



THE

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MVSKOKE NEWS

PRODUCED BY MVSKOKEMEDIA

MCN VOTE 2026 SPECIAL ELECTION SAMPLE BALLOT

Sample Ballot

The Muscogee (Creek) Nation
May 30, 2026
2026 Special Election

Precinct Hanna
Page 1 of 2

Please use a black or blue ink pen to mark your ballot. To vote for your choice in each contest, completely fill in the box next to your choice.

National Council Referendum No. NCA 26-060
THE PURPOSE OF THE PROPOSITION IS AS FOLLOWS:

Shall the Constitution of the Muscogee (Creek) Nation be amended to replace "Muscogee" with the traditional spelling of "Mvskoke" and delete the word "Creek" throughout the Constitution, including in the illustrated official Seal in Section 3 of Article I of the Constitution, and to establish the following savings clause in a newly created Section 4 of Article I of the Constitution:

Article I
Section 4.
All laws, resolutions, ordinances, enactments, and official acts of this Tribe under its former name of Muscogee (Creek) Nation shall continue in full force and effect under the name of Mvskoke Nation to the extent that they are consistent with this Constitution.

SHALL THE PROPOSED AMENDMENT BE APPROVED?

YES
 NO

National Council Referendum No. NCA 26-061
THE PURPOSE OF THE PROPOSITION IS AS FOLLOWS:

SHALL THE PRINCIPAL CHIEF APPOINT SPECIAL JUSTICES TO FILL ANY VACANCY/RECUSAL ON THE SUPREME COURT SO THAT EVERY CASE IN THE SUPREME COURT WILL BE HEARD BY SEVEN (7) SUPREME COURT JUSTICES AND SHALL THE CONSTITUTION OF THE MUSCOGEE (CREEK) NATION BE AMENDED TO READ AS FOLLOWS:

Article VII
Section 2.
The Supreme Court shall be composed of seven (7) members appointed by the Principal Chief, subject to majority approval by the Muscogee (Creek) Nation National Council, and whose terms shall be for six (6) years beginning July 1. No person shall be appointed as a Supreme Court Justice who has a felony conviction in a court of competent jurisdiction. If for any reason, one (1) or more Supreme Court Justices recuse from a case, Special Justices shall be appointed in the same manner, to ensure that seven (7) justices hear each case. The appointment of the Special Justice(s) shall only be for a particular case and shall expire at the conclusion of that case.

SHALL THE PROPOSED AMENDMENT BE APPROVED?

YES
 NO

Read Both Sides of the Ballot

Sample Ballot

The Muscogee (Creek) Nation
May 30, 2026
2026 Special Election

Precinct Hanna
Page 2 of 2

National Council Referendum No. NCA 26-062
THE PURPOSE OF THE PROPOSITION IS AS FOLLOWS:

SHALL CONSTITUTIONAL AMENDMENTS BE ALLOWED ON THE GENERAL ELECTION BALLOTS IF ADOPTED BY TWO-THIRDS (2/3) VOTE BY THE NATIONAL COUNCIL 90 DAYS PRIOR TO A GENERAL ELECTION AND THE CONSTITUTION OF THE MUSCOGEE (CREEK) NATION BE AMENDED TO READ AS FOLLOWS:

Article IX - [Amendment of Constitution]
Section 1.
(b) It shall be the duty of the Principal Chief to set such election date on the request of a majority of the Muscogee (Creek) Nation Council within thirty (30) calendar days. The Special Election may be called by the Principal Chief and combined with a General Election if the constitutional amendment ordinance is enacted at least 90 days prior to a General Election.

SHALL THE PROPOSED AMENDMENT BE APPROVED?

YES
 NO

National Council Referendum No. NCA 26-063
THE PURPOSE OF THE PROPOSITION IS AS FOLLOWS:

SHALL ESTABLISH TERM LIMITS FOR NATIONAL COUNCIL REPRESENTATIVES AND SHALL THE CONSTITUTION OF THE MUSCOGEE (CREEK) NATION BE AMENDED TO READ AS FOLLOWS:

Article VI
Section 2.
(a) Each representative shall be elected by a vote of his/her respective district and shall hold office for a term of four (4) years. Beginning with the first primary 2027 election cycle after this Article is effective, there is to shall be an election for one (1) council representative from each district. These eight (8) seats shall be designated seat A. The second primary 2029 election cycle after this Article is effective is to shall be an election for one (1) council representative from each district. These eight (8) seats shall be designated seat B. Council representatives shall be limited to a total of three terms, whether served in consecutive terms of office or non-consecutive terms. A term shall not include a partial term created by election to fill a vacancy. This law shall become effective with the filling of seat A terms beginning in January 2028, and only terms served after passage of this law shall be counted toward establishing a three (3) term limit.

SHALL THE PROPOSED AMENDMENT BE APPROVED?

YES
 NO

Read Both Sides of the Ballot

SECOND STATUS REPORTS DELIVERED IN GRAYSON/KENNEDY CASE

CITIZENSHIP INTEGRITY EXECUTIVE ORDER ISSUED AHEAD OF THE APRIL 22 REPORT DEADLINE

BY JERRAD MOORE

OKMULGEE – On Monday, April 20, Muscogee (Creek) Nation Principal Chief David Hill issued Executive Order 26-02 establishing the Mvskoke Citizenship Integrity Protection Commission. The order came two days before the April 22 due date for the second status report ordered by the MCN Supreme Court in the Grayson/Kennedy case.

Principal Chief Hill will appoint all members of the Commission and act as the chairperson. The order does not specify the number of Commission members; appointments will come from "Nation Departments, Executive Leaders and Mvskoke Entvsekiyv, with expertise and knowledge in various subjects" as well as two members of the MCN National Council. Commission positions are unpaid volunteer positions, and all appointees are required to take an oath confirming their understanding of the Commission's purposes and objectives. The meetings will not be open to the public. All records, documents, and information collected by the commission will not be disclosed to the public.

According to the order:

The Commission's duties and responsibilities will focus on the process and the impact to Nation resources due to the implementation of the Grayson Decision.

First, the Commission will undertake research, analysis, and other fact-finding activities to determine what additional Executive Orders, National Council Legislation, or other actions need to be implemented to ensure that Citizenship integrity is maintained consistent with the laws and Constitution of the Nation. This will include consideration of what additional resources may be necessary to fully and effectively exercise the Nation's ability to implement the order.

Second, the Commission will engage with Nation communities and work in harmony with these communities and report its findings back to my office in order for transformative changes to be recommended to implement the Grayson Decision. In furtherance of our Nation's need to facilitate domestic discussion amongst the government and the Creek Communities, the Principal Chief will engage in immediate dialogue with local Creek Communities. The Commission shall hear from Creek Citizens and report all findings. The Commission will be specifically tasked with scheduling and hosting meetings where we hear from, and speak with, Mvskoke Entvsekiyv on the ground to ensure that our efforts at Muscogee (Creek) Nation work with our Creek Communities for the better understanding of impacts of admission of non-Indian citizens may have on our Communities and Nation. In this regard, the Commission will work to provide recommendations to the Principal Chief and the National Council on the findings and potential Constitutional questions or tribal legislation that will be necessary to ensure the health, safety, finances, and political integrity of the Great Muscogee (Creek) Nation. The Commission should also engage in immediate government-to-government discussions with the Nation's federal partners, including, but not limited to, the Bureau of Indian Affairs and Indian Health Service, to determine the appropriate amendments that may be needed for any existing and future funding compacts or contracts, and to identify whether federal funds may be used, as part of any program or service at the Nation that may now need to be provided to individuals who lack Indian blood. If no federal funds may be used for such program or service, the Commission should provide an estimation of the level of Nation funds that may be necessary for the Nation to be able to continue providing those programs or services.

The Commission shall perform the work outlined in this Executive Order and provide a preliminary written report back to my Office within sixty (60) days from the date the Commission members are

STATUS REPORT
CONTINUED ON PAGE 2

HEALING CONNECTION:
MCN CVS offering supportive, empowerment group sessions

PAGE 2

ANOTHER STITT LOSS:
OK Supremes side with Tribes

PAGE 2

THUNDER STRUCK:
Maddie Lamb reflects on her art, heritage, and working with the OKC Thunder

PAGE 3

WHAT'S COOKIN'?:
In the kitchen with Jenn Snow and her traditional foods series + recipes!

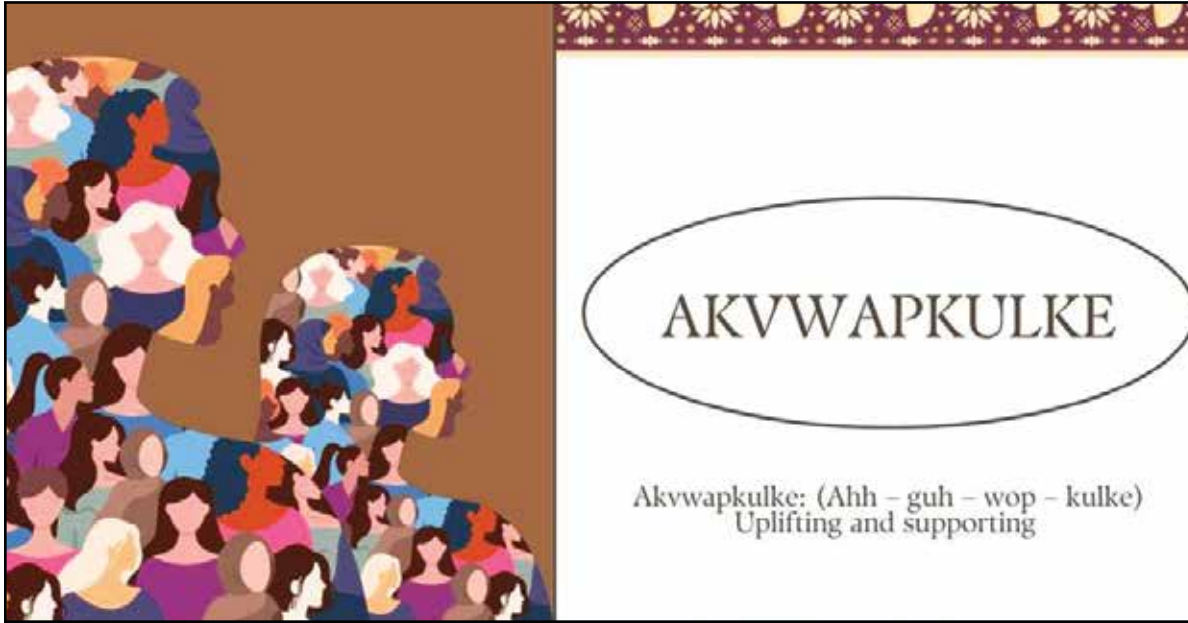
PAGE 4

MVSKOKE ART MARKET:
The spring tradition turns 5

PAGE 6

MCN CVS OFFERS A WOMEN'S EMPOWERMENT SUPPORT GROUP

THE SESSIONS AIM TO HELP CONNECT VICTIMS AND SUPPORT THEIR HEALING



BY SHAYLN PROCTOR

OKMULGEE – The Muscogee (Creek) Nation Center for Victim Services (CVS) holds a monthly Women's Empowerment Support Group. These sessions are open to women who are survivors of domestic or sexual violence. Sessions are held at two different locations across the Mvskoke Reservation: Okmulgee and McIntosh County. The monthly sessions do require registration.

"Akvwapkulke (uplifting and supporting) offers women survivors the opportunity to express themselves and related aspects of their traumatic experience or healing process without having to use words. Artistic expression can be simple, yet empowering experience of 'telling without talking' about abuse and seeks to enhance survivor's skills of self-care, connection with others and a connection to their own body, mind, and spirit," stated MCN CVS.

During sessions, supplies and dinner are provided by MCN CVS.

MCN CVS Assistant Director Tania Bardin (Cherokee) said these sessions began years ago when one of their former therapists recognized the need for them on the reservation.

MCN CVS didn't want to start with a traditional therapeutic group of sitting in a circle. Their program aimed to bring people together who share commonalities. The healing would be culturally and traditionally grounded. However, it doesn't always lean towards culture.

Their past sessions have included beadwork, a vision board, ribbon skirts, basket weaving, moccasins, and cooking frybread.

Bardin mentions that she participated in one of their sessions before. During the group, one of the instructors told them that they would do a mood painting.

"She'd play music and

through that, what you felt you painted. It's really unique, like I said it's offering opportunities to heal. So it's not just people coming and talking to you. To me that is a little bit more of that standard therapeutic and educational standpoint. So it's through that unique auspice of using culture and activities to bring people together for healing," Bardin said.

During these sessions, there isn't typically a speaker; it's just someone teaching a skill set. However, this doesn't mean that nobody ever discusses, because citizens are allowed to share their experiences if they want to, Bardin explained.

"It's something that unites people together, it's a safe space for people to be together that have experienced a very traumatic thing, and a lot of times they connect and they make friends. It's a really beautiful thing," Bardin said.

People can share and make connections with others who have experienced similar victimization and are also on a healing journey-- the sessions are a safe, confidential space.

"Everybody understands that they don't leave there and talk about people that are in the group, so it's a safe space for people to come together and find that support. A lot of times, not only do you find a friend or somebody with that common hurt, they leave there feeling better and knowing that they have that additional support," Bardin said.

Bardin says that Native Americans have an extremely high rate of domestic and sexual violence within the reservation. She stated that Oklahoma is second in the Nation for women losing their lives to domestic violence.

"So if we can provide a positive healing outlet for people, why wouldn't we? Our program sees this as an opportunity to provide a support and service to people that actually we find a lot of support as

well in, and I think it's just a great resource that we hope to expand upon," Bardin said.

MCN CVS is currently looking for a Wellness Coordinator to provide more ideas for these sessions and expand them further. After COVID, their program learned that they can also run many virtual group sessions. Bardin says that if anyone has any ideas or thoughts, they are welcome to call MCN CVS.

"We're here wanting people to recognize that the Center for Victim Services serves anyone also regardless of race, you don't have to be a member of a federally recognized Tribe to access services or participate," Bardin said.

Bardin brought up that victims can feel alone at times, but CVS wants to share the message that they are not alone; MCN CVS will be there to help in any way, and they can reach out to them. Bardin says it can also be done anonymously as well.

Citizens don't have to give their names if they want to talk to someone. Bardin states that their program has an amazing staff and is welcoming to anyone in need.

Their program offers resources and, if they are outside their jurisdiction or reservation, they help them find someone to whom they can refer them too.

"If you or someone you know has been a victim of any type of crime, that there is help and there are people that genuinely care and want to be there to support you. It can be overwhelming, it can feel isolating. People often feel like they are alone, but we want them to know they are not," Bardin said.

For any questions or to register for the group sessions, you can contact MCN CVS at 918-732-7979.

To keep up to date with activities or information, you can also follow the Muscogee Nation Center for Victim Services.

STATUS REPORT

CONTINUED FROM PAGE 1

established, and a final report shall be presented back to my Office no later than six (6) months after the Commission's first meeting.

As previously reported, the MCN SC issued its order and opinion in the Grayson/Kennedy case on July 23, 2025. The high court found that any reference to "by blood" citizenship in the MCN Constitution was void ab initio. The high court then ordered the MCN Citizenship Board to apply the Treaty of 1866 in issuing citizenship to both Grayson and Kennedy, as well as to any future applicant who can establish lineal descent on the Creek By Blood Dawes Roll or the Creek Freedmen Dawes Roll.

Following various motions filed by Grayson/Kennedy, including a motion for contempt, the MCN SC ordered a status report in the case to be delivered on Dec 5, 2025. On March 9, Grayson/Kennedy filed motions seeking to halt the May 30, 2026, Special Election. On March 23, these motions were held in abeyance, and the court ordered a second status report due on April 22.

On April 23, the high court published three reports on its website. One report was from the MCN Citizenship Board, one from Principal Chief Hill's office, and one from the MCN Attorney General's office. The reports update the court on the actions taken by each office.

According to MCN Attorney General Geri Wisner, her office provided the MCN Citizenship Board recommendations for changes to MCNCA Title 7 on Oct 16, 2025. Since that submission, the MCN AG has not taken any further actions.

Principal Chief Hill's report begins with a general objection, asserting that his office is not required to comply with the MCN SC order for two reasons: it was not a party to the case, and no waiver of sovereign immunity has been filed. Even though this objection is raised, the report continues by listing EO 26-02, detailed above, as an action his office has taken to comply with the court's order. The report also mentions that the MCN Citizenship Board has submitted proposed Title 7 code amendments to the Speaker of the MCN National Council.

The MCN Citizenship Board's report states that the proposed Title 7 code amendments were submitted to MCNNC Speaker Randall Hicks, as well as Principal Chief Hill, on March 23, 2026. The proposed Title 7 code changes differed slightly from the changes proposed by the MCN AG's office. The MCN AG's office included a requirement that citizenship be traced back to an earlier roll identified as the "Dunn Roll," but the Citizenship Board determined that this was not necessary and removed that language. The Citizenship Board is not aware of any sponsor for a bill to institute the code changes.

Mvskoke Media will have ongoing coverage of this developing story.

OK SUPREME COURT: LET THEM HUNT

GOV. STITT'S ATTEMPTS TO UPHOLD CITATIONS ISSUED TO TRIBAL CITIZENS FOR RESERVATION HUNTING STRUCK DOWN

BY BRADEN HARPER

MVSKOKE RESERVATION - The Oklahoma Supreme Court sided with Attorney General Genter Drummond's legal opinion on Tuesday, March 24, defending Tribal citizens' right to hunting and fishing on the Five Tribes' Reservations. The issue surrounded Tribal citizens receiving citations for hunting on the Mvskoke Reservation without Oklahoma Department of Wildlife Conservation (ODWC)-issued licenses. The Nation filed a lawsuit against the ODWC on Monday, Jan. 5.

AG 2025-19, released on Thursday, Dec., 18, 2025, details that Tribal citizens hunting and fishing on their Tribal reservation was a protected sovereign right. Governor Kevin Stitt and the Oklahoma Department of Wildlife Conservation (OWDC) then asked the Oklahoma Supreme Court to uphold the citations. Drummond contested that this would override established federal law.

"This ruling is another rejection of Gov. Stitt's unlawful campaign against tribal citizens exercising their long-held rights," Drummond said. "The Court would not be used as a tool to override settled federal law and decades of cooperative wildlife management. My position has never wavered: federal law is clear, and it is my duty to uphold it."

MCN Principal Chief David Hill shared his thoughts on the ruling in a Tuesday, March 24 Facebook post. The post reads:

"Man....another L for the wrong side of history. And just in time for the crappie spawn! You love to see it!"

Cherokee Nation Principal Chief Chuck Hoskin Jr. praised the Oklahoma Supreme Court in a public statement released on Facebook on Tuesday, March 24. In the statement, Cherokee Nation Principal Chief Hoskin affirmed that hunting is a decades-long sovereign right that can not be contested by those who seek to overrule it.

HUNTING

CONTINUED ON PAGE 5

THE MVSKOKE NEWS

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The Mvskoke News reserves the right to edit all submissions for space, style and grammar. Receipt of submissions does not obligate The Mvskoke News in any regard. The Mvskoke News is mailed from Stigler, Oklahoma to all enrolled Muscogee (Creek) citizens' households upon request. Inquiries should be directed to Mvskoke Media.

To submit a change of address or a letter to the editor, call: 918-732-7720 or email: info@mvskokemedia.com.



ABOVE: Maddie Sanders holds her Holatte OKC Thunder poster. BELOW: Sanders with her OKC Thunder City Nights bandana. (Braden Harper/MM)

HOLATTE'S ARTWORK IS A SLAM DUNK

MADDIE SANDERS MAKES A CAREER FULL-COURT PRESS AS A DIGITAL DESIGNER AND A MVSKOKE LANGUAGE SPEAKER APPRENTICE

BY BRADEN HARPER

OKMULGEE - It is hard to miss Maddie Sanders (Mvskoke/Fort Mojave/Seminole) in the hallways at the College of Muscogee Nation on game day. She is decked out in a matching blue-and-orange outfit, the colors of the Oklahoma City Thunder professional basketball team. The outfit is not complete without her matching lightning bolt earrings. Sanders' support for the team goes beyond admiration. She has worked with the team as a professional artist, alongside other contemporary Indigenous artists.

Sanders, also known as Holatte, is a multi-disciplinary artist who utilizes graphic design, painting, beading, and modeling. She has worked with several Indigenous Tribes, colleges, and organizations that have provided opportunities to express herself through storytelling and art. Although Sanders has accomplished a lot early in her career, she remains humble, noting that her achievements break barriers for all Indigenous artists.

One of Sanders' biggest career accomplishments was being selected for the Oklahoma City Thunder Artist Group (TAG), a program that highlights work from Oklahoma artists. She was one of ten selected artists in 2024. Sanders admitted she did not have high expectations of being selected as one of

the featured artists in the program. However, she said the opportunities TAG provided have been numerous.

"Getting into the program itself was unreal. I almost didn't expect it to happen because they choose from such a big pool of people. All kinds of people from the state of Oklahoma, all kinds of talented artists. For them to choose me based on my work was exciting," Sanders said.

Sanders designed a Thunder poster that was given away at the home game on Sunday, Nov. 17, 2024, against the Dallas Mavericks. During the game, over 13,000 copies of her poster were handed out. Sanders was also one of five Indigenous artists who designed an OKC Thunder bandana for their city nights. The other city night bandana designers included Faithlyn Seawright (Chickasaw), Erica Pretty Eagle (Osage), Roy Boney (Cherokee), and Nathalie Standingcloud (Cherokee).

Sanders said she enjoys working with fellow Indigenous artists and helping connect them with national organizations like the OKC Thunder.

Holatte Nak Vhkv

Motifs found in Sanders' works feature Mvskoke and Southeastern cultures. She utilizes symbols significant to Indigenous cultures, including bison and turtles. This is combined with influences from her personal day-to-day experiences. Sanders



enjoys finding inspiration for her works in nature. These elements include wind, sky, and water. Growing up around art influences and artists, Sanders remarked that art was instilled within her.

"That inspiration comes

from growing up around the culture. My family had very bright imagery in their houses and a lot of Native art," Sanders said.

Sanders is currently a full-time CMN student in the Mvskoke Language Master Apprenticeship Program. Through the program, Sanders is not only learning to speak the Mvskoke language but also how to teach it. An article in the Tribal College Journal of American Indian Higher Education, published on Friday, Feb. 20, detailed the extensive

lengths the program goes to reclaim the language and set its apprentices up for success in the workforce.

The opportunity provided through the TAG program has given her exposure on a national scale. That exposure has grown since the OKC Thunder

became NBA Champions in 2025, after a nail-biting best-of-seven series win over the Indiana Pacers. A notable figure Sanders has worked for is one of the OKC Thunder's forwards, #6 Jaylin Williams. For Williams, Sanders

designed a custom-painted basketball and a custom-painted backboard.

Although Sanders' stint in TAG is now over, she serves as a mentor in the Oklahoma City Arts Council's FRESH PAINT: OKC NYE Mural Project. Working in conjunction with the OKC Thunder, the project selects five artists to create their own mural. The week-long program pairs newer muralists with established artists, like Sanders, who share their career experiences.

When asked about her future plans, Sanders said she does not know what the next big thing is, but she is open to opportunities that come her way. Regardless of how many high-profile clients she works for, she still seeks to create career pathways for up-and-coming Indigenous artists. In the meantime, Sanders wants to grow deeper roots into the Mvskoke culture.

"Moving forward, I would like to work within my language and incorporate that into my art," Sanders said. "Hopefully, I will do more mural mentorships and other opportunities to create more space for Indigenous artists to do the same things that I'm doing."

To view more of Sanders' work with TAG, visit holatte.com/okc-thunder. There, viewers can access photos of her colorful murals, graphic designs, and modeling work with the Oklahoma City Thunder.

GRADUATE PROFILES

The Mvskoke News is highlighting the 2026 Muscogee (Creek) Nation graduates in the June 15 edition. Graduates eligible to be featured must be Muscogee (Creek) Nation citizens and graduating from a high school, college, or technical school.

LATE PROFILES WILL NOT BE ACCEPTED

Provide a digital photo, the graduate's full name, program, and a 150-word (limit) bio to info@mvskokemedia.com. Graduate profile submissions will be accepted until Thursday, May 30, at 5:00 p.m. (CST). If you do not receive a confirmation email, please call 918-732-7720 to verify that your profile has been received.

Profiles will be edited for Associated Press style, structure, grammar, spelling, length and punctuation.

KITCHEN SERIES WITH JENN SNOW TEACHES HOW TO EAT HEALTHY WITH TRADITIONAL FOODS



Jenn Snow, owner of Junebug Catering, has partnered with the MCN Department of Health for the slow cooker/cooking kitchen series. These classes can help reverse health issues such as heart disease or diabetes. (Shayln Proctor/MM)

BY SHAYLN PROCTOR

OKMULGEE – The Muscogee (Creek) Nation Department of Health has partnered with Junebug Catering owner Jenn Snow (Iowa Tribe of Kansas and Nebraska) to host a slow-cooker cooking series. This series is about eating traditional foods in a healthier way through cooking techniques. This series can help replace unhealthy foods with healthier, traditional alternatives. She will be doing the series in April-June.

In the class, everyone will learn easy slow cooker meals using traditional ingredients, budget-friendly recipes for families, cooking techniques that support diabetes prevention, and tips for reducing processed foods and added sugars.

When Snow explained how the foods used to be made, she said, “I get choked up about it, because I really think that we’re meant to eat our traditional foods and we can improve our health. We’re not meant to have diabetes, and we’re not meant to have heart disease; those things were taken away with colonization. I mean, if we could just bring those things back, I think that our Nation, all of our Nations will be so much healthier.”

As for the slow-cooking series, this is her second set. “We did one last summer where we talked about cooking, and how our traditional foods are very healthy, and trying to get people to eat more of what we traditionally would have eaten before colonization, so that’s a lot of what my catering company does,” Snow said.

Snow explained that she is

super passionate about pre-colonized foods because she feels that many people’s connotation is just Indian Tacos.

“That’s the only thing that they know about, Native cuisine. I try to go around and teach people about what our actual cuisine would have been. So we have a series, the first set of classes is the slow cooker classes, and so this is with the Diabetes Education Program. These are just healthy swap classes. One of the recipes is like pot roast, but instead of potatoes, I use radishes to reduce the amount of carbs,” Snow said.

Snow spoke about how she has made crockpot chicken and taught the class how to cook traditional meats such as bison, deer, and salmon. Then, in another class, she spoke about fast food, so she’s done turkey burgers and wraps. However, she knows that it isn’t Indigenous, but she is trying to get people to make healthier swaps in their meal preparations as well.

Some of the benefits that Snow named off are that her cooking techniques with the meals are just reducing fat, reducing carbs, and reducing fried foods.

“We’re making healthier meat choices like our traditional meat choices; turkey, bison, salmon, deer, those are all super healthy. Lean meats where now it’s more commonplace to use like beef and pork which are more fatty types of meats. Native people, we didn’t traditionally eat those types of meats. I just really believe that we could eradicate things like diabetes and heart disease if we went back to what we traditionally ate before colonization,” Snow said.

What Snow enjoys most is getting out into the community, meeting people, and talking to them. She taught a cooking class in Okmulgee, and she had them try radishes from the slow cooker. Snow explained that the radishes were cooked like potatoes. Snow had the citizens sample the radishes before she started the class. They all didn’t know that the radish was used and assumed it was potatoes.

“Potatoes aren’t Indigenous to here; the radishes are. That’s something that we would have eaten, and for them to be able to eat a radish, and think it’s a potato, then you know you’re not missing anything out of your pot roast. You think you’re still

having like meat and potatoes, but the carb exchange is huge,” Snow said.

Snow did a comparison: a person can get 30 or 40 carbs in a medium-sized potato, but a whole bag of radishes is about 6 carbs. She wants to let the citizens know and teach them that there are different healthy recipes with similar flavors.

Snow is very grateful to be able to help the citizens make healthier food choices. She says it is the best feeling in the world, and Snow never imagined she could help the citizens in this way. Especially by bringing back traditional foodways and also improving their health.

“Just to be able to bring back

some of our traditional foods, our wild rice, and teach people how to cook venison properly to where it’s not tough, you can use it as a replacement for beef,” Snow said.

Snow said they are not only trying to teach healthy exchanges but also recipes for using the fresh produce distributed by the Diabetes Education Programs. In the fall, she will teach traditional meat classes, including venison, bison, salmon, and turkey, as part of another series.

See below for a list of each class. There will be a class at 11 a.m., followed by another at 1 p.m. Since some meetings already have met capacity, call 918-591-5784 to register.

Alternative Pasta Series with Jenn Snow

Jenn Snow with Junebug Catering is passionate about traditional foods and culture. She believes that when we talk about bringing culture back, language back, land back we should also bring food back. One of the most important aspects of our health is what we eat. Traditionally, we didn’t eat fried foods, processed foods or refined sugars. Jenn firmly believes that if we incorporate traditional foods and cooking techniques into our regular diets, we can reverse health issues such as heart disease or diabetes.

Classes Open to Patients, Health Staff, and Community Walking Program Members

Only 15 spots available per class—reserve yours now!

MAY 4

11:00 am and 1:00 pm

Okemah Clinic
Demonstration Kitchen
Diabetes Department
Wellness Center
1800 E. Coplin Rd
Okemah, OK 74859

MAY 5

11:00 am and 1:00 pm

PRC (Okmulgee)
Octagon Room
Physical Rehabilitation Center
900 E Airport Rd
Okmulgee, OK 74447

MAY 18

11:00 am and 1:00 pm

Eufaula Clinic
Demonstration Kitchen
Diabetes Department
500 Eunice Burns Rd
Eufaula, OK 74432

MAY 26

11:00 am and 1:00 pm

Kowata Clinic
Demonstration Kitchen
Diabetes Department
31870 E. Hwy 51
Coweta, OK 74429

What You’ll Learn

- ▶ How to prepare spaghetti squash (microwave & oven methods)
- ▶ How to make fresh zucchini noodles (zoodles)
- ▶ Simple, low-sugar pasta sauce from scratch
- ▶ Healthy toppings and veggie-packed pasta dishes
- ▶ Easy homemade dressings and sauces

Scan the QR code to reserve your spot



HEALTHY ROOT

MCNHealth

DIABETES PREVENTION & MANAGEMENT

STAY ACTIVE STAY HEALTHY

Baked Sweet Potato “fries”

1 large- 2 medium Sweet Potatoes
1-2 tbsp of olive oil
Salt and pepper
Other spices: smoked Paprika, cinnamon, cumin, garlic powder.

Wash Sweet Potatoes and cut into wedges. You do not need to peel- you lose a lot of nutrients by peeling the potatoes.

Coat in oil and seasonings. Bake on 450. Check after 10 min and use tongs or spatula to turn wedges to get potatoes crispy on both sides.

Calories 202, carbs 33, fat 5g, protein 2g

Parmesan Zucchini “Fries”

3 medium zucchini
1/2 grated parmesan
2 tsp Italian seasoning
1 tsp garlic powder
1 tsp smoked Paprika
1/2 tsp Salt
1 tsp Black pepper
2 tbsp Olive oil

In one bowl- combine parmesan and all seasonings. Trim tops and bottoms from zucchini. Cut length wise into wedges. Toss zucchini in olive oil. Roll the coated zucchini wedges in the parmesan mixture.

Prepare a baking sheet with parchment paper and pam spray. Place wedges on prepared baking sheet. Sprinkle with extra parmesan. Bake at 400 for 15 min. Broil for 2 or 3 min to crisp up at the end.

Calories 100, carbs 4, protein 4g, fat 7

Low carb Burgers

Patty Ingredients:
1 lb 93% lean ground turkey, lean
2 cloves Garlic
1/2 tsp Onion powder
1 Egg, large
1 tsp Worcestershire sauce
1/4 tsp Black pepper
1/2 tsp Paprika, smoked
1/2 tsp Salt
1 tbsp Olive oil
1/4 cup pork rinds

Romaine
Tomato
Red Onion
Cheese
Mayo
Mustard

Combine all patty ingredients well, but do not mix too much as it will make the patty tough. Separate into 4 balls to flatten into patties.

Cook in a saute pan over medium heat until internal temperature checked with a food thermometer reaches 165 degrees. Use romaine lettuce as buns. Top with your favorite toppings. If you like ketchup, use sugar free.

Calories (burger no toppings) 170, fat 5g, carbs 0, protein 22g

Low carb Tacos

1 lb 93% Ground turkey
2 tsp chili powder
2 tsp cumin
1/2 tsp Salt
1 tsp Black pepper
1 tsp smoked Paprika

Lettuce, Tomato, Shredded cheese, Salsa, Low carb tortilla (optional)

Start by browning turkey in a saute pan. Add all seasonings. Cook until all pink is gone- but do not over cook as the meat will be dry. You can make the tacos with low carb tortillas if you have some carb allowance. If you want zero carbs you can serve on romaine as a lettuce wrap with Tomato, onions, shredded cheese and salsa.

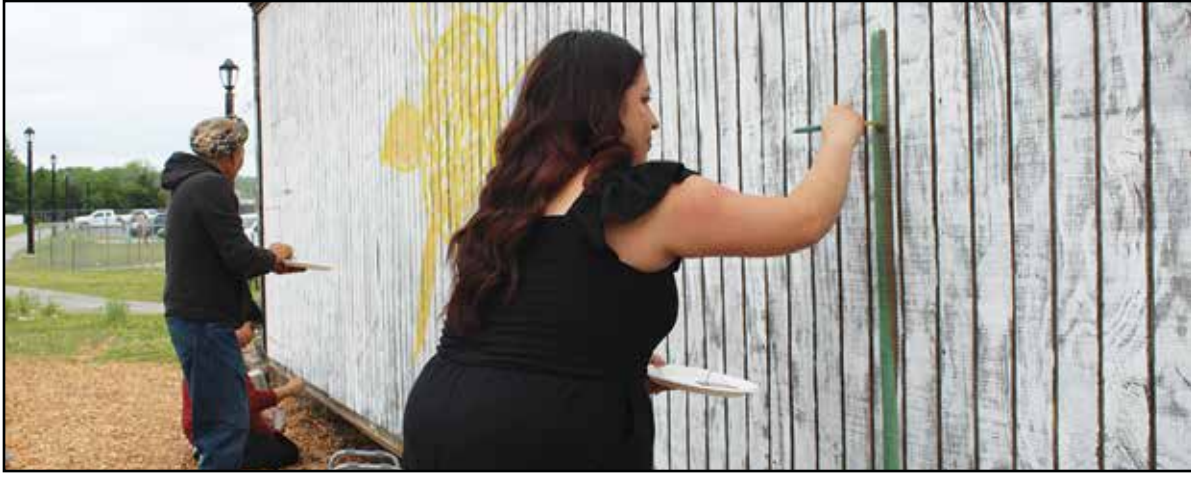
Calories 140, fat 3g, protein 20g, carbs 0- 5

Non-fried Chicken

4 chicken breasts (1-1.5 lbs)
4-5 tbsp mayo (not Miracle Whip)
1/2 c parmesan
Black pepper
Smoked Paprika
Badia seasoning

Put mayo and seasonings in a bowl and mix. Coat the top of the breasts with the mayo mixture and then top with parmesan. Bake on a baking sheet with parchment paper and Pam. Bake at 350 for 15-20 min or until the chicken is 160 degrees F. For crispier chicken, broil the chicken for the last 2 min.

Calories 330, fat 10, protein 24g, carbs 0



Students and faculty paint a garden shed as one of the many activities offered for Earth Day (Braden Harper/MM)

STUDENTS AND STAFF SPEND EARTH DAY OUTSIDE

CMN HOSTED THE ENVIRONMENTAL SCIENCE CLUB OUTDOOR ACTIVITIES, INCLUDING COMMUNAL PLANTING, ROCK PAINTING, BEADING, AND A PICNIC

BY BRADEN HARPER

OKMULGEE - College of Muscogee Nation Environmental Science Club students spent Wednesday, April 22, outside enjoying activities and planting.

The day started with meditation, tai chi, and breakfast. Students then participated in communal planting and enjoyed a barbecue picnic catered by Looped Square. In the afternoon, students and faculty painted the west side of the college's garden shed and competed in a cornhole tournament. In the evening, an outdoor movie was screened by a campfire.

This year marks the club's third anniversary. Last year, the club planted a Council Oak Tree heirloom sapling on the college grounds. That sapling has now spawned its own sapling. This year's event expanded to include simple, relaxing outdoor activities like beading, rock painting, and

tie-dyeing t-shirts.

CMN Horticulturalist and Extension Educator Courtney Natesway (Mvskoke/Yakima/Laguna Pueblo) explained that communal planting pays homage to traditional Mvskoke agricultural practices, in which an entire Tribal town plants together in a large field. Club members planted sofkee corn around the campus' garden gazebo.

CMN Student Daniel Sanders (Seminole/Mvskoke/Choctaw/Cado/Comanche) is the founder of the Environmental Science Club. He graduated with his Associate Degree in General Studies and Natural Resources in 2025. Now he's studying to complete a Native American Studies degree and a Mvskoke Language certificate.

The club has a servant-minded focus, traveling to different areas around the community to volunteer. The club has volunteered at places like the Yardeka Indian Community, the Euchee But-

terfly Farm, Burning Cedar Sovereign Wellness, and the Phillip Deere Roundhouse. The group helps build and maintain gardens and transplants species like sugarcane. According to Sanders, the club has increased participation since its founding.

"How it has changed is more involvement with the club, the opportunities we have available now," Sanders said.

Both Sanders and Natesway believe Earth Day is not a date on the calendar. Natesway admits that she spends more time with Mother Earth than the average student or faculty member.

"This is the stuff I think about all the time. I think about soil health, good plant health, the quality of the environment," Natesway said. "For me, Earth Day means bringing out people to the garden, bringing out students who aren't natural resources students, and exposing them to what we do for a day."

HUNTING

CONTINUED FROM PAGE 5

"The Cherokee Nation applauds the Oklahoma Supreme Court today for following the rule of law in recognition of tribal sovereignty," Cherokee Principal Chief Hoskin said. "Our people have possessed long-standing hunting and fishing rights upon these lands, rights forever guaranteed by our treaties with the United States government and deeply woven into our tribal laws. While there have been misguided attempts to attack our right to hunt and fish by Oklahoma Governor Kevin Stitt, this ruling represents a powerful affirmation of our enduring rights and a rejection of his lawless efforts to diminish our sovereignty."

The dispute will now be resolved in federal court, where the Cherokee Nation, the Chickasaw Nation, and the Choctaw Nation have filed a lawsuit. MCN hunting permits can be obtained online. Currently, the Five Tribe Reciprocity Agreement allows Choctaw, Cherokee, Chickasaw, and Seminole citizens to hunt on the Mvskoke Reservation with a permit. Fishing permits are no longer necessary when carrying your MCN citizenship card.

MVSKOKE NATION YOUTH SERVICES PRESENTS

Mother's Day Bouquet Making Workshop

All Materials Provided



Open to Creek Citizens 12-24

Must Pre-Register: mvsokokeyouth.com/events

Youth Registration Includes a Special Guest!
Each youth registration allows one mother, grandmother, or aunt to attend as their honored +1

Tuesday, May 5th
6 PM to 8 PM

Mvskoke Nation Youth Services
(2710 N Miami Ave, Okmulgee, OK, 74447)

Meal Provided

For more information:
Call: (918) 549-2557




MVSKOKE NATION YOUTH SERVICES OFFERS MOTHER'S DAY BOUQUET MAKING WORKSHOP

CMN GARDENING CLUB WILL PROVIDE THE FLOWERS

BY SHAYLN PROCTOR

OKMULGEE - The Mvskoke Nation Youth Services (MNYS) is hosting a Mother's Day bouquet-making workshop on Tuesday, May 5, at their department from 6 - 8 p.m. While classes are currently full, they do have a waitlist for those who want to pre-register. This is open to all Mvskoke citizens between the ages of 12 to 24. Participants can bring one honored guest, such as a mother, grandmother, or aunt. A meal will also be provided for everyone to enjoy.

The idea for a bouquet workshop came from MNYS Digital and Social Media Coordinator, Ticara Turner (Mvskoke), and her co-worker, who wanted to offer more classes every month in the community. For May, they decided to hold the Mother's Day Bouquet Workshop.

During the workshop, Turner believes that it will be a great bonding experience for the families. "It's just a chance for them to bond, to work on something hands-on and with crafts. So it's just a great bonding experience," Turner said.

Their department is excited to host this workshop, and this will also be their first time hosting an activity like this. Turner shared that the workshop filled up within the first day.

"It just shows us that our community is looking for something like this, and again, just to be able to get our parents involved with our activities with our youth. It means a lot that we're able to provide these types of opportunities and events for our citizens and our youth," Turner said.

During the workshop, Turner will give a presentation on the importance of matriarchs, including caring for the women in their lives and honoring and respecting them.

"When I think about big moments in my life, when I've received flowers, they've almost always been from women, like for graduations, birthdays, and anniversaries. What I really enjoyed is not only the gift of receiving an arrangement but also being able to give one and being able to give those to the people in my life," Turner said.

Turner will also be teaching the class. She spoke about a workshop she did last year and enjoyed seeing the other people around her making different arrangements. This later turned into a hobby of hers.

"I really enjoy being able to make my own and being able to give those to the people in my life. Arrangements can be expensive, but you can also go find flowers like out in the field, you can find them in grocery stores, and it's very easy to do at home, too. So we're just giving them that kind of experience and tools to do that," Turner said.

After Turner learned that the College of the Muscogee Nation has a Gardening Club, she decided to partner up with them to provide flowers for the Mother's Day event.

Turner and her department are ready for an evening of fun, bonding, and seeing the creativity in the flower bouquets.

For more information, contact their department at 918-549-2557, and to keep up to date with their activities, you can follow their Facebook at Mvskoke Nation Youth Services.

MVSKOKE VOTERS

Vote YES on May 30th to replace Muscogee with the traditional spelling of Mvskoke and eliminate the word Creek.

Interpreters and Chiefs adopted the Mvskoke 19-character alphabet in 1853, with the National Council conforming to the same with NCA 25-109, dated May 21, 2025, as follows: **ACEFHILMNOPRSTUVWY**

Delete the word, Creek. Early explorers could not pronounce names of tribal towns; thus, they used 'Creek' to refer to their settlements located near creeks and rivers.

On August 12, 2025, language speakers unanimously consented for Mvskoke, saying, "the Mvskoke word is powerful and meaningful."

Notable programs currently utilizing the spelling Mvskoke:

- Mvskoke District
- Mvskoke Dome
- Mvskoke Recreation Department
- Mvskoke Media
- Mvskoke Nation Honor Guard
- Mvskoke Language Program
- Mvskoke Art Market
- Mvskoke Senior Group (Muscogee Indian Community)
- Mvskoke Nation Basketball Invitational
- Mvskoke Nation Youth Services
- Mvskoke Riders
- Mvskoke Nation Youth Council
- Mvskoke Waters Gallery
- Mvskoke Royalty

Mvto for your consideration and vote YES!

Paid for by Thomas Yahola, Vcule, Uetvmkv Community member

CORNERSTONE OF CULTURAL TOURISM GOES INTO 5TH YEAR

MVSKOKE ART MARKETS EXPANDS WITH OVER 100 ACCOMPLISHED INDIGENOUS ARTISTS

BY BRADEN HARPER



TULSA - The Mvskoke Art Market entered its fifth year with over 100 Indigenous artists exhibited at the River Spirit Casino Resort from Saturday, April 18, through Sunday, April 19. The market continued its tradition of featuring its main art competition, art demonstrations, and presentations. This year's market featured an Indigenous fashion show. Demonstrations featured included bonehead necklace-making and basket-making by Mvskoke artist Yafke Marks. Presentations included "AI in Native Art: The Convergence of Silicon and Sovereignty" and a "Justice for Hickory Ground" panel.

This year's market featured a full ballroom and a foyer with twice as many booths as last year. According to Muscogee (Creek) Nation Cultural Center and Archives Program Manager ShaVon Agee (Mvskoke), this year's market also expanded to include traditional works such as rivercane jewelry and woodwork sculpture.

A lot of hard work and diligent planning go into the market. For Agee, the most rewarding aspect is seeing artists being recognized for their work.

"It's the award ceremony and watching people's reactions," Agee said. "My favorite part is to watch their faces when they receive their award."

Artists Around the Market

Artist Tony A. Tiger (Sac and Fox/Seminole/Mvskoke) has appeared at the market since it launched in 2022. In addition to producing original works, he is also an art curator and educator. While he is well-known for his paintings, he considers himself a multi-disciplinary artist who also employs printmaking, stereographs, and drawing techniques. Tiger creates installation pieces, some measuring seven feet tall.

Tiger has enjoyed his experience as a featured artist at the market. He has seen tremendous growth not only in the Mvskoke Art Market, but also in the broader Indigenous art scene in the state. Before events like the Mvskoke Art Market, Tiger had to travel several states over to sell and exhibit his works.

"I've been around enough to see the evolution of art-making in Oklahoma," Tiger said. "When I first started this market, other markets didn't exist. The tribes have come together and seen the value of artmaking within their own Nation and other Nations."

Andrea Day (Mvskoke) returned to the market for her third year with her trademarked Acrybead works, a mixed-media that combines beading and acrylic paints. The process involves sewing seed beads and faceted glass beads onto a stretched canvas. Day began making art as a way to teach her daughter the Mvskoke language.

"I started making things that she liked, like fuswv, I did a bird. We are bird clan," Day said. "I did a star, the kolaswv. I did a medicine wheel because she likes circles. I did a heart, I did roses. Things like that to teach her. From there, I started developing the medium, and I fell in love with it"

Day enjoys hiding motifs or "secret messages" in her works that have personal meaning, such as the New York City skyline. The skyline denotes her time living there as a performer and musician. Some of Day's works include beads organized in binary code. Decoded, the beads spell out names or scriptures important to Day.

Grant Morris (Cherokee) is a wood-working artist who returned for his third year. Morris enjoys finding the right piece of wood to work with just as much as he enjoys carving it. His work is influenced by Cherokee mythology and mound imagery. The process Morris uses is unique.

"It's fun to find the craziest pieces of wood I can get. I don't know what they're going to be, eventually they'll let me know. That's when the art takes off," Morris said. "I don't predetermine any piece. The art has to tell me what it wants to be. I'm just collecting deadwood that looks interesting to me."

Morris is originally from Tulsa, and now he lives in Colorado. The materials he collects for his works are found in the Rocky Mountains. Morris still feels right at home returning to Tulsa and the market.

Day, Morris and Tiger all agreed that they feel supported by market organizers. Tiger described the market as "a stellar opportunity" for artists to exhibit their works and network with fellow artists and art collectors.

To stay up to date on the event, visit the event's Facebook page, Mvskoke Art Market.



TOP: The crowd on Saturday, April 18 strolls the booths at the art market. CLOCKWISE: Tony Tiger, Talisha Lewellan, Andrea Day, Grant Morris, Kenneth Johnson, and Kristi Holland show art pieces at their booths during the market. This year, over 100 Indigenous artists participated in the show and market. "We started with 65 artists, now we're considered to be an elite market. It's also like a homecoming because all the artists see each other. One of the things we hear over and over again is that we're hospitable. That's what we want to focus on with our artists," said ShaVon Agee, Muscogee (Creek) Nation Cultural Center and Archives Program Manager (Braden Harper/MM)

Mvskoke Art Market Competition Winners:

Best of Show: Kenneth Johnson (Seminole/Mvskoke)
Mvskoke Heritage Award: Jimmie Carole Stewart (Mvskoke)
Mary Smith Traditional Award: Talisha Lewallen (Cherokee Nation)
Judge's Choice: Jake Waytula (Cherokee Nation)
Innovation Award: Randi Narcomey (Seminole/Mvskoke)

Basketry
 1st place: Vivian Cottrell (Cherokee Nation)
 2nd place: Vivian Cottrell (Cherokee Nation)
 3rd place: Ronda Moss (Cherokee Nation)
Beadwork/Quillwork
 1st place: Yonavea Hawkins (Caddo/Delaware/Kickapoo)
 2nd place: Beth Bush (Pokagon Potawatomi)
 3rd place: Emil Her Many Horses (Oglala Lakota)
Digital Art
 1st place: Destiny Green (Chickasaw)
 2nd place: Raven Kemp (Mvskoke/Euchee/Choctaw/Diné)
 3rd place: Jessica Moore-Harjo, PhD (Otoe-Missouria/Osage/Pawnee/Sac & Fox)

Diverse Art Forms
 1st place: Tom Farris (Otoe-Missouria/Cherokee)
 2nd place: Kirk Morrison (Mvskoke)
 3rd place: Breana Hill (Yankton Dakota/Mvskoke)
Drawings
 1st place: Bobby C. Martin (Mvskoke)
 2nd place: Bryan Waytula (Cherokee Nation)
 3rd place: Ron Mitchell (Cherokee Nation)
Graphic Art
 1st place: Tom Farris (Otoe-Missouria/Cherokee)
 2nd place: Robin Stockton (Cherokee Nation)
 3rd place: Kirk Morrison (Mvskoke)
Jewelry
 1st place: Rykelle Kemp (Choctaw/Mvskoke/Euchee/Diné)
 2nd place: Sandy Fife Wilson (Mvskoke)
 3rd place: Krista Dunzy (Mvskoke)
Paintings
 1st place: Robin Stockton (Cherokee Nation)
 2nd place: Micah Wesley (Kiowa/Mvskoke)
 3rd place: Jon Don Brave (Mvskoke)
Photography
 1st place: Benjamin West (Otoe-Missouria/Cheyenne/Mvskoke)
 2nd place: Brenda Bradford (Mvskoke)

3rd place: Brenda Bradford (Mvskoke)
Pottery
 1st place: Chase Earles (Caddo)
 2nd place: Marcella Yepa (Jemez/Chickasaw)
 3rd place: Crystal Hanna (Cherokee Nation)
Sculpture
 1st place: Grant Morris (Cherokee Nation)
 2nd place: Nathan Hart (Southern Cheyenne)
 3rd place: Scott Middleton (Cherokee Nation)
Textiles, Non-wearable
 1st place: Sandy Fife-Wilson (Mvskoke)
 2nd place: Randi Narcomey (Seminole/Mvskoke)
Textiles, Wearable-Traditional
 1st place: Jaylee Lowe (Seminole Nation/Mvskoke)
 2nd place: Cynthia Yerby (Seminole Nation/Mvskoke)
 3rd place: Lisa Rutherford (Cherokee Nation)
Textiles, Wearable-Contemporary
 1st place: Jamie Bennett (Mvskoke)
 2nd place: Melissa Freeman (Chickasaw)
 3rd place: Eva Cantrell (Cherokee Nation)
Honorable Mentions
 Phyllis Fife (Mvskoke)
 Dan Beaver (Mvskoke)
 Chase Earles (Caddo)

VETERANS SPOTLIGHT



The Muscogee Nation Veterans Services Office is proud to honor MSG Leonard R. Gouge for his dedicated service to the Muscogee Nation, U.S. Army and the United States. Leonard honorably served 29 years and is a recipient of several honors: Bronze Star Medal, Army Commendation Medal (2nd Award), Army Achievement Medal (2nd Award), Army Good Conduct Medal, Army Reserve Components Achievement Medal (4th Award), National Defense Service Medal (2nd Award), Afghanistan Campaign Medal, Global War on Terrorism Service Medal, Armed Forces Reserve Medal with M Device (2nd Award), Army Service Ribbon, Army Overseas Service (2nd Award), NATO Medal, Drill Sergeant Identification Badge, Non Commissioned Officer Professional Development Ribbon (4th Award).

Mvto MSG Gouge for your selfless service to your country and your community.

MVTO FOR YOUR SELFLESS SERVICE!

COMMUNITY CALENDAR

Mvskoke Matriarchy Exhibit
Mvskoke Waters Gallery
Curated by Carly Treece and Shelley Patrick
Tuesday, April 7 thru Saturday, Aug. 1
500 Riverwalk Terrace, Suite 115, Jenks

Yoga at Jenks Riverwalk
Community Wellness Spring Series
Tuesdays, 6 p.m. thru May 9
300 Riverwalk Terrace, Jenks
Near the Riverwalk Stage

Indian Taco Sale
Okmulgee County Extension
Tuesday, May 5, 11 a.m. - 2 p.m.
Okmulgee Fairgrounds Exhibit Hall
\$10/plate, includes taco, water, and dessert. Fry bread available for \$2 each.
1901 N Oklahoma Ave, Okmulgee

Elder's Meeting
Okmulgee Elder Nutrition Center
Wednesday, May 6, 9:30 a.m.
2900 N. Osage Pl., Okmulgee

Rowe Family Annual Fundraiser
Kellyville Indian Community Center
Saturday, May 9, 11 a.m. - 3 p.m.
Food Sale, \$12 for Indian Taco Dinner, includes drink and dessert. A la carte items include meat pies, frybread, and beans.
18603 West HWY 77, Kellyville

Matriarch Market
Mvskoke Waters Gallery
May 9, 10 a.m. - 3 p.m.
300 Riverwalk, Jenks
Saturday before Mother's Day, visitors can purchase arts, gifts, and special items from local artists.

Coffee and Donuts
Veteran Affairs Services Office
Thursday, May 14

8 a.m. - 12 p.m.
1006 Bear Lane, Okmulgee

Health Shelf Donation Drive
College of Muscogee Nation Health & Wellness seeks hygiene products, laundry detergent, and gently used blankets and pillows for students in need. Every five items donated will enter donors into a drawing. Donations can be dropped off at 2170 Raven Circle, Okmulgee
For more information, contact 918-549-2800

2026 Mvskoke Language Camp
June 8-12
Camp Applications by May 1, 5 p.m.
Questions, 918-304-3362
www.mvskokeopunvk.com

New Day Discovery Bibles
Native New Day Bible Studies 30-lesson series done by correspondence. Illustrated guides, written for Native people, by Native people. Discover Bible School
P.O. Box 14208 Tulsa, OK. 74159-1208.

Wahoo Tournament & Food Sale
Sunday, May 24
4:30 p.m. - 9:00 p.m.
Okemah Indian Community 1112 S Woody Guthrie St., Okemah
\$10 entry fee, winner receives a board and half of entry. Individual awards for most knockouts, sixes and skips. Boards and marbles provided. Event will also include a food sale, silent auction and cake walk. Meat pies, beans, frybread and concessions will be available. All proceeds go to developing a memorial scholarship in honor of Sutv Harjo

IN MEMORIAM

Cy Osceola Johnson Jr., lovingly known as "Pummy," passed away at the age of 66 years and 10 months on Wednesday, March 11, 2026, at his home in Tulsa, Oklahoma.

Cy was born on May 19, 1959, in Morris, Oklahoma, to Rose Marie Fields and Cy Osceola Johnson Sr. He grew up surrounded by family and carried a deep connection to his roots and loved ones throughout his life.

He was preceded in death by his parents; his maternal grandparents, Solomon Fields and Cinda Hill; his paternal grandparents, Harbor Johnson and Betty McHenry; four brothers, Daniel Brown, Solomon Johnson, Joseph Johnson, and Paul Johnson; and four sisters, Wanda Mills, Phyllis Brown, Geri Johnson, and Beverly Grummitt.

Cy leaves behind many who will cherish his memory. He is survived by his son, Anthony Osceola Johnson ("Bubba"), and daughter-in-law Brandi LaSarge. He was a proud grandfather to Nathaniel, Taryn, and Jailyn Johnson



Cy Osceola Johnson, Jr.

of Morris; Cristian Johnson of Locust Grove, Virginia; and granddaughters, Alayna Johnson of Edmond and Leah Johnson of Tulsa.

He is also survived by his wife, Mary Ray; two stepsons, Robert Ray and Jesse Ray; and two step-grandsons, Robbie Ray and Keiffer Ray, all of Tulsa.

Additional survivors include his brother, George Johnson and wife Tammy of Bixby; two sisters, Jessina Brown of Muskogee and

Cynthia Gibson of California; his aunt, Martha Johnson of Morris; and his uncle, Hugh Johnson of Norman. Cy also leaves behind many nieces, nephews, cousins, extended family members, and friends who will miss him dearly.

Cy will be remembered for his presence in the lives of those who knew him and for the love he shared with his family. His memory will live on in the hearts of all who knew him.

Pallbearers were Joseph Brown, Joseph Arsee Johnson, Daniel Leybas, Robert Ray, Jesse Ray, Robbie Ray, Keiffer Ray, and Michael Sloan. Honorary pallbearers will be Gino Roanhorse, Jo Factor (Bussa), Fredrick Brown, Jesse Brown, Robert Brown, Christopher Torres, Jesse Barnett, and Chris Edwards.

The Johnson Family would like to say a big thank you to the Big Cussetah Church, including the preachers, the pallbearers, the Lighthouse officers, everyone who sent flowers, and everyone who brought food.

Betty Ann Lieber Seitz, 92, passed away peacefully on April 12, 2026.

Betty was born on February 9, 1934, in Muskogee, OK, to James Lieber, Sr., and Elizabeth Barthelet Lieber. The Lieber family moved to Topeka, KS, in 1942, and Betty graduated from Hayden High School in 1952. Betty was a member of Holy Name Catholic Church since 1942 and was active with the Daughters of Isabella. She was employed by the American Cancer Society for 35 years. She was married to Donald Seitz on May 19, 1956, in Topeka; he preceded her in death in 2017. They enjoyed traveling and spent many summers on fishing trips to Minnesota. Betty also enjoyed sewing, cooking fresh foods from Don's garden, playing bingo, reading, and time with family. Betty and Don spent their retirement in Las Vegas, NV, and returned to Topeka in 2015, where they



Betty Anne Seitz

were residents of the Atria (Celebration Villa) Retirement Community.

Betty is survived by her sons, Robert Seitz (Laura) of Overland Park, KS, and Stephen Seitz (Catherine) of Manhattan, KS; grandchildren, David, Anna, and Rachel; great-

grandchildren, Anthony, Ava, and Quinn; and many nieces and nephews who will miss her greatly. She was preceded in death by her brothers, James Lieber, Jr., and Joseph Lieber, sisters, Dora Marie Grevett, Cecilia Werner, Martha Waldschmidt, and brother-in-law, Jack Seitz.

Betty's family thanks all who were good friends and caretakers for her in her final years.

Daughter of Isabella will pray the rosary at 5 p.m. Friday, June 12, 2026, with visitation to follow until 7 p.m. at Kevin Brennan Family Funeral Home, 2801 SW Urish Road, Topeka, KS 66614. Mass of Christian Burial will be celebrated at 10 a.m. Saturday, June 13, 2026, at Mater Dei Holy Name Catholic Church, 1114 SW 10th, Topeka, KS 66604. Inurnment at a later date will be in Mount Calvary Cemetery in St. Marys, Kansas.

MCNNC APRIL COMMITTEE MEETINGS

Health, Education, and Welfare, April 14

TR 26-021 passed 4-0, sponsored by Rep. Proctor.
TR 26-022 passed 4-0, sponsored by Rep. Proctor.
NCA 26-041 passed 4-0, sponsored by Rep. Proctor.
NCA 26-054 postponed until May 4-0, sponsored by Rep. Harjo-King.
NCA 26-055 passed 4-0, sponsored by Rep. Proctor.
NCA 26-056 passed 4-0, sponsored by Rep. Proctor.
NCA 26-057 passed 4-0, sponsored by Rep. Proctor.

Language, National Resources, and

Culture April 14

TR 26-023 passed 4-0, sponsored by Rep. Whitecloud.
TR 26-025 passed 4-0, sponsored by Rep. Whitecloud.
NCA 26-058 passed to BFJ 4-0, sponsored by Rep. Whitecloud.
NCA 26-059 passed 3-1, sponsored by Rep. Cloud.

Emergency Session, April 14
The amendments in this session included revised language in the bills and language that will appear on the ballot. The recommendations were given to the MCNNC from the MCN Election Board.

NCA 26-060 passed 14-0,

sponsored by Rep. Osborn.
NCA 26-061 passed 14-0, sponsored by Rep. Hufft.
NCA 26-062 passed 14-0, sponsored by Rep. Hufft.
NCA 26-063 passed 14-0, sponsored by Rep. Osborn.

Business, Finance, and Justice, April 16

NCR 26-002 passed 4-0, sponsored by Rep. Tiger, co-sponsored by Reps. Crawford, Golden, Lowe, Marshall, and Proctor.
TR 26-024 passed 4-0, sponsored by Rep. Hufft.
Referred legislation:
NCA 26-058 passed 4-0, sponsored by Rep. Whitecloud.

THE MVSKOKE MARKET
SNACKS · DRINKS · BEADED JEWELRY · APPAREL · BOOKS · ART & MORE!
CAPITAL COMPLEX - SOLOMON MCCOMBS BUILDING
(13000 OK-56 - OKMULGEE, OK 74447)
BUSINESS HOURS: MONDAY-FRIDAY // 8:30AM-4:30PM // PHONE: 918.732.7604

LEGALS

IN THE DISTRICT COURT OF THE MUSCOGEE (CREEK) NATION
OKMULGEE DISTRICT

IN THE MATTER OF THE GUARDIANSHIP OF:)
TRISTAN ALLAN BUCKTROT, dob 04-10-88,) Case No. GD-2024-27
an Incapacitated Adult.) Judge Masters

NOTICE OF HEARING PETITION FOR APPOINTMENT OF GUARDIAN

MUSCOGEE (CREEK) NATION, TO: *Tristan Renor Morgan and All Persons Interested In The Person and Estate Of Tristan Allan Bucktrot, an Incapacitated Adult.*

Take Notice that, a Petition for Appointment of Guardian of the Person and Estate of *Tristan Allan Bucktrot, an Incapacitated Person*, was filed in this Court by the Petitioner, *Robert Allan Bucktrot Jr.*, seeking this Court to issue a *General Decree of Guardianship with regards to the his grandson, Tristan Allan Bucktrot, an Incapacitated Adult, born 04-10-88.*

A hearing on said Petition is set for the 11th day of JUNE, 2026, at the hour of 9:00 o'clock, A.M. in the Muscogee (Creek) Nation District Court, Okmulgee Oklahoma, before the Honorable Judge Masters.

NOTICE IS HEREBY GIVEN THAT THE COURT WILL HEAR EVIDENCE IN SUPPORT OF AND IN OPPOSITION TO THE GRANTING OF THE PETITION FOR GUARDIANSHIP AT THE TIME AND PLACE ABOVE SHOWN WHERE YOU WILL HAVE THE RIGHT TO BE PRESENT AND HAVE AN OPPORTUNITY TO BE HEARD AT SAID TIME AND PLACE INCLUDING THE RIGHT TO OBJECT TO THE REQUEST AND RELIEF SOUGHT; HOWEVER, YOUR FAILURE TO APPEAR AT SAID HEARING SHALL CONSTITUTE DENIAL OF YOUR INTEREST IN THE INCAPACITATED ADULT'S

WELFARE, WHICH DENIAL MAY RESULT, WITHOUT FURTHER NOTICE OF THIS PROCEEDING OR ANY SUBSEQUENT PROCEEDINGS, IN SAID PETITION BEING GRANTED AND ORDERED WITHOUT YOUR CONSENT AS WELL AS IN THE BEST INTEREST OF THE INCAPACITATED ADULT AND IN ACCORDANCE WITH THE LAWS OF THE MUSCOGEE (CREEK) NATION.

Signed and Ordered this 14th day of APRIL, 2026.

[Signature]
JUDGE OF THE DISTRICT COURT

Prepared by:
Javier Bustos, OBA #1810862042
Attorney at Law
200 West 17 Street
Okmulgee, OK 74447
(918) 756-1391 Telephone
jrbustos@mvskoke.com
Attorney for Petitioner Robert Allan Bucktrot Jr.

IN THE DISTRICT COURT OF THE MUSCOGEE CREEK NATION

IN THE MATTER OF THE GUARDIANSHIP OF:)
L.Y. AND A.Y.,) Case No. GD-2024-25
Minor Children.)

ORDER AND NOTICE OF HEARING PETITION FOR APPOINTMENT OF GENERAL GUARDIAN

Notice is hereby given that RAIMONDA YARGEE has filed in the District Court of the Muscogee Creek Nation, a petition requesting the appointment of a guardian of the person and property of L.Y., date of birth July 25, 2012 and A.Y., date of birth September 6, 2015.

And that the 28th day of May, 2026 at the hour of 9:00 o'clock, A.m., in courtroom of the Muscogee Creek Nation District Court has been appointed as the time and place for hearing the petition, when and where any person interested may appear and show cause, if any they have, why such appointment should not be made.

DATED this 10th day of April, 2026.

[Signature]
JUDGE OF THE MUSCOGEE CREEK NATION

IN THE DISTRICT COURT OF THE MUSCOGEE (CREEK) NATION
OKMULGEE DISTRICT

IN THE MATTER OF THE GUARDIANSHIP OF)
W.J.R.Jr., dob 12-26-2013,) Case No. GD-2026-14
K.D.R., dob 10-28-2019,) Judge Masters
MINOR CHILDREN.)

NOTICE OF HEARING PETITION FOR APPOINTMENT OF GUARDIAN

MUSCOGEE (CREEK) NATION, TO: *Melanie Artussee and Willie James Rodgers Sr. and All Persons Interested In The Person and Estate Of W.J.R.Jr. and K.D.R., minor children.*

Take Notice that, a Petition for Appointment of Guardian of the Person and Estate of *W.J.R.Jr. and K.D.R., minor children*, was filed in this Court by, *Temple Mon'e Phillips*, seeking this Court to issue a *General Decree of Guardianship with regards to the minor children, W.J.R.Jr., born 12-26-2013, and K.D.R., born 10-28-2019.*

A hearing on said Petition is set for the 11th day of JUNE, 2026, at the hour of 9:00 o'clock, A.M. in the Muscogee (Creek) Nation District Court, Okmulgee Oklahoma, before the Honorable Judge Masters.

NOTICE IS HEREBY GIVEN THAT THE COURT WILL HEAR EVIDENCE IN SUPPORT OF AND IN OPPOSITION TO THE GRANTING OF THE PETITION FOR GUARDIANSHIP AT THE TIME AND PLACE ABOVE SHOWN WHERE YOU WILL HAVE THE RIGHT TO BE PRESENT AND HAVE AN OPPORTUNITY TO BE HEARD AT SAID TIME AND PLACE INCLUDING THE RIGHT TO OBJECT TO THE REQUEST AND RELIEF SOUGHT; HOWEVER, YOUR FAILURE TO APPEAR AT SAID HEARING SHALL CONSTITUTE DENIAL OF YOUR INTEREST IN THE MINOR CHILDREN'S WELFARE,

WHICH DENIAL MAY RESULT, WITHOUT FURTHER NOTICE OF THIS PROCEEDING OR ANY SUBSEQUENT PROCEEDINGS, IN SAID PETITION BEING GRANTED AND ORDERED WITHOUT YOUR CONSENT AS WELL AS IN THE BEST INTEREST OF THE MINOR CHILDREN AND IN ACCORDANCE WITH THE LAWS OF THE MUSCOGEE (CREEK) NATION.

Signed and Ordered this 14th day of APRIL, 2026.

[Signature]
JUDGE OF THE DISTRICT COURT

Prepared by:
Javier Bustos, OBA #1810862042
Attorney at Law
200 West 17 Street
Okmulgee, OK 74447
(918) 756-1391 Telephone
jrbustos@mvskoke.com
Attorney for Petitioner Temple Mon'e Phillips

IN THE DISTRICT COURT OF THE MUSCOGEE (CREEK) NATION
OKMULGEE COUNTY

In the Matter of the Application of:)
Paula Grummett,)
To Change Her Name.) Case No. CV-2025-180



NOTICE OF FILING FOR CHANGE OF NAME

To Whom It May Concern:

Take notice that Paula Jean Grummett has filed in the above court a Petition to have her name changed as follows, to-wit: From Paula Jean Grummett to Paula Jean Grummett and that the same will be heard in the District Court of the Muscogee (Creek) Nation of Okmulgee County, Oklahoma, on the 26th day of May, 2026 @ 9:00 and that any person may file a written protest in the case, prior to the date set for hearing.

[Signature]
JUDGE OF THE MUSCOGEE CREEK NATION

PREVENT the SPREAD of RESPIRATORY VIRUSES

-  **COVER YOUR COUGHS & SNEEZES**
-  **WASH HANDS OFTEN**
For at least 20 seconds
-  **STAY HOME WHEN SICK**
including having a runny nose, sore throat, and/or cough
-  **KEEP AIR CIRCULATING & VENTILATED**
-  **STAY UP TO DATE**
with your vaccinations, including Flu, RSV & COVID-19

MCNHealth EXPRESS CARE CLINICS

-  **COUNCIL OAK**
10109 E. 79TH ST.
TULSA, OK 74133
918.233.9550
-  **OKMULGEE**
1400 S. WOOD DRIVE
OKMULGEE, OK 74447
918.591.5733

HOURS OF OPERATION:
MON-FRI (7AM-7PM)
SAT-SUN (9AM-5PM)

WALK-INS WELCOME

NO APPOINTMENTS NECESSARY

SERVING CITIZENS OF FEDERALLY RECOGNIZED TRIBES

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