, and financial forecasting.
- Expertise with federal contract vehicles, including IDIQs, GWACs, Schedules, and MATOCs.
- Ability to build trusted relationships with federal clients, teaming partners, and tribal governance structures.
- Exceptional communication, negotiation, and executive presentation skills.
- Must be a U.S. citizen with an active Secret clearance; Top Secret/SCI preferred.

Anyone interested should submit resumes, request the job description and application to Kristin Smith at kristin.smith@kituwahllc.com or at the Kituwah G3 Office (Across the Street from Waffle House) between the hours of 9:00 am - 4:00 pm Monday-Friday.



Kituwah LLC has the following jobs available::

KITUWAH LLC

Maintenance Technician – Salary Depends on Experience

The Maintenance Technician works directly with the Maintenance Supervisor to maintain the overall property. This will include maintaining the overall condition and appearance of the external and internal areas of Kituwah LLC-managed properties in areas of basic plumbing, electrical, carpentry, painting, and other areas as needed or assigned. The Maintenance Technician will promote professionalism and excellent customer service and respond promptly to all work orders.

Resident Technician – 2nd/3rd Shift – Salary Depends on Experience

The Residence Technician works directly with the Maintenance Supervisor in order to maintain the overall property Kituwah LLC oversees, primarily including Workforce Housing (Chestnut Tree), Clarion Pointe, and Cherokee Cinemas. Duties will include maintaining the overall condition and appearance of the external and internal areas, including support functions of the operations, such as entry to rooms, basic janitorial, and issues that arise after hours. The Maintenance Assistant will promote professionalism and excellent customer service and respond in a timely manner to all work orders.

Housekeeping Concierge - \$14.00 - \$19.00

The Housekeeping Concierge is responsible for the overall property cleanliness and customer assistance needs primarily at the Chestnut Tree (Workforce Housing) property. Cleaning duties may include cleaning floors, rooms, restrooms, kitchens, common spaces, etc. Job duties can also extend into supporting operational needs such as mail delivery, occupant access, and maintenance needs reporting.

Anyone interested should submit resumes, request the job description, and application from Kristin Smith at kristin.smith@kituwahllc.com or at the Kituwah G3 Office (Across the Street from Waffle House) between the hours of 9:00 am - 4:00 pm Monday-Friday.



Kituwah Services LLC has the following jobs available:

Senior Director of Professional Services:

Provide leadership to position the company at the forefront of the ITS and related industries. Assist EVP with to develop and execute a strategic plan to advance the company's mission and objectives and to promote revenue, profitability and meet growth and earnings objectives. Has responsibility for all areas of marketing, operations and program/project management for cabling systems, physical security and related systems, hardware and software. Oversee internal and external service delivery operations to insure production efficiency, quality, service, and cost-effective management of resources across multiple lines of business.

JOB REQUIREMENTS

Preferred minimum 10 years of global experience specializing in design, program and project management using both BICSI, TIA and PMI-PMBOK Standards for Telecommunication/Information Technology Engineering for voice and data telecommunication network infrastructures,

- Must have extensive experience designing secure network plans, security design plans, and active shooter programs.
- Technical and Board Certifications including RCDD, RTPM, CPP, CISSP or similar experience.
- Must have experience managing projects from initial project planning through project execution and supervision of all phases of projects that require multiple subcontractors and team members.
- Must be knowledgeable in AutoCAD and Revit enabling full 2D and 3D design plans and requirements
- Strong verbal, presentation and writing skills
- Additional qualifications:
 - o Strong leadership skills (Includes thought leadership and problem-solving)
 - o Successful start-up and Day 2 management experience
 - o Knowledge of daily internal and external (customer-facing) operations
 - o Familiarity with proper meeting management structure and protocols
 - o Strong project-management skills
 - o Sales-and-marketing management experience
 - o Extensive DoD and/or federal law enforcement project experience
 - o Global or multi-national business experience

Anyone interested should submit resumes, request the job description, and application to Kristin Smith at kristin.smith@kituwahllc.com or at the Kituwah G3 Office (Across the Street from Waffle House) between the hours of 9:00 am - 4:00 pm Monday-Friday.

NEW YEAR NEW JOB



**CHEROKEE INDIAN
HOSPITAL AUTHORITY**



OPEN POSITIONS

New Positions

**IDD Autism Director
LPN TJCC**

Behavioral Health

Mental Health Therapist - \$5,000 Hiring Bonus
(Cherokee Central Schools, Child and Family –
Snowbird, Family Safety, Family Intensive
Treatment, Medication Assisted Treatment)
Employment Specialist - Kanvwtiyi
Case Manager/Intake Coordinator - Kanvwtiyi
Certified Alcohol & Drug Counselor – Kanvwtiyi
Targeted Case Manager – Child and Family, Family
Safety, MAT
Residential Technician – Male - Kanvwtiyi
Residential Technician – Female
Residential Technician – Female – Part-Time without
Benefits

Dental

Dental Assistant II
Dental Hygienist
Dentist - CIHA and Satellite - \$10,000 Hiring Bonus
Dentist- Pediatrics - \$10,000 Hiring Bonus

Eye Clinic

Optometrist
Optometric Assistant

Lab

Medical Lab Technician - \$5,000 Hiring Bonus

Nutrition

Clinical Dietician

Medical

Physician - Primary Care
Physician - Pediatrics
Psychiatrist
Nurse Practitioner or Physician Assistant

Nursing

Case Management Support – Primary Care
Certified Medical Assistant or LPN – Primary
Care
Clinical Care Manager – Pediatrics - \$10,000
Hiring Bonus
Registered Nurse ED – Mid Shift or Night Shift -
\$10,000 Hiring Bonus
Registered Nurse ED – PTI – Night Shift
RN Inpatient – Part Time with Benefits
RN Inpatient – Nights - \$10,000 Hiring Bonus
RN Inpatient – Nights - PTI
Unit Coordinator

Pharmacy

Clinical Pharmacist Practitioner
Pharmacy Technician II

Tsali Care Center

Certified Nursing Assistant - \$5,000 Hiring
Bonus
Licensed Practical Nurse - \$5,000 Hiring Bonus
Registered Nurse – \$10,000 Hiring Bonus

Tribal Option

Tribal Option Medical Social Worker
Tribal Option Specialty Team Care Manager -
LTSS
Tribal Option Care Manager - Float
Tribal Option Specialty Team Care Manager –
IDD

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CHEROKEEHOSPITAL.ORG/CAREERS

828.497.9163 EXT. 6343

Kituwah Technologies LLC has the following jobs available:

Project Manager/Estimator

Project managers/estimators are responsible for planning and overseeing projects from the beginning stage of setting the budget to completion in a timely fashion and within budget. Project managers plan and designate project resources, prepare budgets, monitor progress, and keep stakeholders informed the entire way. This is all done within the confines of a company's goals and vision.

- 5-8 years of project management/estimation and related experience
- Project Management certifications preferred.

Low Voltage Technician I

A Low Voltage Cable Technician installs and tests low-power systems like security, fire alarms, data networks (Cat5/6, Fiber), and AV/home theaters, cable pulling, termination, troubleshooting, documentation, and ensuring code compliance, often working in residential, commercial, or data center settings. Follow safety protocols (OSHA) while working with specialized low-voltage (<50V) wiring

- 2+years of experience in cable repair and installation (preferred, not required)
- High School Diploma

Low Voltage Cable Technician II

A Low Voltage Cable Technician installs, tests, and maintains low-power systems like security, fire alarms, data networks (Cat5/6, Fiber), and AV/home theaters, reading blueprints, cable pulling, termination, troubleshooting, documentation, and ensuring code compliance, often working in residential, commercial, or data center settings. Configure devices, provide customer training, and follow safety protocols (OSHA) while working with specialized low-voltage (<50V) wiring

- 2+ years commercial and/or industrial low voltage experience
- BICSI, NICET, ESA & OSHA Certifications are a PLUS but not required

Low Voltage Cable Technician III

A Low Voltage Cable Technician installs, tests, and maintains low-power systems like security, fire alarms, data networks (Cat5/6, Fiber), and AV/home theaters, reading blueprints, cable pulling, termination, troubleshooting, documentation, and ensuring code compliance, often working in residential, commercial, or data center settings. Configure devices, provide customer training, and follow safety protocols (OSHA) while working with specialized low-voltage (<50V) wiring

- 5+ years commercial and/or industrial low voltage experience
- 2+ years supervisory experience
- BICSI, NICET, ESA & OSHA Certifications are a PLUS but not required

Anyone interested should submit resumes, request the job description, and application to Kristin Smith at kristin.smith@kituwahllc.com or at the Kituwah G3 Office (Across the Street from Waffle House) between the hours of 9:00 am - 4:00 pm Monday-Friday.

EBCI Public Health Vending Machine Initiative locations



Graphic by:

GWV ᎠᎶᎵ ᎠᎶᎵᎠ
CHEROKEE OUR FEATURE • ᎠᎶᎵᎠ ᎠᎶᎵᎠ ᎠᎶᎵᎠ

- Cherokee Indian Hospital Authority – Analeniski Wing (113 Cherokee Hospital Loop, Cherokee, NC 28719)
- Pamela Dawn Taylor Gym & Community Center (Formerly known as Paintown Gym) (10 Old Gap Rd., Cherokee, NC 28719)
- Cherokee County Indian Community Club (300 Airport Road, Marble, NC)
- Cherokee Tribal Food Distribution (2266 Old Mission Rd., Cherokee, NC)
- Big Cove Kolanvyi Community Center (8765 Big Cove Rd., Cherokee, NC)
- Big Y Community Club & Gym (2641 Wrights Creek Rd., Cherokee, NC)
- EBCI PHHS Administration Building (43 John Crowe Hill, Cherokee, NC)
- Food Lion (16 Cherokee Crossing, Whittier, NC) – Still out of service due to electrical problems.
- Peaches Squirrel Sports & Recreation Center (1212 Birdtown Rd., Cherokee, NC)
- Snowbird Jacob Cornsilk Complex (60 Snowbird School Rd., Robbinsville, NC)
- Qualla Boundary Head Start & Early Head Start (897 Acquoni Rd., Cherokee, NC)
- Yellowhill Elawodihi Activity Center (1416 Acquoni Rd., Cherokee, NC)



<<

Fashion Show

Lindley Wyatt, a member of the Eastern Band of Cherokee Indians, modeled at The First People's Fashion Show in Estes Park, Colo. on Saturday, Jan. 17. The Show is part of the First People's Festival. The design pictured is by Randi Nelson, a Secwepemc designer based in the Yukon. (Photo contributed)



New Kituwah Early Childhood Perfect Attendance

The following students and teachers in the New Kituwah Early Childhood Program, shown left to right, had perfect attendance for the month of January: back row - ᏍᏚᏁᏍᏗ Abigail Long, ᏃᏚᏁᏍᏗ Hailie Bradley, ᏐᏁᏍᏗ Whitney Rogers, ᏐᏁᏍᏗ Lana Bradley; front row - ᏚᏁᏍᏗ Cameron Hemphill, ᏃᏚᏁᏍᏗ Hailie Lossiah, ᏐᏁᏍᏗ Aspen Thompson, ᏐᏁᏍᏗ Donna Morgan, ᏚᏁᏍᏗ Moxon Hill, ᏐᏁᏍᏗ Carrson Crowe, ᏐᏁᏍᏗ Livingston Lane, and ᏐᏁᏍᏗ Blakelyn Wachacha. (Photo courtesy of New Kituwah Early Childhood Program)



<<

First time in snow

Aria Thompson, a member of the Eastern Band of Cherokee Indians, enjoys her first time playing in the snow. She is shown in Wayohi (Wolfstown), in Cherokee, N.C., on Saturday, Jan. 31. (Photo courtesy of Kimberly Owle)



Fun in the snow

The Thomas family from Wayohi (Wolfstown), in Cherokee, N.C., enjoy a day out in the snow on Saturday, Jan. 31. They are shown, left to right, including Josephine, Nicholas (father), Me-Li, Harrison, and Myles. (Photo taken by their mother)



<<
First time in snow
Jaykiah Swayney, a member of the Eastern Band of Cherokee Indians, enjoys her first time playing in the snow. She is shown in Wayohi (Wolfstown), in Cherokee, N.C., on Saturday, Jan. 31. (Photo courtesy of family)



<<
Knee-deep snow
Cyede Hill, age 10, is shown in heavy snow in Jacksonville, N.C. Hill is the son of Madison Knapp, and both are members of the Eastern Band of Cherokee Indians. Knapp noted, "We have had about a foot of snow fall and, in some places, drifts of a few feet. The snow is at least knee-deep through most areas." (Photo courtesy of Madison Knapp)



Snow at Fort Bragg
Wesley Long is shown with his step-daughter Aloura and two sons, Wesley Paul Long Jr. and James Noah Long in Fort Bragg, N.C. on Sunday, Feb. 1. It is James' first time enjoying snow. Wesley and his two sons are members of the Eastern Band of Cherokee Indians. (Photo courtesy of Serena Long)



<<
First snow
Nashwa Howell, a 9-month-old member of the Eastern Band of Cherokee Indians, experiences her first snow in Witiyohi (Whittier, N.C.) on Saturday, Jan. 31. (Photo courtesy of Ashley Howell)



<<
Snow fun
Malanie Pete, age 2, a member of the Eastern Band of Cherokee Indians, is shown enjoying the snow in Witiyohi (Whittier, N.C.) on Saturday, Jan. 31. (Photo courtesy of Teresa Wolfe)



<<
Snow Angels
River Sampson, a 7-month-old member of the Eastern Band of Cherokee Indians and son of Jordan and Tashina Sampson, is shown making snow angels in this photo taken Sunday, Feb. 1 in Cherokee, N.C. (Photo courtesy of April Bird)



<<
Fun in the snow
Kohen Clark, a 4-month-old member of the Eastern Band of Cherokee Indians, is shown enjoying his first snow day on Sunday, Feb. 1 in Dillsboro, N.C. (Photo courtesy of Jacqueline Clark)



<<
First sled ride
Luna Bigwitch, a member of the Eastern Band of Cherokee Indians from Tsisqwohi (Birdtown), is shown enjoying her first-ever sled ride. This photo was taken in Cherokee, N.C. on Sunday, Feb. 1. (Photo contributed)

EVERY APPOINTMENT MATTERS

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828.497. 9163 EXT. 6345
SEVEN CLANS:
828.497.9163 EXT. 6849**

SEAT Workout and Nutrition classes

February 6, 13, 20, and 27.

1 hour program combines 30 minutes of seated exercise with 30 minutes of nutrition. Contact Shelby to sign up at shelpark@ebci-nsn.gov or 828-359-6783

FIT Fridays

January 23rd – March 13th Fridays 12-1pm

A mix of strength, music based cardio and Pilates. All levels welcome.

Sign up with Tori at victram@ebci-nsn.gov or 359-6778

After-work Workout

6-week series beginning February 3, Tuesdays 4:45-5:45pm

Contact April at apriinni@ebci-nsn.gov or 359-6201

for more info or to sign up.

Beginner Pilates

Mondays 12-12:45pm starts February 2.

Contact April at apriinni@ebci-nsn.gov or 359-6201

for more info or to sign up.

Move and Meal Prep

A quick workout with a healthy lunch to-go at the end!

Thursdays 12-1pm Begins March 5.

Contact April at apriinni@ebci-nsn.gov or 359-6201

for more info or to sign up.

11th Annual Stress and Healing Arts Retreat

“Healing Ourselves Today for the Generations of Tomorrow”

March 18 and 19, 2-day event 8am-4:30pm with Lunch provided

Contact Yolanda Saunooke at yolasaun@ebci-nsn.gov or Tori Bryson at

victram@ebci-nsn.gov for an application or more info.

Yoga

Slow Flow and relax: Yoga for all levels – Tuesdays 12-12:50pm

Gentle yoga: Gentle Yoga movement, breathwork, and guided relaxation with incorporation of therapeutic based movements or restorative poses for neck, shoulders, back and hips. Thursdays

12-12:50pm

Mindful Flow Evening Series: Yoga for all levels. Tuesdays

4:45-5:30pm Feb. 3 and 10th. Contact Robin at robibail@ebci-nsn.gov

or 359-6785 for more info.

Pre-natal Yoga

February 6, 13, 20, 27 from 12-12:45pm

Gentle movement to help support and strengthen your changing body.

Safe for all stages of pregnancy. Must sign up in advance, contact

Robin at robibail@ebci-nsn.gov or 359-6785.

Heart Healthy Lunch and Learn

February 11, from 12-1pm

Lunch is provided.

Contact April to sign up at apriinni@ebcinsn.gov or 359-6201.



February
kagali
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Cherokee Choices

Is a chronic disease prevention program for the Eastern Band of Cherokee Indians under the Public Health and Human Services Division.

Vision: Generations of Wellness

Mission: To Promote Physical, Mental, Emotional, Spiritual, & Cultural Well-being among the Eastern Band of Cherokee Indians in order to prevent Chronic Diseases.

Follow Cherokee Choices on Facebook

www.facebook.com/CherokeeChoices