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Totally Tched Out

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Cultural meeting in Nevada

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The Official Publication of the Choctaw Nation of Oklahoma

February 2014 Issue

Tribal Council meets in regular January session

The Choctaw Nation Tribal Council met in regular session Jan. 11 at Tvshka Homma. Council members voted on:

- Approval to dispose of surplus equipment,
- Application for Project Safe Grant
- Application for Legal Assistance for Victims Grant, and
- Application for Consolidated Youth Grant.

The Tribal Council meets at 10 a.m. on the second Saturday of each month in the Council Chambers on the capitol grounds in Tvshka Homma.



Congratulations Choctaw Nation Recycling Center!

The Choctaw Nation Recycling Center exceeded **5,000,000** pounds of recycling in January!

The Choctaw Nation says **YAKOKE** to everyone for all their recycling efforts!

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The Mission of the Choctaw Nation of Oklahoma

To enhance the lives of all members through opportunities designed to develop healthy, successful and productive lifestyles.

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The Choctaw U graduating seniors.

Choctaw University prepping future leaders

By **RICHARD CHASE**
Special to the Choctaw Nation of Oklahoma

The Choctaw Nation of Oklahoma has been preparing the future leaders of the tribe with the establishment of an aggressive program to train management personnel with the skills and knowledge needed to build a bright future for themselves and those they serve.

Choctaw University was conceived in 2012 and the first group graduated recently in ceremonies held at the Choctaw Casino and Resort in Grant. University classes are offered to all employees of the Nation and are broken down into two components. Continuing education is designed to train employees in developing skills they will need to advance by learning business, management and computer applications. The Leadership Series centers around growing the knowledge and skills of supervisors, managers and directors.

“Leadership Series is designed to develop skills for frontline managers,” said Jack Hedrick, program manager. “We have partnered with Southeastern Oklahoma State University to award college credits.”

The establishment of the university will help educate and train a workforce to be better prepared to address issues in the future. The recent selection of the Choctaw Nation as one of five Promise Zones nationally, will provide an opportunity for well-trained professionals to use their skills to bring economic opportunity to the high-need communities.

The Continuing Education program is to provide all Choctaw Nation employees an opportunity to grow personally and profession-

ally. “Our goal is to grow a highly skilled, qualified pool of candidates within the Nation to serve as a pipeline for the next 100 years,” said Hedrick.

— Jack Hedrick
Choctaw U Program Director

of Website Services, completed her junior year and was among the recent graduates. “The tools and knowledge I have gained through the different levels have enabled me to serve my co-workers and the tribal members the best way possible,” said Shults.

“I am working toward a degree in communi-



The junior class takes a group shot at the graduation ceremony.

cations with emphasis in leadership. These courses are genuinely supportive of my job at Choctaw Nation and I am very thankful for the opportunity for professional growth and education through this university.”

Acceptance letters for 2014 have gone out and classes began recently with orientation. Students are selected by making an application and being approved by their manager.

Approximately 160 students have enrolled for the new year. The first graduate to take advantage of the college credits offered by the University is expected to receive a diploma in May.

While still in its infancy, the new program is expected to provide quality leadership training and better prepare employees to be more proficient in their jobs, according to Hedrick.

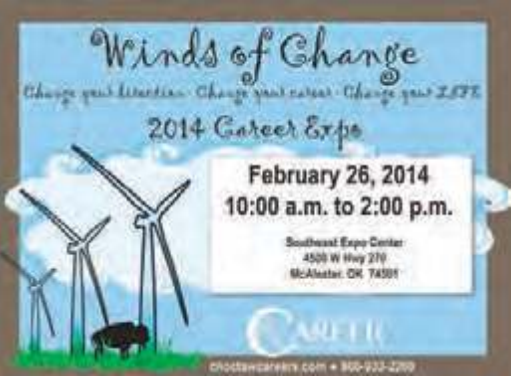
“We hope to do a full-blown assessment of the effectiveness of Choctaw University,” said Hedrick. “People have been able to change career paths due to involvement in the program which is our goal.”

Annual Career Expo set for McAlester

“Winds of Change!” is the theme for the 7th Annual Career Expo. The event will be held at the Southeast Expo Center in McAlester on Feb. 26 from 10 a.m. to 2 p.m. The Career Expo creates an opportunity for job seekers and students to connect with employers and college or training facility representatives at more than 140 booth spaces. There will be something for everyone at the career expo!

This year’s guest speaker is Brian Aspell, vice president of Champion Cooler, Denison, Texas. Aspell will be presenting his inspiring story of overcoming obstacles and pursuing his dreams in “From the Hood to VIP.” Recently, Aspell received the 2011-2012 Friend of Education Award from Denison ISD and 2012 Employer of the Year for the state of Texas, awarded by the Texas Workforce Commission. Aspell is largely credited for implementing internships for high school students and recent graduates in which they are placed in technical positions within the Denison area.

The focus of the Career Expo is to connect job seekers with employment and training opportunities available throughout the region. Hiring representatives will be onsite from such



businesses as: Trinity Industries, Tyson, Tulsa Life Flight, State of Oklahoma, Kelworth Trucking, and Choctaw Casinos to name a few. There will also be representatives from colleges and training centers. Some of those attending include: Oklahoma City University, Kiamichi Technology Center, OU, OSU, and Grayson Truck Driving.

The annual Career Expo is hosted by the Choctaw Nation Career Development Program. Career Development assists tribal members in obtaining high-quality career and technology

training which leads to industry-recognized certifications and licensures.

Currently, the program supports tribal members in training programs ranging from truck driving, welding, teaching, and heavy equipment operation, and a wide variety of health fields.

A new component of this year’s event is the Veteran’s Resource Center. All veterans are invited to visit this center to learn how military experience translates to job skills. “Veteran friendly” employers will be identified and eager to meet with those in attendance.

The “must-see” exhibits at this year’s expo include: Career Planning Exhibit, Dress for Success, FAESA Information Center, Native American Business Showcase, OSUIT Career Spot, STEM, and Robot Races.

The Career Expo is open to all persons interested in finding out more information about educational or employment opportunities. Admission is free. For more information or if you would like to participate in this event, contact Kelli Ostman or Rhonda Mize with Choctaw Nation Career Development at (866) 933-2260.

Promise Zone offers opportunities for growth



From the Desk of Chief Gregory E. Pyle

It was an honor to represent the Choctaw Nation at the formal announcement by President Obama on Jan. 10 in Washington, D.C., as he named the Choctaw Nation one of the five initial areas chosen for the Promise Zone initiative. We believe the Choctaw Nation, the only tribe to be selected, was chosen because we have been working for over a decade on addressing the essential challenges that Promise Zone is reported to address – generational poverty, lack of education, lack of jobs, and more. As evidenced by its ongoing actions, the Choctaw Nation believes that education and economic development must positively work hand-in-hand if the region is to rise out of its current levels of poverty and illiteracy that often drag people under. That is specifically the reason why the Nation is diligently working to enhance opportunities for education, jobs, and families. While we have not received detailed information yet, the application guidance indicated that each designated Promise Zone will be asked to identify a set of outcomes they will

pursue to revitalize their communities, develop a strategy supporting those outcomes, and realign resources accordingly. For communities selected, the federal government will partner to help the Promise Zones access the resources and expertise they need to create jobs, leverage private investment, increase economic activity, expand educational opportunities, and improve public safety. As Chief, I am acutely aware of the poverty that is felt throughout southeastern Oklahoma. Our Tribe’s Councilmen speak about the troubles in their districts describing the situations that many of our community members find themselves in because of plant shut-downs, loss of employment, and the lack of job opportunities available to them in our rural area. Without a doubt, this region is in need of revitalization efforts that will create jobs, improve education, reduce crime, and breathe life and hope back into our local communities. The Promise Zone initiative offers an opportunity for the Choctaw Nation to partner with communities and entities on the tribal, city, county, state and federal level. We have a common goal – We must lift everyone up if our communities in southeast Oklahoma are to move forward from survive to thrive.

Innovative programs foster success for members

From the Desk of Assistant Chief Gary Batton

The Choctaw Nation’s proven success and experience in finding positive solutions is evident in such initiatives as our nationally award-winning Career Development program, which has celebrated nearly 5,000 completers in the past 10 years. The innovative program assists tribal members in obtaining job certifications and the skills necessary to attain employment. One of the brightest new programs at the Nation, Career Development began in 2007 and has already successfully graduated 3,130 participants. This program is led by a highly experienced, enthusiastic team of professionals who are respected for their vision and dedication to empowering individuals. Partnerships with Eastern Oklahoma State College, Kiamichi Technology Center, school districts, and local community leaders have helped the program to thrive. In November of 2011, this excellence won Career Development the Malcolm Baldrige National Quality Assurance Award. Choctaw Career Development is the first and only program in

the United States to be fully accredited as a High Performance Career Development program issued by the Center for Credentialing and Education Inc. (CCE), and the Workforce Development Professionals Network (WDNP). Obtaining this accreditation is evidence that this program is meeting and exceeding the global industry standards of excellence. Career Development connects job seekers with employers and training facilities through local job fairs such as the “Winds of Change,” the seventh annual career expo set for the 26th of this month at the Expo Center in McAlester. In addition to the annual career expo, fall career fairs are hosted each year in Poteau, Idabel and Hugo. Workshops are held to prepare individuals to attend the career fairs and meet employers. I enjoy visiting the choctawcareers.com site and reading the success stories as they are posted. Many of Career Development’s clients have received training and are now making more than they had thought was possible. Assisting tribal members in obtaining the tools they need to move up the career ladder is vital to breaking the cycle of poverty and becoming economically self-sufficient.



Chaplain’s Corner

Spiritual struggles we face

Do you know we are engaged in a battle as an individual? Yes, we are engaged in a gigantic warfare. We are in a spiritual struggle; we are engaged or involved in this warfare between God and His angels and Satan and his demons. You are either on the battlefield for God or you are on Satan’s side. Jesus said, “He that is not with me is against me; and he that gathereth not with me scattereth abroad,” (Matthew 12:30.)



REV. BERTRAM BOBB
Tribal Chaplain

We must have a strong aggressive Christian who lives Christ seven days a week and one who is ready to die, if necessary, for his faith. We need Christians who are honest, bold, strong and devoted followers of the Lord Jesus Christ. Our newspapers continue to carry stories of dishonesty and immortality. Even pastors are being freely quoted as approving sexual immorality. You know we are living in a day of “permissiveness.” Isaiah the prophet said, in Isaiah 5:20: “Woe unto them who call evil good and good evil; who put darkness for light and light for darkness; who put bitter for sweet and sweet for bitter.” I believe this is our problem today. Confusing evil with good. That was Adam and Eve’s problem. If evil were made to appear good then there would be no such thing as temptation. God through Isaiah says, “Woe unto them that call evil good and good evil.” God has not changed. His standards have not been lowered. God still calls immorality a sin and He is going to judge it. Honesty was once a goal of character. But today it has been set aside with an “it’s all right if you don’t get caught” mentality. Satan is very clear. Evil worms its way into our lives by appearing very harmless. How do we get into this problem of getting our good and evil so mixed up? How do we fall into this trap of Satan? For one thing, people are looking for happiness, and they are looking for these so-called short cuts to happiness. You know, like these get rich quick schemes. Of course Satan, who controls the flesh, uses the satisfying of the flesh as happiness. The lust for pleasure causes people to think of evil as good. And it’s so easy to excuse ourselves. How easy is it to place blame on others. Adam said, “The woman whom thou gavest to be with me, she gave me of the tree, and I did eat,” (Genesis 3:12) How many other

people will say, “I did nothing that a thousand other people would not have done.” It’s easy to excuse ourselves. We call evil good. Well, how can we get the confusion of calling evil good and good evil straightened out? There is only one way. We must turn to God and His Word. The Bible teaches that we are possessed of a nature that wars against us, a nature that seeks to destroy us. Paul said, “I find in me a law that, when I would do good, evil is present with me.” Evil is present to clearly disguise itself as good. Evil

is present to control us. Evil is present to deceive us. Man without God sees evil as good and good as evil. That is why some people love evil and hate which is good, they are still in their sins. For them, their life’s values are confused. Paul found the cure. He found the answer on the Damascus road. He met Jesus. Before his conversion Paul saw Jesus Christ as the greatest evil and “breathed out threatenings and slaughter against the disciples of the Lord,” (Acts 9:1.) But after he encountered Christ on Damascus road, he loved that which he so fervently hated. At last he could see evil as evil and good as good, and according to Acts 9:18, “There fell from his eyes as it were scales.” His values were straightened out because of his nature had been changed by the Grace of God. Jesus can do the same for you. When Paul heard the voice he said, “Lord, what wilt thou have me to do?” Jesus Christ is calling you out of a world of delusion and deception in which evil is called good and good is called evil. You must have a Damascus road experience. You must have a personal encounter with Jesus Christ. It could happen to you today. You can say “yes” to Jesus Christ. Your life’s values will be reversed. They can be changed until you call good good and evil evil. Today, right now, will you confess, confess means to agree, will you agree with God that you are a sinner? Agree with Romans 3:23, “For all have sinned and come short of the glory of God,” and receive Jesus Christ as your personal Savior by faith? Pray for America, pray for our men and women in the Armed Forces.

Inter-Tribal Council holds first meeting of the year

The Inter-Tribal Council of the Five Civilized Tribes held its first meeting of 2014 on Jan. 10 in Shawnee, hosted by the Seminole Nation. Tribal leaders and members of the council passed resolutions pertaining to:

- Encouraging the Oklahoma State Legislature to enact legislation to protect Native American children and strengthen Oklahoma adoption laws.
- Endorsing Oklahoma Legislature designating the Oklahoma Native American liaison as the Secretary of Native American Affairs.
- Commending Congress for honoring 33 Native American Tribes with Congressional Gold Medals.

- Endorsing Oklahoma legislation modifying the American Indian Arts and Crafts Sales Act of 1974 to more specifically define “American Indian Tribe” and “American Indian.”
- Requesting advance appropriations for the Indian Health Service.
- Endorsing the Nunes Bill to promote the general welfare of Tribal Citizens.
- Commending Congressman Markwayne Mullin for his leadership and efforts regarding the Native American Veterans Memorial.
- Supporting the Food Distribution Programs of the Five Civilized Tribes Fiscal Year 2014 Food Distribution Program Nutrition Education Grants to the U.S. Department of Agriculture Food and Nutrition Services.



About Choctaw Farms

Choctaw Farms was developed in partnership with House of Webster, which has been creating the very best in gourmet gift items including handcrafted jams, preserves and cheeses for over thirty years. Choctaw has partnered with House of Webster to bring these delicious, handcrafted products to guests.



The fine products from Choctaw Farms include:



- **2-Jar and 3-Jar custom assortment gift packs** including preserves, jellies, jams, marmalades, fruit butters, spreadable fruit, relishes, salsas and homestyle pickles.
- **Signature Meat & Cheese Gift Packs** with cheddar cheese, summer sausage and jalapeno stuffed olives.
- **Spiral-Cut Half Hams** that are hickory-smoked the old-fashioned way to bring out the sweet, rich flavor.

Choctaw Farms products appeal to a variety of people in a many situations, creating a special experience for both the gift giver and the recipient. Choctaw Farms products are available for purchase online or at one of our locations at:

Choctaw Casino Resort in Durant and Pocola.

800.369.4641 www.choctawfarms.com

CNO Head Start students visit OHP center

The students of Choctaw Nation Head Start in Durant toured the Highway Patrol Center on Jan. 28 to learn about how law enforcement keeps communities safe.

Photos by DEIDRE ELROD | Choctaw Nation of Oklahoma



Students check out the inside of the OHP patrol car.



The kids were in for a loud surprise when the sirens were demonstrated!



CNO officer completes field sobriety test training

Choctaw Nation Police Officer Terry Baker recently attend Standardized Field Sobriety Test (SFST) training in Idabel. Law Enforcement Officers participated in the training to strengthen their skills to detect drivers who are impaired from alcohol usage, report writing and court room testimony.

The SFST law enforcement training continues the McCurtain County Coalition’s implementation of Strategic Plan Sobriety Checkpoints in McCurtain County to reduce underage drinking. The training was coordinated between Idabel Police Department, Broken Bow Police Department, SOIC Region 6 Prevention Coordinators, Southeast Oklahoma Traffic Coalition, and McCurtain County Coalition for Change, District Attorney’s Office and Durant Police Department.



The Durant Police Department and Choctaw Nation partnership against Impaired Driving reminds you:



“It’s choice, not chance, that determines your destiny.”

The Durant Police Department arrested 93 impaired drivers during 2013.

Don’t become a statistic, by choice!

Striving to be a good role model

YAB member shares her views during Project Falvmmichi training

My name is Allison Hamblin. I’m 16 and I’m a junior at Durant High School. I remember the first time I really felt like I was a role model. I was baby-sitting a little girl from my church and after her bath, when I was blow drying her hair she told me she wanted to be just like me! It blew me away to know that people actually looked at me like that! I was so flattered, yet so terrified! It really made me think. She’s watching me. She’s watching what I do and watching what I say. Which made me realize that if she’s watching me I want to be the best person that I can be. I want to be who I want HER to be.

A role model is someone whose behavior is imitated by others. A good role model is someone whose good behavior is imitated in a positive way. Believe it or not you are a role model to the little kids in your life and also to your peers; however, you make the decision to be a good one or not. So what do you think a good role model is?

A respectable role model is someone who is going to show people to do good things. People have a lot of reasons to be a good role model. Some want to be a good role model because they are a public figure; for me it’s because I’m a Christian and I want it to reflect that. Being a good role model is as simple as not skipping class or choosing not to drink and do drugs. It’s also showing little kids that you are a good person. You participate in good activities and you’re not going to be mean to them just because they aren’t the same age as you. It’s showing you are a friend

to everyone.

Little kids are constantly watching you. They want to be just like that tall, handsome boy that drives the cool car and seems to get all the ladies. Or just like the girls they see hanging out with her friends and having fun all the time. Watching people is how they learn. How do you think an infant learns to talk? Or a toddler learns to run? Or a child learns a sport? They watch, they listen, and then they do. They watch what we do and how we act towards people. They listen to what we’re saying. They do exactly what we did, say exactly what we said. Have you been to a high school football game where all the little boys are playing football on the side lines and the little girls are trying to do the cheers with the cheerleaders? That’s them seeing what the older kids are doing and repeating it. They see when the star player gets angry and causes a scene because of a bad call. They see when a cheerleader laughs at the other team’s cheers. They see it all and then they copy it. Sometimes by yelling at mom when she tells them to do something or by being rude to the way their friends talk.

We need to act in a way we think children should. I’m not saying we should cry because our mom took our bottle of juice away. I’m saying when we are around these little kids do we want them bullying other kids calling them bad names and using bad language? No! Do we want the little kids not letting one little girl with glasses play? Certainly not! Do we want the little kids saying “No you can’t talk to us because you are only 3 and we are

5?” Of course not! So why do we? Something that’s very important to being a good role model is matching your actions to your words. You can’t just tell a child not to say curse words and then when you think they aren’t looking do it yourself. Trust me guys, they are watching you!

People are constantly watching you. They are constantly checking to see if you’re doing what you said you’d be and the better you act the more people are looking to see if you slip up. Take Tim Tebow for example. He’s a star football player who happens to be an outspoken Christian. He spreads his beliefs and quickly shares that he will not be participating in the “Hey we just won so let’s go get drunk out of our minds parties” and what is the first thing the world does to him? We watch him like a hawk. Constantly waiting for him to make a mistake. And you know we are humans. We are going to make mistakes but we need to try to be as good of a person as possible.

To me being a good role model is being exactly what I want the little girls at my church to grow up to be and I strive to do that every day. Not only do I want to be an example to the little ones I want to be an example to my peers. Being a good role model to your friends. To not text and drive or to not drink or even to not cuss can be just as beneficial. Be the kind of role model you wish you had when you were 4, 6, 9, or 13. And I challenge you to do that whether there is a 6 year old around or a 16 year old. Thank you!

Youth of the Nation

By Cole Palmer and Allison Hamblin, Durant YAB Chapter

Here at Durant chapter of the Choctaw Nation Youth Advisory Board (YAB) our motto is “Helping change today for a better tomorrow.” We do that by working with our community to help make it a better place. We work with community organizations such as Families Feeding Families, Falvmmichi, The Boys and Girls Club, Salvation Army, Colton’s Run, SWAT, and our own Choctaw Nation to do activities such as serving food, working with kids, preventing drug abuse and underage drinking and all around help to the community. The Durant YAB members are not just Choctaw but they are students from all over Bryan County. Students in Durant YAB do not just help with Durant and Durant schools but they help make an impact all over Bryan County.

One of our main services we help is Families Feeding Families. In December, we helped by making Christmas stockings for underprivileged kids. We used donated materials such as pens and pencils, books, toothbrushes, lip balm, sunflower seeds and magnets. We stuffed the stocking and donated to Families Feeding Families to be delivered to children on Christmas day.

10 tips

Nutrition Education Series

got your dairy today?

10 tips to help you eat and drink more fat-free or low-fat dairy foods



The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. They provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life. Choices should be low-fat or fat-free—to cut calories and saturated fat. How much is needed? Older children, teens, and adults need 3 cups* a day, while children 4 to 8 years old need 2½ cups, and children 2 to 3 years old need 2 cups.

- 1

“skim” the fat

Drink fat-free (skim) or low-fat (1%) milk. If you currently drink whole milk, gradually switch to lower fat versions. This change cuts calories but doesn’t reduce calcium or other essential nutrients.
- 2

boost potassium and vitamin D, and cut sodium

Choose fat-free or low-fat milk or yogurt more often than cheese. Milk and yogurt have more potassium and less sodium than most cheeses. Also, almost all milk and many yogurts are fortified with vitamin D.
- 3



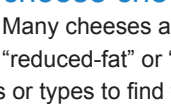
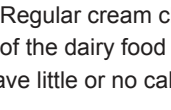
top off your meals

Use fat-free or low-fat milk on cereal and oatmeal. Top fruit salads and baked potatoes with low-fat yogurt instead of higher fat toppings such as sour cream.
- 4

choose cheeses with less fat

Many cheeses are high in saturated fat. Look for “reduced-fat” or “low-fat” on the label. Try different brands or types to find the one that you like.
- 5

what about cream cheese?

Regular cream cheese, cream, and butter **are not** part of the dairy food group. They are high in saturated fat and have little or no calcium.
- 
- 
- 
- 
- * What counts as a cup in the Dairy Group? 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

- 6

ingredient switches

When recipes such as dips call for sour cream, substitute plain yogurt. Use fat-free evaporated milk instead of cream, and try ricotta cheese as a substitute for cream cheese.
- 7

choose sweet dairy foods with care

Flavored milks, fruit yogurts, frozen yogurt, and puddings can contain a lot of added sugars. These added sugars are empty calories. You need the nutrients in dairy foods—not these empty calories.
- 8

caffeinating?

If so, get your calcium along with your morning caffeine boost. Make or order coffee, a latte, or cappuccino with fat-free or low-fat milk.
- 9

can’t drink milk?

If you are lactose intolerant, try lactose-free milk, drink smaller amounts of milk at a time, or try soymilk (soy beverage). Check the Nutrition Facts label to be sure your soymilk has about 300 mg of calcium. Calcium in some leafy greens is well absorbed, but eating several cups each day to meet calcium needs may be unrealistic.
- 10

take care of yourself and your family

Parents who drink milk and eat dairy foods show their kids that it is important. Dairy foods are especially important to build the growing bones of kids and teens. Routinely include low-fat or fat-free dairy foods with meals and snacks—for everyone’s benefit.
- 

February is the month to wear red and think about hearts

This is especially true when it comes to the health of our hearts. A study published in JAMA: Internal Medicine on Monday shows getting too much added sugar in your diet could significantly increase your risk of dying from cardiovascular disease. The study reports those who got 17 to 21 percent of calories from added sugar had a 38 percent higher risk of dying from cardiovascular disease compared to those who consumed 8 percent of their calories from added sugar. The risk was more than double for those who consumed 21 percent or more of their calories from added sugar.

Added sugars and syrups added to sugar-sweetened beverages, desserts, candy, cereals and yeast breads have been known contributing factors to obesity, high blood pressure and high cholesterol for many years.

But this is the first study to tie these together and show that too much added sugar could lead to heart disease and kill you, said Rachel K. Johnson, Ph.D., R.D., chair of the American Heart Association’s nutrition committee and professor of nutrition and medicine at the University of Vermont in Burlington.

According to the study, most U.S. adults consume about 22 teaspoons of added sugars a day.

The American Heart Association recommends:

- No more than 6 teaspoons or 100 calories a day of sugar for women.
- No more than 9 teaspoons or 150 calories a day for men.

“This study is another confirmatory piece in the growing body of science that supports the American Heart Association’s recommendations,” said American Heart Association President Mariell Jessup, M.D., professor of medicine at the University of Pennsylvania School of Medicine and medical director of Penn’s Heart and Vascular Center.

Sugar-sweetened beverages are the largest source of added sugars in the American diet. They should be limited to 36 ounces or 450 calories a week, Johnson said.

A can of regular soda packs about 35 grams of added sugars, equivalent to 8.75 teaspoons or 140 calories. Reducing or cutting out soda, fruit, sports and energy drinks as well as enhanced waters, sweetened teas and sugary coffee drinks can go a long way toward that goal, Johnson said.

“We should have added sugars on the Nutrition Facts label so consumers can tell how much added sugars are in the products they are buying,” Johnson said.

With all this new information, some may be wondering, what do we do about this very month which represents a love of chocolate? Never fear, the above study is looking at added sugars not naturally occurring sugars from fresh fruits for example and dark chocolate, in moderation, is good for our hearts. So, try this luscious treat with your valentine and take care of both your hearts.

Recipe of the Month

Strawberries Dipped in Chocolate

(Recipe from Eating Well.com)

Ingredients:

- 2 ounces high-quality dark chocolate
- 12 strawberries

Directions:

Microwave chocolate in a small bowl on Medium for 1 minute. Stir, then continue microwaving on Medium in 20-second intervals until melted, stirring after each interval. Or place in the top of a double boiler over hot, but not boiling, water. Stir until melted. Dip strawberries in the melted chocolate.

Prep Time: 10 mins
Total Time: 10 mins

Nutrition Facts:

Amount per serving: 4 servings

cal. (kcal) 133, Fat, total (g) 4, sat. fat (g) 2, carb. (g) 10, fiber (g) 2, pro. (g) 1, Potassium (mg) 37, Fruit () 1,


I hope you all enjoy this recipe and have a heart healthy valentine’s day! For further information you may contact:

Erin Adams, RD, LD Choctaw Nation Diabetes Wellness Center 800-349-7026 ext.: 6959

NURSERY NEWS


Braxley Honens

Braxley Cobolt Honens arrived to the delight of his brother, Zephyr, on Sept. 24 at 8:27 p.m. in Laguna Hills, Calif. He weighed 8 pounds 11 ounces and was 21 inches long and a blessing to his parents, Alexis and William Honens III of California. Grandparents are Dawn and Charles Williams of Florida and Mary Honens of California plus abundant number of relatives. We truly are blessed to have our Braxley.




Jerrett Shi

Jerrett Henry Shi was born June 19, 2013, in Chickasha, to proud parents Jack Brawner Shi and Jennifer Griswold Shi. He weighed 4 pounds 11 ounces and measured 16 inches long. Grandparents are Dr. and Mrs. A.H. Shi of Seminole; great-grandfather, Clyde E. Carter of Wilburton and Esther Blalack Naylor; great-great-grandma, original enrollee, Erma Eva Lillian Battles and James Carter of Damon Community in Latimer County; and grandparents, Randy and Jeannie Griswold of Ninnakah




Tashka Supernaw


Tashka Weston Supernaw was born on Oct. 22, 2013, at 4:04 p.m. He weighed 9 pounds and measured 21 inches long. His proud parents are Casie Renee and William “Son” Supernaw IV. His grandparents are Barbara Lester of Oklahoma City, LaCreda Daugomah of Lookeba and Kugee Supernaw and Phyllis Warrington of Skiatook.




Quaid Riggle

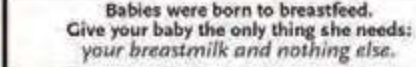
Our Choctaw family is proud to announce the birth of Quaid Cooper James Riggle. Born to Emmett and Nicole Riggle on Nov. 30, 2013, at 10:49 a.m. He weighed 5 pounds 12 ounces and was 19 inches long. Quaid and his family live in Fritch, Texas, and he is a descendant of Choctaw original enrollee, Jess Dillard.



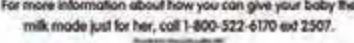


It was love at first sight ...






Babies were born to breastfeed. Give your baby the only thing she needs: your breastmilk and nothing else.




For more information about how you can give your baby the milk made just for her, call 1-800-522-6170 ext 2507.




Choctaw Nation WIC

WOMEN, INFANTS and CHILDREN

SITE	HOURS	DAYS
Antlers (580-298-3161)	8:30-4:00	Every Tuesday
Atoka (580-889-5825)	8:00-4:30	Every Mon., Wed., Thurs. & Fri.
Bethel (580-241-5458)	8:30-4:00	1st Tuesday
Boswell (580-380-5264)	8:30-4:00	Every Friday
Broken Bow (580-584-2746)	8:00-4:30	Daily, except 1st Tues. & 2nd Thurs.
Coalgate (580-927-3641)	8:00-4:30	Every Wednesday
Durant (580-924-8280 x 2257)	8:00-4:30	Daily
Hugo (580-326-5404)	8:00-4:30	Daily
Idabel (580-286-2510)	8:00-4:30	Mon., Thurs. & Fri.
McAlester (918-423-6335)	8:00-4:30	Daily
Poteau (918-647-4585)	8:00-4:30	Daily
Smithville (580-244-3289)	8:30-4:00	2nd Thursday
Spiro (918-962-3832)	8:00-4:30	Every Wed. - Fri.
Stigler (918-967-4211)	8:30-4:00	Every Mon. - Wed.
Talihina (918-567-7000 x 6792)	8:00-4:30	Mon., Tues., Wed., & Fri.
Wilburton (918-465-5641)	8:30-4:00	Every Thursday



Free help



Oklahoma Tobacco Helpline
1 800 QUIT NOW
784-8669 OKhelpline.com

CHOCTAW NATION FOOD DISTRIBUTION

ANTLERS

Market open weekdays March 3-26, except for:
March 5: Idabel 9-11:30 a.m.; Broken Bow 12:30 - 3 p.m. (market open)
March 12: Bethel 9-10:30; Smithville 12-2 (market open)
Closed: March 27-31 for inventory.
Cooking with Carmen: March 10, 10 a.m.- 2 p.m.

DURANT

Market open weekdays March 3-26, except for:
Closed: March 27-31 for inventory.
Cooking with Carmen: March 7, 10 a.m.- 2 p.m.

McALESTER

Market open weekdays March 3-26, except for:
Closed: March 27-31 for inventory.
Cooking with Carmen: March 14, 10 a.m.- 2 p.m.

POTEAU

Market open weekdays March 3-26, except for:
Closed: March 27-31 for inventory.
Cooking with Carmen: March 18, 10 a.m. - 2 p.m.

Open 8:30 a.m.-3:30 p.m. Monday thru Friday. Staff will take lunch from 11:30 to noon.

WAREHOUSES & MARKETS

Antlers: 306 S.W. “O” St., 580-298-6443
Durant: 100 1/2 Waldron Dr., 580-924-7773
McAlester: 1212 S. Main St., 918-420-5716
Poteau: 100 Kerr Ave, 918-649-0431

FOOD DISTRIBUTION SITES

Bethel: Choctaw Community Center
Broken Bow: Choctaw Family Investment Center
Idabel: Choctaw Community Center
Smithville: Choctaw Community Center

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NOTES TO THE NATION

Thankful for education opportunities

Dear Chief Pyle,

As this year draws to a close, I wanted to take this moment to thank you for all the hard work you have done for the Choctaw Nation over the past several decades. Your dedication to growing the Nation's economy and pushing for Native-friendly policy in Washington, D.C. has not only improved the livelihood of Choctaw families today but also paved the way for their children's future successes. I am personally thankful for the money you all have set aside for higher education. The higher education grant program helped pay for my college tuition, which has definitely set me up on a path toward success.

This past year, I graduated Magna Cum Laude from Harvard University with a degree in Chemistry and Physics. After graduation I secured a great job with Bain & Company in Washington, D.C. As an associate for Bain, I have the opportunity to help top executives at major companies develop their business strategies. It is a high pressure role that gives me a lot of exciting opportunities and responsibilities. I continue to strive for loftier goals and hope to one day start my own company and give back to the Choctaw Nation Higher Education program so that other students can receive the same sort of support for their education that I have.

I hope you continue to find success this year and the Nation continues to thrive under your chieftainship. My family and I are incredibly thankful for everything that you have done and we look forward to reading about your work in future editions of the Biskinik.



Sincerely,
Nolan Pollack

Thanks for help with hearing device

Dear Choctaw Nation,

Thank you for the assistance with my new CROS hearing device. With the tribe's help, my family was able to afford the device. It means so much to me to be able to have the CROS. Now I can hear every little detail and so more than before the new CROS hearing device.

I could only hear parts of what I needed to hear without my hearing device. In school, I had an FM device but nothing outside of school. Now, I can hear everything inside and outside of school! I just realized with my CROS that the world is so loud, for the most part it is a good type of loud. Again, thank you for the assistance!



Sincerely,
Gabriel Northrup

Thankful for assistance during funeral

The family of M.T. Greenwood would like to thank everyone for food, prayers, and thoughts. To Amy Johnson, pastor of Bobb Meyers, the singers for Choctaw Songs, you are greatly appreciated. Thanks to the ladies from Bobb-Meyers for the help with the dinner. Thank you CHR and Choctaw Nation, Chief and Assistant Chief for your thoughtfulness, and Burkhart Funeral Home.

I would like to thank my sister, Jackie, and sister-in-law, Buggie, for being there when I couldn't. Great job. Thank you all.

Lynn Illapotubbee

Looking for friend

Treva Kay Subia and I were best friends growing up. I graduated in 1976 from the Oklahoma School of the Deaf. Treva was from Binger, Okla. Her brother's name is Tommy and she had a cousin named Brenda. If anyone knows Treva please have her contact me at 608 N. Allen St., Broken Bow, OK 74728, or call 580-584-2413.

Thank you and God Bless,
Mary Lee Taylor

Tribe is blessed with Tribal Chaplain

Dear Rev. Bertram Bobb,

Just a note to let you know how very much I enjoy reading your article in the Biskinik.

My husband, Milton Fleming, is part Choctaw so he gets the paper and he is the one that encouraged me to write to you. Milton's great-great-grandmother survived the Trail of Tears at a very young age.

Milton and I are members of the East Paris Baptist Church in Paris, Texas. I attend an all women Sunday School Class taught by Beverly Rodgers. She has a way of teaching that just nearly draws a picture for me.

Every time I read what the Lord has laid in your heart to write, you too draw that picture and makes it so easy for me to understand. Thanks for sharing the truth from the Bible. I look forward to reading what you have to write in the next issue of the paper we get.

The Choctaw Nation is truly blessed to have you as its Tribal Chaplain. May God bless you and your family in a special way.

Karen Fleming



Thank you for the ornament

Dear Chief Pyle,

Thank you for the Christmas ornament. I think that is the Christmas season beginning for me. I am sending a picture of the wreath I made with all the ornaments I have received over the years. I proudly display it and love talking about it.

Thank you again,
Evelyn Folsom Griffin

Gregory E. Pyle
Chief

Gary Batton
Assistant Chief

The Official
Monthly Publication
of the
Choctaw Nation of Oklahoma

Judy Allen, Senior Executive Officer
Lisa Reed, Executive Director
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The BISKINIK is printed each month as a service to Tribal Members. The BISKINIK reserves the right to edit submitted material which it finds inaccurate, profane, offensive or morally unacceptable. Copy may be edited for proper grammar and punctuation. Copy will be accepted in any readable form, but where possible, it is requested that material be typewritten and double spaced. You must include an address or phone number where you may be reached. Due to space limitations and the quantity of article submissions, we are unable to include everything we receive.

If you are receiving more than one BISKINIK at your home or if your address needs changed, we would appreciate hearing from you.

The BISKINIK is a nonprofit publication of the Choctaw Nation.

Circulation is monthly. Article deadline is the 10th of the month for the following month's edition.

Editor's note: Views and opinions in reader-submitted articles are solely those of the author and do not necessarily represent those of the Choctaw Nation.



BISKINIK 2013

EVENTS

Church to hold monthly gospel singing

A monthly gospel singing will be held at 7 p.m. on March 7 and repeat monthly on the first Friday of each month, at the Cornerstone Full Gospel Church, 316 N. Main, in Caddo. It is free admission and all singers and listeners are welcome. Concessions will be available. For more information, contact Bonnie Horn at 580-760-6127.

Hampton Chapel Annual Singing

The Hampton Chapel Annual Singing will be held on Saturday, March 15 at the Hampton Chapel near Spencerville, Okla. Supper will be served at 5:30 p.m. and singing will start at 7 p.m. Please contact Wynona James at 580-372-0755 or Anthony Thompson at 817-715-9827.

Free will preparation clinic

Oklahoma Indian Legal Services, Inc. (OILS) will be holding a FREE Will Clinic to prepare wills at this Clinic on Friday, April 11 from 9 a.m. to 3 p.m. at the Choctaw Nation Community Center, 2408 E. Lincoln Road in Idabel.

To register for the clinic call 800-658-1497. Registration is limited so call as soon as possible.

Oklahoma Indian Legal Services, Inc. is one of two civil legal service programs operating in Oklahoma funded principally by the Legal Services Corp. For additional information regarding other legal services, please call Oklahoma Indian Legal Services, Inc. at 800-658-1497.

2nd Annual Arrowhead Pow Wow

The 2nd Annual Arrowhead Pow Wow will be held March 15 at the Southeast Expo Center, 4500 W. Hwy 270 in McAlester.

Head Staff
MC: Tim Tallchief
AD: Bill Takes Horse
Head Man Fancy: Michael Roberts
Head Man Traditional: Presley Byington
Head Singer: Rowe Kishketon
Head Lady: Leighann Koshiway
Color Guard: Choctaw Nation
Head Gourd Dancer: Joe Bohanon,
Yellow Hill Gourd Clan

Arrowhead Pow Wow Princess: Olivia Roland
Little Princess: Akiera Hawk

Demonstrations: Basket making, Beading, and Pottery:
2:30 - 6 p.m.

REGISTRATION: ALL AGES
Gourd Dance: 2:30-5:30 p.m.
Registration closes at 6:30 p.m.
Grand Entry: 6:30 p.m.
All Contestants must be in Grand Entry

Contests:	Adults 16 & up	Juniors 7-15
Fancy/Grass	300 200 100	75 50 25
Traditional/Straight	300 200 100	75 50 25
Fancy Shawl/Jingle	300 200 100	75 50 25
Buckskin/Cloth	300 200 100	75 50 25
Choctaw Ladies Cloth	300 200 100	
Tiny Tots – 6 years and under		

Craft Booths \$ 40 per table
ALL PRINCESSES WELCOME!!!!
Contact for more information: Dena Cantrell at 918-423-1016/918-421-0368. Indian Tacos by the Arrowhead Pow Wow Committee and Expo will be only concessions.
No drugs or alcohol allowed!

Are you over 18 years old?

Don't forget to update your tribal membership card!

If you have recently turned 18 or will be turning 18 within the next 60 days and have not yet obtained your Adult Membership card please complete a new Tribal Membership application and return to the Choctaw Nation Tribal Membership Department. The application can be found online at www.choctawnation.com or by contacting the Tribal Membership office at 1-800-522-6170 or 580-924-8280.

**Choctaw Nation
can aid with loans**

The Southeastern Oklahoma Indian Credit Association offers small business, home, home improvement and agriculture loans. To be eligible to apply, a person must reside within the 10.5-county service area of the Choctaw Nation of Oklahoma and must possess a Certificate of Degree of Indian Blood (CDIB) from a federally recognized tribe. For more information, please contact Susan Edwards at 580-924-8280 or toll-free 800-522-6170.

If you are interested in applying for a loan from the SOICA or the Choctaw Revolving Loan Fund, there will be a representative from the Choctaw Nation Credit Department at the:

Choctaw Nation Family Investment Center
110 S. Central Ave. – Idabel
Feb. 21, 2014
9:30 - 11 a.m. and 12:30 - 2 p.m.

Annual tree sale underway

The State Cost-Share for new farm ponds and water wells ended on November 15, 2013. Ranking is underway and all applicants were notified by the middle of January 2014.

With the beginning of the new year, come the District's Annual Tree Sale. Ordering began Jan. 6 and run through Feb. 21. Delivery dates will be starting approximately on March 10. Orders are taken in the District office only, located at 200 Gerlach Street, Suite A in Durant and must be prepaid. Look for the exact dates in the local newspapers or call 580-924-5464 for information. As before, the district is offering bare root seedlings for a variety of fruit, shade and ornamental trees and shrubs. Our prices range from \$3 to \$11.50 with no minimum or maximum order. Anyone who wants to plant trees, whether it is for landscaping or conservation purposes, is eligible to purchase trees through the district.

The Bryan Conservation District also has Bryan County Plat Books for sale for \$45.

Choctaw Housing Authority

Affordable Rental Housing

Bokoshe, Red Oak and Quinton are accepting applications for: one, two, three and four bedroom income based apartments.

- Applicant must have a CDIB Card
- Applicant household must meet income guidelines
- Household members age 18 and over must pass OSBI criminal background check
- Household members age 18 and over must pass local background check
- Applicant must provide two previous landlord references including telephone numbers and addresses
- Applicant must have an income.



Elder Residential Housing

Hartshorne is accepting applications for income based one bedroom apartments which include: stove, refrigerator, central heat/air, washer and dryer

- These units are designed for a single person or a person and their spouse.
- Each applicant must be able to live independently.
- Applicants must be at least 55 years of age.
- Age 62 and older receive preference.
- Tenant must be able to pay 15% of their gross adjusted income towards rent.

All applications may be obtained online at choctawhousing.com under services, Affordable Rental Housing or by calling Tracy Archey at 580-372-4091

Affordable Housing is housing that is affordable to lower income households earning no more than 80% of the Area Median Income. Tenant rent in the Affordable Housing Program is based on 15% of the gross adjusted income for the household. The Housing Authority of the Choctaw Nation has 146 affordable rental units located within the Choctaw Nation boundaries.



PEOPLE YOU KNOW

Dickson graduates from LSU law

Mitchell David Dickson attended LSU (Louisiana State University) in Baton Rouge, La., and earned his undergraduate degree in Mass Communication in 2009. Upon earning this degree he received a very generous scholarship to attend Louisiana State University Paul M. Hebert Law Center in Baton Rouge, which he happily accepted.

Mitchell graduated from Louisiana State University Paul M. Hebert Law Center in Baton Rouge on May 31, 2013, with a Juris Doctor degree. He is currently working as an attorney at Grand Law Firm in Baton Rouge.

On a personal note, Mitchell and Nathalia Alves de Miranda Rocha (she earned her Masters of Law degree from LSU in 2012) were married in a small lovely civil ceremony on May 9, 2013 in Baton Rouge. In May of this year they will be traveling to Brazil, Nathalia's birthplace, for a huge church wedding, a very nice reception, and a series of parties in accordance with Brazilian tradition.

Mitchell is the son of John David Dickson Jr. and Jeri Lyn Amos (Dickson), grandson of Doris Opal Behringer Dickson of Riesel, Texas, and grandson of the late John David Dickson of Denton, Texas, Von Weis Hudson of Smithville, and Georgia Catherine Mowdy Hudson of Zafra.



Padrigh earns Eagle Scout award

Missouri State Senator David Sater presents a Senate proclamation to Padrigh Pruett-Thornton, who recently earned the Eagle Scout award with BSA Troop 95. Padrigh, 16, who has cerebral palsy, has achieved the highest rank a Scout can earn. Only about three of every 100 boys who join the Boy Scouts become Eagle Scouts. In order to earn this award, a scout must earn a minimum of 21 merit badges, 12 of which are required, and complete a project. Padrigh's project consisted of planning, gathering materials and working on placement of a flagpole and landscaping in the front of a local United Methodist Church. Padrigh earned a total of 31 merit badges.

Anabelle earns Miss America Jr. Teen Achieve

Anabelle Marie Wilkin-son, 13, delegate, Miss No. California Jr. Teen Achieve, competed in the National Miss American Jr. Teen Achieve Pageant and was crowned Miss American Jr. Teen Achieve 2014 on Dec. 28, 2013.

Anabelle won this title and crown based on her community service, achievements and involvement and a platform for fellow teens of having fun without taking drugs, "High on life, not on drugs."

Anabelle's achievements and community service included Choctaw Star, Stone Valley Middle School Super-star, Job's Daughters International, New Life Church - Jr. Service Assistant, Bella Dance Academy dance team and Valley Cheer Rising Star team.



Cheyenne performs at Disney parade

Cheyenne White, a junior at Idabel High School, performed in the Disney Christmas Parade in Orlando, Fla. Cheyanne was selected as an All-American Dancer by the National Dance Alliance last summer at the University of Oklahoma Dance Camp. The parade was broadcast on Christmas Day on ABC.

Cheyenne and both her parents, Jason White and Reesha McDaniel Eidson, are members of the Choctaw Nation.

While in Orlando, it was exciting for the family to meet Jerry Noah (another member of the Choctaw Nation) and his wife. It's such a small world and it was interesting to meet other Choctaws while so far from home.



Mayo earns Masonic title

Jackie Mayo, born on April 18, 1933, in El Reno, graduated from El Reno High School in 1952. He served in the U.S.A.F. 1953-1958, and in a tour in England. He worked for the Rock Island Railroad, as well as the USDA in 1997.

Jackie Now resides in Sherman, Texas. He has studied at OCU and OU. With the desire to be a Mason all his life, he joined the Masonic Lodge in the Billie Mosse Lodge 1152 in Denison, Texas as an Entered Apprentice in September of 2006. He passed to the degree of Fellow Craft in January of 2007 and rose to the degree of Master Mason February of 2007. He served as the Master of Ceremonies for the Masonic year 2008-09; served as Junior Warden for 2009-10; served as Senior Warden for 2010-11; was the first Native American to serve as Worship Master of Billie Mosse Lodge for 2011-12; served as the Secretary for Billie Mosse Lodge 1152 for 2012-13. On Dec. 7, 2013, he was installed as the District Deputy Grand Master for the District 4-A of the Grand Lodge of Texas for 2014. Mayo is also a published author.



Madie reps Plainview in cross country

Madie Gray, daughter of Chris and Gwen, sister Jessie Gray, placed second in the class 4A Cross Country State meet held in Edmond. Madie is a sophomore at Plainview High School in Ardmore. Plainview went on to earn the state championship for the 4A Cross Country meet.

Madie is the granddaughter of Harry and Dolores Marriss of Overbrook, Phil Gray of Madill and Debbie Beason of Shreveport, La.



Coffman wins rifle

Karren Coffman of Broken Bow is the winner of a Ruger American Rifle from the Broken Bow Choctaw Senior Center who were raffling tickets to fund a trip for 2014. Pictured to the right of Coffman is Ivan Battiest, chairman of the senior center.



Hickman excels in wrestling

Beau Hickman, 7, of Yukon wrestles for Matrix Grappling located in Mustang. This is his third year of wrestling. In this picture from February of 2013, he had won The Oklahoma Open State Youth Wrestling tournament in Tulsa, for the 6 and Under Div. 1, 52 pounds.

Later, on Jan. 11, 2014, he took 1st in the 7 and Under Div. 1, 60 pound, in Dallas at the Cotton Bowl Nationals Tournament.

He works really hard to get where he is and loves every minute of it.



Jordan graduates with honors

In ceremonies conducted Dec. 14, 2013, at the Coliseum of the University of North Texas in Denton, Jordan A. Miller graduated Magna Cum Laude with a Bachelor's of Fine Arts. Jordan is the son of Russell and Pamela Miller of Burkburnett, Texas.

On the day prior to graduation, the Honors College of UNT recognized 29 graduates with Honors Recognition Awards and Honors College medallions. These students voluntarily completed a more demanding academic curriculum and maintained the highest academic standards throughout their bachelor program.

Miller's artwork has been exhibited in several galleries in Denton and Dallas. This fall, he was included in the highly selective "500X College Expo," a juried exhibition of Texas' top university-enrolled artists at 500X Gallery in Dallas.

Jordan plans to continue his studies by pursuing a Master of Fine Arts degree as he develops a career as an artist.

Jordan and his family are greatly appreciative of the Choctaw Nation of Oklahoma for its support through the Choctaw Nation Higher Education Program. This scholarship was very helpful in achieving this goal.



Choctaw Nation Vocational Rehabilitation March 2014

Durant - Mon., Wed. and Fri.; Broken Bow - Mon., Wed. and Fri.; Idabel by appt.
Phone: 580-326-8304; Fax: 580-326-2410 Email: ddavenport@choctawnation.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 Durant 8:00-4:30	4 Talihina 10:00-2:00	5 Broken Bow 8:00-4:30 Idabel by appt.	6	7 Wright City by appt.	8
9	10 Durant 8:00-4:30	11 Poteau 11:30-1:00	12 Crowder by appt.	13	14 Broken Bow 8:00-4:30 Idabel by appt.	15
16	17 Durant 8:00-4:30	18 Antlers by appt.	19 McAlester 10:00-2:00 Stigler by appt.	20	21 Broken Bow Idabel by appt. 8:00-4:30	22
23	24 Durant 8:00-4:30	25 Wilburton by appt.	26	27	28 Atoka by appt. Coalgate by appt.	29
30	31					

McNew earns doctorate in nursing

Rusty McNew, Regional Chief Nursing Officer for Tenet Healthcare, Dallas, Texas, has been awarded a Doctor of Nursing Practice degree from American Sentinel University, Denver, Colo.

Dr. McNew has also earned a Master of Liberal Arts degree from Southern Methodist University and a Bachelor of Science degree in Nursing from the University of Texas at Arlington.

His great-grandfather was original enrollee E. P. Snead. His grandparents are Amelia Snead Tyler and the late Ralph Tyler. His parents are Dwight McNew and the late Sara Tyler.



Students tackle community projects with technology

By **BRET MOSS**
Choctaw Nation of Oklahoma

The Talihina Kiamichi Technology Center auditorium filled with friends and family of students who took part in the Beyond the Bell: Totally Teched Out Camp on the evening of Jan. 21, for the showcase and celebration of the work completed during the camp.

“We did a lot in four days,” stated Carrie Kirkes, a facilitator for the program, which experienced its inaugural run with considerable success and positive reception.

During the camp, which ran each evening from Jan. 13-16, students in grades 6-8 were able to take their interest in technology and produce useful services for the community.

Tuesday’s event, consisting of dinner and presentations, was a showcase of the in-depth work completed during the four-day span. The presentations included videos recorded and edited by the students using industry standard hardware and software; graphic work utilizing photos taken by students and Adobe Photoshop; and detailed maps created by Geographical Information Systems (GIS), a widely used technology used to map complicated areas.

Students who were a part of the program were excited to show their work and inspired to investigate further into how technology can influence their future.

“I am definitely going to keep trying this,” exclaimed Preston Moreland, a seventh grade student at Talihina School. Moreland, who gave a quick explanation on how GIS mapping can benefit community projects, explained that he enjoyed being able to use the equipment to tell a story.

The story told was that of the Choctaw Nation Capitol Grounds and Museum, located near Tuskahoma. This historical site, which receives a steady amount of visitation during the year, had little information describing what guests should expect prior to a visit. The students saw an opportunity to assist a landmark in the community, all while improving their knowledge base.

Over the course of the program, students divided into three groups: video, photography/graphics, and GIS. These groups were led by juniors and seniors of area schools who are members of the Environmental And Spatial Technology (EAST) Initiative, a program based on education through the use of technology.

EAST is a project-based curriculum according to Kirkes. It serves as a half-day alternative to conventional education for



Photos Provided

Choctaw Nation GIS Specialist Ryan Spring gives the students a tutorial.

upperclassmen in high school who are interested in the utilization of technology for real-world implementation. More information about EAST is available on their website at www.eastinitiative.org.

Justin McClellan, a senior at Talihina High School and EAST participant who assisted students with the GIS portion of the project, mentioned that even though he was teaching he still learned from the experience.

As the teams connected their creations with new-found skill, the entire vision of the project came to fruition in the form of promotional materials for the Choctaw Capitol Museum. The students produced a hard copy brochure featuring a layout of the grounds and descriptions of the landmarks guests will find while they explore.

An interactive digital map was also included in the finished product. Potential guests will now be able to access a virtual tour of the capitol grounds online before they visit.

“This will be utilized worldwide,” stated Museum Director Regina Green as she expressed how impressed she was with the students’ creations.

Totally Teched Out was funded by the EAST Beyond the Bell

Grant made possible by the EAST Initiative and the Arkansas Department of Education, and was the first Beyond the Bell program to occur outside the state of Arkansas. The facilities of the Kiamichi Technology Center were utilized to facilitate this project.

The Choctaw Nation of Oklahoma also contributed to the effort, providing funds for meals and shirts. Kirkes stated that she was very thankful for the support provided by the tribe and looks forward to working together in the future.



Preston Moreland describes how maps are made using GIS.

Coal County hero honored at bridge dedication

By **WANDA UTTERBACK**
Coalgate Record Register
Printed with permission

Approximately 100 people gathered at the Tupelo Community Center on Nov. 15 for a bridge dedication ceremony honoring a Choctaw man who gave his life for his country at the young age of 21.

The bridge over Clear Boggy Creek on S.H. 48 south of Tupelo was dedicated to Tupelo fallen hero Howard Lee Jones. The bridge is now designated the “Specialist Howard Lee Jones Memorial Bridge.”

Howard Lee was born south of Tupelo on Feb. 9, 1945, to Howard D. and Helen Mae Jones. He had one brother, William Jones, and six sisters, Estalene Phillips (deceased), Joyce Smith (deceased), Deloris Campbell, Evelyn Terry, Rhonda Sevier and Annette Wortman.

Howard attended Tupelo School and was valedictorian of both his eighth grade and senior class. He enjoyed hunting and was an excellent marksman. He liked reading, and he usually carried a western paperback book in his pocket.

His sister Deloris Campbell remembers lots of little things about her brother. Things like his favorite song (“Sugar Shack”) and his favorite food (pork loin.)

“He had a little white Ford Falcon, and it’s still parked at the old home,” Deloris shared. Their sister, Annette Wortman, now lives there.

Howard Lee was drafted into the U.S. Army in September 1965, and completed his basic training at Ft. Polk, La. He then spent a short time at Ft. Hood, Texas, prior to his Vietnam tour that began Aug. 21, 1966.

He was killed in action Nov. 29, 1966, during hostile ground action.

State Sen. Josh Brecheen and Rep. Donnie Condit were the keynote speakers at the program. Other participants included Coalgate VFW Post 1198, Coalgate American Legion Post 242, the Choctaw Nation Honor Guard, Paul Rachel and Bruce Jeffcoat with the Oklahoma Department of Transportation, Paula Carney and Cheryl Weeden, and Justin Humphrey. Coal County Commissioner Johnny D. Ward was the master of ceremonies.

Sen. Brecheen read a copy of a citation issued by the Oklahoma State Legislature, the original of which would later be mailed to the Jones’ family. The citation was signed by Governor Mary Fallin, Sen. Brecheen and Rep. Condit.

“This honor is reserved for people like Specialist Jones... but what honor we give him is little compared to what his life was about,” Brecheen told the crowd.

Following a flag folding ceremony by Commander Dewayne Spears, American Legion Post 242, and Don Stanberry, a member of VFW Post 1198, the folded American flag was presented to Howard’s sister, Evelyn Terry, by Commander Charles Spears, VFW Post 1198.

Several of Howard’s classmates from the class of 1964 attended the bridge dedication.



Howard Lee Jones' siblings with a small replica of the "Specialist Howard Lee Jones Memorial Bridge" sign presented by the Oklahoma Department of Transportation. From left (front) - Sisters Deloris Campbell, Evelyn Terry, Annette Wortman; back - State Sen. Josh Brecheen, State Rep. Donnie Condit, and brother William Jones.

“We all graduated with Howard Lee. People right here at this table are classmates,” Don Schutte said as he made a sweeping motion around the table with his arm. “Howard Lee was someone that everyone looked up to. He was smart. I don’t think I ever saw him carry a book home except for something to read.”

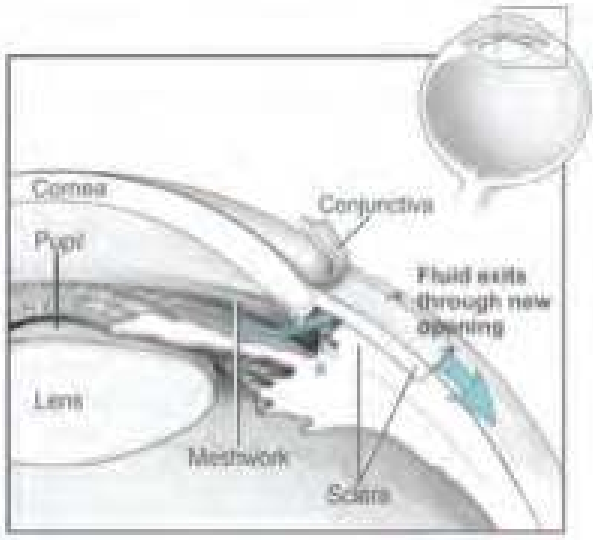
“I just wanted to let you know he was an exemplary person,” he added. “Know that we loved that guy and we miss him.”

Schutte said he had visited the Vietnam Wall and looked at his buddy’s name. “We appreciate what you all are doing,” he said. “I’ve seen these signs as I drive over bridges, and it does me good to see what you’re doing.”

Commissioner Ward stated that Coal County has dedicated 25 or more bridges over the years and his goal is to have something named after every veteran listed on the Coal County veterans’ memorial monument erected at VFW Post 1198 several years ago.

“Howard Lee Jones and many others have sacrificed their lives so we can enjoy our lives,” Ward said. “He was smart, he was loved by everyone and he had a good life—but he gave his life for our freedom, for all of us in Coal County and in our country. He’s not only an American hero, he’s our hero from right here in Tupelo and Coal County. The bridge is a lasting tribute to a Coal County hero and an American hero. It’s the least we can do.”

Jones’ siblings said they want everyone to know how much they appreciate the dedication and expressed their gratitude to the people who were involved in the project. They also extended their appreciation to all the family and friends that traveled to attend the ceremony as well as all their local family and friends.



Be proactive with glaucoma

A message from the Nation Eye Health Education Program

The best years are yet to come. With more free time, you can set your sights on wonderful places to go and people to see. Just make sure you keep an eye on glaucoma.

Glaucoma is a group of diseases that damages the eye’s optic nerve, which carries visual signals to the brain. It can lead to vision loss or blindness if left untreated. Primary open-angle glaucoma is the most common form of this disease and often has no symptoms in its early stages. Quite frequently, by the time people are diagnosed with glaucoma, they’ve already begun to notice changes in their side, or peripheral, vision.

While anyone can get glaucoma, people at higher risk for glaucoma include African Americans age 40 and older; everyone over age 60, especially Mexican Americans; and those with a family history of the disease.

“Studies show that at least half of all persons with glaucoma don’t know they have this potentially blinding eye disease,” said National Eye Institute (NEI) director Dr. Paul Sieving. “The good news is that glaucoma can be detected in its early stages through a comprehensive dilated eye exam.”

A comprehensive dilated eye exam is a procedure in which an eye care professional places drops in your eyes to dilate the pupil to examine the back of your eyes and check the optic nerve for signs of disease. This exam may help save your sight because when glaucoma is detected early, it can be controlled through medications or surgery. If you are at higher risk, make sure you get a comprehensive dilated eye exam every one to two years and encourage family members to do so as well.

So wherever life takes you, keep vision in your future. Don’t wait until you notice problems with your vision to see an eye care professional. A low-cost exam may be available to you through Medicare. For more information, call 1–800–MEDI-CARE or visit www.medicare.gov. For additional information about glaucoma, visit www.nei.nih.gov/glaucoma or call NEI at 301–496–5248.

The silent thief of sight

Glaucoma is sometimes called the “silent thief of sight” because it slowly damages the eyes and can cause irreparable harm before there is any vision loss. But this disease is stealthy in more ways than one. Glaucoma has been known at least since antiquity, and yet, researchers today still do not know what causes it in most cases. There are treatments to delay vision loss, but no cure, making it a leading cause of blindness all over the world.

Glaucoma is a group of diseases that damage the optic nerve, a cable at the back of each eye that connects it to the brain. It affects more than 2.7 million people in the United States and more than 60 million worldwide. There are many forms of the disease, but primary open-angle glaucoma is the most common form and the most mysterious.

Are researchers making progress in solving this mystery? “Primary open-angle glaucoma remains a black box, but researchers are pursuing many avenues to investigate the underlying causes. As we develop a better understanding of the disease process, we hope this will lead to new, more effective treatments and possibly even preventive therapies for it,” said Hemin Chin, Ph.D., director of the Glaucoma and Optic Neuropathies program at the National Eye Institute (NEI), part of the National Institutes of Health.

High-pressure research
If you’ve ever had an air-puff test, also known as tonometry, then you may have heard that glaucoma is linked to an increase in eye pressure, or intraocular pressure. The unique anatomy of the eye, when combined with other factors, can cause a rise in eye pressure that can in turn cause some types of glaucoma.

The eye is filled with fluid that drains through a gap between the cornea and iris. A build-up of fluid and eye pressure can damage the optic nerve.

The front of the eye, between the cornea (the eye’s front window) and the iris (the colored part of the eye), is filled with a clear fluid. This fluid leaves the eye and enters the blood by passing through a gap at the angle where the cornea and iris meet. The gap is filled with a sponge-like tissue called the trabecular meshwork, which helps regulate fluid passage. Sometimes, eye infections, injuries, or certain medications can narrow the gap and compress this spongy tissue, producing a rapid buildup of fluid and eye pressure. This is called angle-closure glaucoma.

In the United States, open-angle glaucoma is more common than angle-closure glaucoma, affecting about three times as many people. It has a more gradual course and there are no clear signs of blockage within the eye’s drainage system. Yet, researchers estimate that 50 to 80 percent of people with open-angle glaucoma have eye pressure that is higher than average. Others have normal pressure or even low pressure. On the flip side, many people have high eye pressure but never develop glaucoma.

“Elevated intraocular pressure is a leading risk factor for primary open-angle glaucoma,” said Robert N. Weinreb, M.D., chair and distinguished professor of ophthalmology, and director of the Hamilton Glaucoma Center at the University of California, San Diego (UCSD). “The higher the intraocular pressure, the more likely the person is to develop glaucoma and the more likely it is to progress.”

Because of these data, medications that lower eye pressure are a mainstay of glaucoma treatment. In some cases, a doctor may recommend surgery to increase fluid drainage from the eye. Drugs, surgery, or both approaches together are often successful at slowing the course of open-angle glaucoma. The NEI-funded Ocular Hypertension Treatment Study also found that pressure-lowering eye drops can delay the onset of glaucoma in people with high eye pressure. But even with medication or surgery, open-angle glaucoma usually continues to attack the optic nerve and cause gradual vision loss.

OBITUARIES

Albert Lee Sampson

Albert Lee Sampson, 71, of Ada, passed away on Dec. 31, 2013. He was born Feb. 8, 1942, in Oleta, the son of Jacob Sampson and Marie (Elapashabi) Sampson. Albert enjoyed working on cars, yard work, watching old western movies and Elvis. He had worked as a sawmill operator. Albert enjoyed picking on his grandchildren and telling family stories. He was a self-educated kind-hearted man.

He was preceded in death by his parents; three children, Delbert Sampson, Audra Harris and Jacqueline Sanchez; three siblings, Eldon Sampson, Pearlle Mae Deatley and Sarah Sampson.

Survivors include son, Robert Sampson of Idabel; three daughters, Christina Sampson of Ada, Alanna Fixico of Ada and Rebecca Cheshire of Star City, Ark.; sister, Ruthie Fleming of Paris, Texas; brother, Johnny Sampson of Paris, Texas; 20 grandchildren and 15 great-grandchildren along with many other relatives and friends.

Dana Wayne Collins

Dana Wayne Collins, 64, of Ranger, Texas formerly of Fritch passed away Dec. 9, 2013. He was born March 23, 1949 in Borger, Texas, to Louie and Wanda Collins. He graduated from Sanford Fritch High School and proudly served in the United States Navy. Dana is affectionately known to his Indian family as Yobota Onssi (Flying Eagle). Dana was also known as a musician and songwriter.

He is preceded in death by his father, Louie Collins; grandfather, Dean Stucker and grandmother, Kate Stucker.

Survivors include his son, DJ Collins with wife Denise of Nebraska City, Nebraska; mother, Wanda Lois Collins of Fritch; sister, Cindy Randall with husband Chesty of Fritch; two nieces, Brittany Haney and Robyn Rohan; and one nephew, Levi Randall.

Don Fannin

Don Fannin passed away at his home in Fernley on Sept. 26, 2013, after a battle with cancer. His loved ones were by his side. Don was born on Aug. 23, 1944, to Harlan and Lynette Fannin in Deer Creek, Minn. The family moved to Texas and then to Henderson, Nev. Don joined the Army in 1965 and served two years. Don lived in Henderson after the Army where he met his wife, Sherry, of 36 years. They moved to Round Mountain in 1977 and owned and operated the Palace Club for many years. They also built the G&F hardware store in Round Mountain and later built a new hardware store where it's still located in Carvers. In 1991, they moved to Fernley to build a hardware store there. In 2005, they retired and became snowbirds, eventually buying a home in Fort Mohave, Ariz. Don enjoyed anything outdoors like hunting and fly fishing and thoroughly enjoyed his retirement with Sherry. He will be missed.

Don was preceded in death by his parents, Harlan Fannin and Lynette Fannin.

He is survived by his wife, Sherry; sons, Wendell Fannin of Las Vegas, Stephen Sampson of Round Mountain and William Sampson of Fernley; daughter, Cindy (Sampson) Baze (Dave) of Fernley; brother, Mike Fannin of Round Mountain; sister, Barbara Fannin of Oceanside, Wash.; grandchildren, Ryan, Tyler and Kayla; nephews, Chad (Desarae) Bernard of Fernley and Sean Fannin of Round Mountain.

Donna Kay Nelson

Donna Kay Nelson, 52, of Heavener, passed away Jan. 9, 2014, in Ft. Smith, Ark. She was born June 4, 1961, in Claremore, to Jeff and Della (Woodral) LeFlore. She was a homemaker.

Donna is survived by her husband, Garland Nelson Sr. of the home; son, Garland Nelson Jr. with wife Robin of Heavener; two daughters, Sabrina Williams with husband Ross of Heavener, and Natasha Gillham with husband Austin of Mustang; parents, Jeff and Della LeFlore of Hontubby; six brothers, Carsilee LeFlore with wife Shirlene of Heavener, Franklin LeFlore with wife Brenda of Wister, Mike LeFlore with wife Terasa of Sundance, Wyo., Norman LeFlore of Sundance, Wyo., Jeff LeFlore with wife Amber of Heavener and Carroll LeFlore with wife Kimberly of Heavener; three sisters, Sandra Munch of Talihina, Norma Lusk of Heavener, Della Dobbs with husband Russell of LeFlore; seven grandchildren, Gus, Hank and Jesse Williams, Elan Nelson, Dylan McGee, Gavin and Bryar Gillham; and numerous other family members, friends and loved ones.

Kyle Holman

Kyle Holman, 90, of Dewey, Ariz., passed away on Dec. 17, 2013.

His memory will long remain in the hearts of his family and close friends. Kyle was a WWII Navy submariner assigned to the USS-razorback as a Machinist Mate. He was a master antique auto mechanic by trade for over 60 years, and an accomplished musician. Kyle often played music at the American Legion Post in Humboldt, and was a member of the Greater Arizona Country and Western Swing Music Association.

He is survived by his wife, Bertha; daughter, Julie; granddaughter, Heather; and great-granddaughter, Cierra.

Lawrence Robinson

Lawrence Robinson passed away on Dec. 21, 2013. He was born on Nov. 14, 1956 to Pearl and Milton Robinson. Lawrence, a Native American of the Choctaw tribe, was an avid OU fan and softball player.

He was preceded in death by his father, Milton Robinson; mother, Pearl (Taylor) Robinson; and his brother, Milton Robinson Jr.

He leaves to cherish his memory of one daughter, Lindsay Hodge; two granddaughters, Jordan and Loren Hodge; sisters, Wanda Mitchell, Mildred Procter, Sandra Dunkin and Iva Scott; sister-in-law, Felice Robinson; two brothers, Steven Robinson and Harold Robinson; and a host of nieces, nephews, other relatives and friends.



Doris Helen Arendt

Doris Helen Arendt, of Hayden, Idaho, passed away on Nov. 25, 2013, at Kootenai Medical Center after a brief illness, with family by her side. She was born on Jan. 6, 1931, in Cedar Rapids, Iowa to William Martin Brown and Mattiebelle (Watkins) Brown. She was married on June 25, 1949, to Will "Elmer" Arendt in Vinton, Iowa. She was interested in genealogy. Doris was proud of her Choctaw heritage and was thrilled when she was able to prove her lineage and trace her roots back to the Mississippi Band of Choctaw Indians. She was able to prove her descent from numerous individuals who served in the Revolutionary War which qualified her for membership in the Irvine Ranch Chapter, National Society Daughters of the American Revolution. Further research found that she was related to Presidents John Tyler, James Madison, George Washington and Zachary Taylor. She is also related to Meriwether Lewis of "Lewis & Clark."

She was proud to be called "Bubbie" by her grandkids and grand-grandkids. She made many beautiful quilts, all by hand for her many family members. Most recently she repaired some pretty worn quilts she had made for a couple of granddaughters that had 20 years of enjoyment on them. She and Elmer enjoyed traveling after their retirement throughout the United States and Canada in their fifth wheel. They loved visiting movie locations, with their favorite being Port Townsend, Wash., where "An Officer and a Gentleman" was filmed. They lived there for some time. She would cook and sew while Elmer fished. She also collected cookbooks along the way and found a new hobby trying recipes that she found on Pinterest. She also stayed up to date with family via Instagram. She was the rock of the family and loved very much. Her passing has left a piece missing from a great family puzzle.

She was preceded in death by her parents and two brothers. She is survived by her husband of 64 years, Elmer Arendt; and their children and spouses, Wayne Arendt (Shirley), Phil Arendt (Sandy), Diana Monie (Tom) and Laura Hunter; as well as her nine grandchildren and 11 great-grandchildren.



Douglas Thomas

Douglas Thomas, 86, passed away on Dec. 4, 2013. He was born Oct. 2, 1927 in Mound Grove, the son of Moses B. Thomas and Clarsey (Bak-en) Thomas and had lived in the Valliant area most of his life. Douglas married Mattie (Luper-Carter) Thomas on May 13, 1985 in Clarks-ville, Texas. He was a member of the Choctaw Nation of Oklahoma.

Douglas was preceded in death by his parents and a sister, Helen Marie Hayes.

Survivors include his wife, Mattie Thomas; three sons, Bill Carter, Charles Carter and Joey Carter all of Valliant; two daughters, Debbie Graham of Valliant and Brenda James of Cisco, Texas; a brother, Moses B. Thomas of Valliant; 18 grandchildren, 12 great-grandchildren and a host of other family friends.



Joe Dean West

Joe Dean West, 81, passed away on Dec. 21, 2013. He was born July 18, 1932, at Washington, Okla. to Robert Leo West and Era Lavada Fountain West. He graduated from Francis School, and also attended Tulsa University where he received his Bachelor's in Business Administration. He married Mildred Marie Hughes West on Dec. 18, 1954, in Ada. Mr. West retired from Western Electric after 29 years of service. He later owned and operated Joe West Real Estate and Gregory Pest Control and had for many years been a farmer and rancher in the Francis area. He was a past President of Kiwanis Club of Ada and Ada Board of Realtors. He was a State and National delegate and a member of the County Board of Directors of the Oklahoma Farm Bureau. He was also a member of the Pontotoc County Cattleman's Association. Mr. West was also a member of the Western Electric Retiree's Association and served as a Union Steward for CWA. He was a Committee Chair for the Western Heritage Association. He was also a past County Chair and State Delegate for the Pontotoc County Democratic Party. He was a member of the Southwest Church of Christ. He was a Sergeant in the U.S. Army Motor Pool Division during the Korean Conflict. Joe proudly lived on a part of his great-grandmother's original Indian allotment. He was extremely active in the community and dedicated his later life to community service and political activism. He always had a smile or joke for friends, associates or even strangers.

Survivors include his wife, Mildred Marie West of the home; two daughters, Sue West, Carla West, both of Ada; three sons, Mike West with wife Christine of Durant, Jared West with wife Jackie of Ada and Adam West of Los Angeles, Calif.; one brother, Robert Leo West (R.L.) with wife Jackie of Ada; four sisters, Lois Baker of Ada, Joy Gino of Oklahoma City, Virgie Davis with husband Frank of Ada and Shirley Hill of Piedmont; 12 grandchildren; 11 great-grandchildren; two great-great-grandchildren; and numerous nieces and nephews.

Celeste (Totsy) Smith

Celeste (Totsy) Smith unexpectedly grew wings and flew away with the Angels on Nov. 13, 2013. The fourth of six children born to William M. and Elaine Smith, Celeste had many adventures growing up on the farm in Mesilla Park. She attended Mesilla Park Elementary, Zia Junior High, Freedom High School and NMSU. From a young age Celeste was a devoted gardener with a gift for growing flowers and plants of all varieties. She was very passionate about sharing her time with others always stopping to talk with everyone she met, she is remembered by many as a devoted listener and truly caring soul. Celeste enjoyed collecting. She most liked turning sow's ears into silk purses. There was always a treasure around every corner at the next yard sale. Throughout her life she never stopped learning. A true wordsmith she kept a notebook for new words in different languages and tried to improve herself every day. A card-carrying member of the Choctaw tribe, Celeste delighted in her Native American heritage and proudly shared her Indian history.

She was preceded in death by her parents, William M. Smith and Elaine N. Smith.

She is survived by her daughter, Hanna; grandchildren, Josephine and Ayden; as well as her special friend and companion Johnny Mathieson; siblings, their spouses and children, Mary C. Smith, Barbara Spilsbury, Davy, Lindsay, Lauren, Bernie Smith, Tammy Josephine, Michelle Elaine, William Andrew, Mike Smith and Dennis Smith, Mattie Kannard-Smith, Macklin John, and many nieces and nephews; uncles, Mike Nelson with wife Patty and Hap Nelson.



Margaret Kathryn Hall

Margaret Kathryn Hall, 80, of Ada, passed away Nov. 23, 2013, at her home in Ada. She was born Aug. 17, 1933, in Ft. Smith, Ark., to James J. and Arzena Norman Hall. She attended Hayes grade school and graduated from Horace Mann High School in Ada. She also attended East Central University.

Ms. Hall was a small business owner on Main Street in Ada for 31 years. She was the owner and operator of the Accessory Shop and later Margaret's, both ladies boutiques.

She was preceded in death by a brother, M. L. Hall; and a sister, Norma Smart.

Survivors include her daughter, Kathy Hamby of Ada; three granddaughters, Alison Raymer with husband Scott of Rogers, Ark., Elizabeth Thompson with husband Philip of Ada and Kathryn Conrady with husband Christopher of Oklahoma City; two great-granddaughters, Jacy Raymer and Sasha Raymer; and a great-grandson, Jameson Thompson; brother, Jim Hall with wife June of Sun City West, Ariz.; niece, Liz Hall of Denver, Colo.; and two nephews, Jim Hall with wife Karen of Amarillo, Texas and Gary Hall of Amarillo, Texas.



Joy Parker

Joy (Norris) Parker was born on March 13, 1928, in Grant to Lucille and Jack Norris. She was the third of six children in the Norris family. The Lord took Joy home during her sleep on Oct. 4, 2013. She was ready for this life to end and her new life with Jesus to begin. Joy attended school at Grant Elementary and was a 1946 graduate of Goodland High School where she played basketball and enjoyed roller-skating. After high school, Joy attended SE Oklahoma State College in Durant and graduated with a bachelor's in math. Deciding that she wanted to teach, she then attended Oklahoma State University for a year and obtained her teaching certificate. With teaching certificate in hand, Joy took a position in Jenks High School teaching math. She also coached basketball during her years at Jenks. While in Jenks, she met her future husband, Henry Parker. Henry swept her off her feet, literally. After the wedding ceremony, still decked out in her wedding dress, Henry wheeled her down Main Street in a wheel barrel as the onlookers cheered. The couple became a family in 1955 when a daughter, Teresa, was born. Their joy was short lived, however, when Teresa was diagnosed with cancer and died in 1959. A year later, they were blessed with Kelly, a healthy baby boy.

Joy worked most of her life and was a strong woman in man's world. She worked side by side with Henry running Parker Brick and Wrecking Company. When that company closed, she opened her own business, running crews and heavy equipment in the oil fields through the oil boom of the late 1970's and 80's. After retiring from the heavy equipment and dirt moving business, she returned to her teaching roots and re-entered the academic arena. For many years, she did private tutoring, taught English as a 2nd language and filled in as a substitute teacher at the secondary level. Upon her second retirement, she began working at Dillard's at Penn Square in Oklahoma City, where she accumulated a vast wardrobe and used her sales skills. After patiently waiting, she finally became a grandmother in Sept. of 1999. Joy was a devoted "Grams", channeling energy into her two grandsons whom she loved dearly. She cheered the soccer team, clapped for the play performances and taught them both how to play tennis. She also enjoyed traveling as a family and took multiple trips spanning South Carolina to Arizona with lots of trips in between.

Joy was preceded in death by her daughter Teresa; sisters, Ann McMurphy and Ray Jean Streetman; and brothers, Jackie and Joe Pate Norris.

She is survived by her son, Kelly with wife Dana; grandsons Gabriel and Ian; and sister, Judy Moffitt along with numerous nieces and nephews.

Teddie James Damron

Teddie James Damron, 71, entered this life on Dec. 15, 1942, in Caddo, born to Marvin W. and Pauline (Pad-dock) Damron and entered into eternal rest on Dec. 16, 2013, in Durant.

Teddie has been a lifelong resident of Bryan County and proudly served his country in the United States Army until his honorable discharge. He retired from Synergon Oil Company as warehouse supervisor and he was a member of the Oklahoma Patriot Guard Riders. He was of the Baptist faith and he enjoyed fishing, motorcycles and spending time with his friends at the clubhouse. Above all, Teddie cherished his family.

Teddie was preceded in death by his parents, Marvin and Pauline Damron; and brothers, Tommy and Ronnie Damron.

Teddie is survived by his children, Tony Damron with wife, Buffy of Oklahoma City, Rhonda Smith with husband, Philip of Kingston, Teresa Krist with husband, Joseph of Denton, Texas and Elekta Maltz with husband, Henry of Argyle, Texas; brother, Randy Damron with wife, Lesa of Durant; sisters, Christie Damron with partner, Marie Johnson of Sherman, Texas and Carol Damron of Caddo; special friend, Kathy Townsend of Bennington; eight grandchildren and seven great-grandchildren.



Rosemary Hooser

Rosemary Hooser, 79, of Clayton, passed away Dec. 9, 2013, in Fort Smith, Ark. She was born in Tuska-homa on May 1, 1934, a daughter of the late Eugenia Hooser.

Rosemary had a masters degree in administration and supervision and worked in education serving as both a teacher and principal for several different school systems. She also worked for the Choctaw Nation in several capacities from 1985 until she retired as Hospital Administrator at Choctaw Nation Health Care Clinic on Dec. 31, 1999.

Rosemary is survived by sons, David Rowe, of Allen, Texas, and Arthur Richison of Clayton; daughter Mary H. Richison of Clayton; grandsons, Judson Rowe and Hue B. Hughes; granddaughter Erin Rowe; great-granddaughters, Harley B. Hughes and Madysin Rose Hughes; uncle John A. with wife Lucille Hooser of Clayton; and aunt Ernestine Hunkipillar of Broken Bow; and numerous cousins, other relatives and friends.

Rosemary is preceded in death by her mother; grandparents, Newt and Helen Hooser, who raised her; and two uncles, Ernest Hooser and RD Hooser.



OBITUARIES

Loyce Lorene West Bell

Loyce Lorene West Bell passed away on Jan. 7, 2013, at her home in the Boggy Community north of Red Oak. Loyce was born Sept. 21, 1936, in McCurtain, to Ted and Lottie “Nan” Thomas West. At birth, her father dubbed her “Fatty” and her twin sister “Sticky.” She was a faithful member of the Red Oak Church of Christ and served as the longtime author and publisher of the weekly church bulletin. Shortly after the birth of her first grandchild, Loyce became affectionately known by her grandchildren, family and friends simply as “Ginny.” After 30 years of dedicated service, she retired from Jones Academy Indian Boarding School. At Jones Academy she was known as “Mrs. Bell.” Her compassion for the Jones’ kids and her work ethic were often recognized with awards, plaques and commendations. However, her true reward was in making sure the children of Jones always had the same advantages as the town kids. She was an active member of the Choctaw Nation throughout her life and career, having been selected twice as Elder of the Year by her Tribal Councilman. Loyce was first appointed to the Inter-Tribal Council of the Five Civilized Tribes by the late Chief David Gardner. She was the longest serving member of the Inter-Tribal Council, having the opportunity to serve with three Choctaw chiefs. She also served on the Arkansas Riverbed Authority Board, as well as the Choctaw Nation Health Services Authority Board. Her lifelong love of dogs was part of her moral compass, often saying, “dogs are the best judge of people.” She was recognized by the Humane Society of the United States as a Humane Hero. She was a voracious reader, crossword puzzle zealot, wonderful cook and often played with the Kwanokasha, the Little People of the Choctaw. Loyce and her sister, Juanita, were inseparable companions who took daily jaunts to visit friends, relatives, the sick and elderly, attend ballgames, antique stores and made frequent trips to Eureka Springs.

Loyce was preceded in death by her beloved soul mate Forrest Bell; her parents, Ted and Lottie “Nan” West; and her precious nephew, Chris Hilburn.

Loyce is survived by her five daughters, Jodie White of Red Oak, Joyce Jones of Talihina, Kim Prock of Claremore, Shelley Free of Red Oak and Kalyn Free of Tulsa; the father of her five daughters, Guy Free; four son-in-laws, Johnny White, Danny Jones, Roger Prock and Steve Bruner; seven grandchildren, Dru Shea and Randy Kauk of Red Oak, Kachelle and Danny Bullard of Red Oak, Brian and Jennifer Jones of Oklahoma City, Sloane Prock of Claremore, Chance and Jade Adams of Durant, Carly Jones of Wilburton and Lane Adams of Red Oak; ten great-grandchildren, Hunter Prock, Oscar Boyle, Kimberlyn and Jerret Carpenter, Asher, Reed and Quincee Kauk, Lakyn and Teagan Adams, and GuyJack Jones; four sisters, Faola Hilburn and Juanita Noah of Red Oak, her twin, Joyce Brownlie of Edmond and Nadean Reynolds of Broken Arrow; her foster children, Felicia, Melody and Adrian Johnico; her very special friends, Francis Harjo and Robert Holden; sisters-in-law, Erma Free, Mary Tolson and Doris Ann Baker; and a host of cousins, nephews, nieces and friends.

Willie Mae Sampson

Willie Mae Sampson, 67, was born Sept. 24, 1946, in Noble, Texas, the daughter of Jacob Sampson and Marie (Elapsahabbi) Sampson and had lived in Paris, Texas for 37 years. She became one of Heaven's sweet angels on Dec. 11, 2013, at Paris Regional Medical Center.

Willie Mae enjoyed to spending time with her daughter, granddaughters, great-grandkids and other family members. She also enjoyed going to church, loved to listen to Choctaw hymns, was a Texas Ranger fan and loved to take trips with her sister-in-law, Nettie Webbs. She also enjoyed walking and cooking.

She was preceded in death by her parents; a sister, Pearlrie Mae Sampson; and a brother, Elden “Red” Sampson.

Survivors include a daughter, Mary Sampson of Paris Texas; two brothers, Albert Sampson of Ada and Johnny Sampson of Paris Texas; one sister, Ruthie Fleming of Paris Texas; three granddaughters; and four great-grandkids; as well as several nieces and nephews; along with many other relatives and friends.

Carlos Ramon Avila

Carlos Ramon Avila, 31, passed away Nov. 26, 2013, at Ardmore.

Carlos was born on Sept. 24, 1982, to Santos Avila and Brenda Joyce (Parker) Avila, in Lawton. Carlos graduated from Ardmore High School in 2001. He was employed at Michelin until his health forced him to quit. Carlos was an avid WWE wrestling fan and enjoyed watching all sports in general. He enjoyed spending time with his niece and nephews, especially taking them to the movies. Most importantly, Carlos enjoyed being with his family.

He is preceded in death by his mother; grandfather, Fermin Avila; grandfather, Sam Parker; and step grandfather, Ralph Marris.

Carlos is survived by his father, Santos Avila, of Ardmore; one sister, Elana Avila, of Ardmore; one brother, Fermin Avila with wife Heather of Ardmore; niece and nephews, Shedrick Jones, Deuce Avila, Xavier Jones, and Kaedence Avila; paternal grandmother, Leonarda Hernandez of Mexico; maternal grandmother, Pearl Marris of Ardmore; and a host of friends and family.

Paul Eugene Loftin

Paul Eugene Loftin, 73, of Sapulpa, went to be with the Lord on Nov. 27, 2013, at his home after a short battle with cancer. He was born on Aug. 19, 1940, in Hugo to Julius Carroll Loftin and Myrtle Pauline (Nelson) Loftin. He graduated from Hugo High School in 1958 and lived in the Hugo area for a number of years. He moved to Sapulpa 38 years ago. He was a retired machinist and loved to fish and tinker around in his shop, as well as watch his favorite team, the OU Sooners.

Mr. Loftin was preceded in death by his parents; mother-in-law, Mary West; brother, Marshall Loftin; sister, Sue Greenwald; and grandsons, Dacoda Loftin and George Reid.

He left behind his wife, Beverly Loftin; father-in-law, Carl West; sisters, Mary Melton with husband Charles, Carol Loftin Grant and Kay Ella Roberts; brother, Robert Loftin with wife Bennie; children, Paula Loftin, Sheila Fields, Pauline Sliger with husband Harold, Frances Loftin and friend, Curtis Farley, James Loftin with wife Michelle; grandchildren, Kristen Chapman with husband Jon, Marcus Reid, Skyler Loftin, Tyler Gurry with wife Nicole, Adria Sharp with husband Matt, Casey Pendergrass with husband Kyle, Travis Lytle with wife Jennifer, Shatow Spencer with husband Chad and very near and dear grandson, Kenneth Loftin; great-grandchildren, Caleb and Jon Jon Chapman, Briana Lytle, Kay, Ellie and John Gurry, Chloe and Mary Spencer.

Naomi Porter

Naomi Porter, 76, was born Jan. 16, 1937, in Bokoshe, to original enrollee Houston Tecumseh and Lola Florence (McLemore) and passed away Dec. 3, 2013, in Bokoshe.

Naomi was preceded in death by her parents; her husband, Vernie Porter; one son, Johnny Porter; three brother, Amos, J.B. and Jesse Tecumseh; two sisters, Elizabeth James and Julia Springman.

She is survived by; two daughters, Lahoma Smith with husband Garry of Columbus, Ohio and Dawn Porter of Bokoshe; four sons, Preston Porter with wife Rhunetta of Bokoshe, Wayne E. Porter of Bokoshe, Mike Porter of Roland and Billy Porter with wife Sharla of Pocola; two sisters, Lahoma Shults of Tulsa and Nadine Morrow of Tulsa; nine grandchildren, Tissa Aldridge, Aaron Smith, Hilary Smith, Layne Blevins, Caleb Blevins, Brittne Porter, Summer Porter, Lilly Porter and Harley Porter; five great-grandchildren, Rileigh Aldridge, Kenadi Porter, Max Barnes, Kyndal Porter and Teagan Blevins.

Carol Lynn Frazier

Carol Lynn Frazier, 44, of Ada, passed away on Sept. 4, 2013, at an Oklahoma City hospital. She was born Aug. 8, 1969 in Ada to Curtis Frazier and Laverna Wallace Walker. She attended Allen schools and graduated from Allen High School. Ms. Frazier was employed at Carl Albert Hospital in the registration department and later the Chickasaw Medical Center in housekeeping.

Survivors include a son, Kane Andrew Thompson of Allen; two daughters, Tashina Mylee Thompson and Nora Lynn Thompson, both of Allen; granddaughter, Ava Faith Yahola; mother and step-father, Laverna and Gary Walker of Allen; father, Curtis Frazier of Texas; a brother, Gary Walker, Jr. with wife Amber of Ada; sister, Jessica Walker of Allen; three nieces, Katey Alyssa Read, Lilly Edens and Abby Edens; and nephews, Josh Edens with wife Megan, Bradley Read with wife Courtney, Nate Wood, Tadya Walker, Kason Walker and Tresyn Walker.

Rev. James Kenneth Lewis Sr.

Rev. James Kenneth Lewis Sr., 81, of Ravia passed away on Aug. 19, 2013. He was born on March 12th, 1932 in Reagan to Mack D. Lewis and Ore (James) Lewis. He grew up in this area and graduated from high school in Raiva. He later served in both the United States Army from 1950-1952 and the United States Navy from 1953-1954. Kenneth worked at several jobs during his life, but served mostly as an ordained minister, having pastored the First Indian Baptist Church in Tishomingo for many years, until his health required that he retire. He was preceded in death by his parents; three brothers, David, Owen and Dossie; and four sisters, Ella Mae, May, Mary and Minnie Belle.

Rev. Lewis is survived by two sons, Jimmy Lewis, Sr. of Ardmore and James Kenneth Lewis, Jr. of the home; five daughters, Nancy Boston of Tishomingo, Lisa Bamburg, Sandra Lee, Melanie Pyle and Christy Pruner all of Ardmore; his brother, Beasley Lewis of Amarillo, Texas; 16 grandchildren; 16 great-grandchildren; the mother of his children, Nadine (Brown) Lewis and numerous other relatives and friends.

Otis D. Thomas

Otis D. Thomas, 69, passed away on Dec. 19, 2013. He was born Dec. 16, 1944 in Sawyer, and had lived all of his life in this area. He married Jo Childers on Aug. 17, 1961 in Hugo. Otis was an artist who loved classical music. He enjoyed playing pool, loved to hunt, enjoyed fishing and liked to watch the Sci-Fi channel on TV. Otis was a member of the Choctaw Nation of Oklahoma.

He was preceded in death by his father, Buster Songer; and his mother, Freda Thomas.

Survivors include his wife, Jo Thomas; three sons, Marvin James Thomas with wife Amy of Kingston, Alan Thomas of Kingston and Jason Thomas of McAlester; two daughters, Cynthia McGahey with husband James of Kingston and Anita Braudrick with husband Paul of Boswell; a sister, Betty Battiest of Wright City; 15 grandchildren; 19 great-grandchildren; and other family and friends.

Richard Hamill

Richard Hamill, 68, passed from this life on Nov. 30, 2013, in Hugo. Carl Richard Hamill Jr. was born Feb. 13, 1945, in Bennington, the son of Carl Richard Hamill Sr. and Lillian Francis (Sanders) Hamill. Richard grew up in the Bennington area and had worked in Dallas as a carpenter for many years. He married Barbara Awtry in 1989 and they lived in the Hugo area. He was a member of Victory Life Church of Hugo. While living in this area, Richard worked for the Choctaw Nation and retired as an Environmental Health Specialist after 25 years. Richard was loyal to everything, not only his job, but his family, his grandchildren, and his friends. He enjoyed spending time with family and friends and attending revival services and prayer meetings.

Richard was preceded in death by his parents; three brothers, Harold Glen Hamill in 1967, Aldon Vaughn Hamill in 1982 and Albert Luther Hamill in 1985; one sister, Deborah Lynn Williams in 2001; and his special mother-in-law, Eva Bolding in 2013.

Richard is survived by his wife, Barbara Hamill; one son, Bryan Hamill with wife Nikki of Hugo; three daughters, Tina Hamill of Oklahoma City, Jamie Lewis Ivey of Hugo and Aimee Thomas with husband Tony of Grand Prairie, Texas; four brothers, Jarvis Hamill with wife Kathy of Boswell, Roger Hamill with wife Linda of Bennington, Kenneth Paul Hamill of Fort Towson, Dewayne Hamill with wife Melissa of Durant; 10 grandchildren, Cristin Maynard, Camron Hamill, Kyle Dancer, Chance Kizer, Alley Ivey, Conner Lewis, Georgia Thomas, Ashton Thomas, Bryce Little, Brayden Little; three great-grandchildren, Addison Dancer, Eli Chandler, Anslee Maynard; and special friend, Faye King of Boswell.

Melton Marmaduke Moran

Melton Marmaduke Moran, 72, passed away Oct. 21, 2013, at Norman Regional Hospital. Mel was born on Dec. 7, 1940, to Emet and Letha (Johnson) Moran. He grew up in Coleman. He served in the U.S. Navy and retired from Tinker AFB after 35 years of civil service in 1995. Mel was a kind and loving husband, father, grandfather, great-grandfather and brother who cherished his family and friends. He is and always will be greatly missed.

Mel was preceded in death by his parents; and brother, Gerald F. Moran.

Mel is survived by his wife of 50 years, Karen; daughter, Lemona Reed with husband Mike; son, Michael Moran of Noble; grandchildren, Stephen and Staci Herrell, Jared and Ashley Herrell, Michael Moran II, Melissa Moran and Sarah Morgan; great-grandchildren, Kaedence Moran, Exavier Moran and Aaliyah Herrell; sister, Norma Meschberger of Midwest City; brother, Alan Moran with wife Joyce of Centennial, Colo. and Winfred Moran with wife Jan of Oklahoma City.

Vicky Billy Thacker

Vicky Billy Thacker, 46, of Nashville, Tenn., passed away on Nov. 25, 2013, at Vanderbilt Medical Center in Nashville after a lengthy illness. She was born April 28, 1967, in Dallas, Texas.

Vicky worked as a quality control inspector of auto parts before her health failed. She was very talented at crafts and enjoyed sewing. Vicky was a member of the Central Baptist Church in Idabel, where she was baptized. She had lived in North Carolina and Nashville, Tenn. since moving from McCurtain County 14 years ago. Vicky never met a stranger and made friends very easily. She was very proud of her Choctaw Heritage. Vicky battled her illness with great courage and dignity. She loved her family very much and she will be greatly missed.

She was preceded in death by her soul mate, James Edwin Thacker; and her paternal grandfather, Simon G. Billy.

Vicky is survived by her father, Doyle Billy and Ruth of the Herndon Community; mother, Mary Lou Billy of Nashville, Tenn.; son, Joshua Hammonds and Shawnda of Idabel; daughters, Jessica Kovatch of Nashville, Tenn. and Casey Cannon of Idabel; grandchildren, Elijah Axton, Billy Parnell, Trystin Hammonds, Miklo Kovatch, Aerin Dillard and Adrianne Cannon; brothers, Raymond Billy and Melissa of Nashville, Ark., Ronnie Billy and Denise of Medford, Ore. and Brandon Billy and Sage of Oklahoma City; sister, Carol Martin of Nashville, Tenn.; step-brothers, Benny Eskew of Broken Bow and Barney Eskew of Bethel Springs, Tenn.; a step-sister, Beverly Eskew Windham of Bethel Springs, Tenn.; a special friend, Bart Cannon of Idabel; several nieces, nephews, other relatives and many friends.

Rance Miguel "Mikey" Mata

Rance Miguel "Mikey" Mata, 37, of Joplin passed away at Dec. 7, 2013, at Freeman West E.R. from injuries sustained in an automobile accident. Rance was born July 30, 1976, in Oklahoma City, to Dolores Lole Mata and Cleta Sexton Mata and had lived in Joplin for several years. Mikey, as his family and friends knew him, worked for several years at Hampshire Pet Products. He was a member of the Choctaw Nation Tribe. He had many friends and will be missed by all that knew him.

Survivors include his companion, Tracy Gazaway of Joplin; his son, Zachary M. Mata of Joplin; two sisters, Tonya Mata and Jeanetta Fixico both of Joplin; his parents, Cleta Mata and Dolores Lole Mata; paternal grandmother, Cruz Lopez Mata; nephews, Junior Maturino, Marco Maturino, Joseph Martinez and Sequoyah Fixico; aunt, Lena Maturino, of Oklahoma; and cousins, Tina and Phillip Reitz and children, Erika, Baby and Victoria Maturino.

Mikey was preceded in death by a niece, Catherine Fixico; grandparents, Rev. Daniel and Catherine Sexton; paternal grandfather, Isabella Mata; and best friend, Luis Carlos Maturino.

Myatt Tomby (M.T.) Greenwood Jr.

Myatt Tomby (M.T.) Greenwood Jr., 88, passed from this life on Nov. 18, 2013, in Antlers. M.T. was born March 16, 1925, in Antlers, to Myatt Tomby Sr. and Ida (Graham) Greenwood. M.T. was a veteran of the United States Army. He served his country during World War II. He became a member of the Methodist Church in Antlers in 1950 where he later taught Sunday school. He cherished the Lord and his family dearly. He enjoyed spending time with his grandchildren.

M. T. was preceded in death by his parents, Myatt Tomby Sr. and Ida (Graham) Greenwood; his wife, Mildred (Cole) Greenwood; brothers, Allen T. Greenwood and Jacob J. Greenwood; sister, Mary Ann Bobb, Marie Ruth Baggs and Hattie Lu Duncan; son, Warren Greenwood.

M.T. is survived by sons, Justin Thomas Greenwood of Dallas, Texas, Oran Jay Greenwood with wife Vivian of Antlers, Tony Greenwood with wife Buggie of Antlers and Charles Ray Greenwood with wife Brenda of Antlers; daughters, Rebecca Lynn Illapotubbee with husband Sonny of Antlers, Jacquelin Kay Renteria of Antlers and Jamie Renee Renteria of Antlers; grandchildren, Adrienne, Matthew, Gentri, Gabrielle, Jerald, Annie, Jessica, Brent, Cody, Skyler, Tyler, Taylor, Tanner, Jonathan, Serina, Chuckie, Dakota, Russell, Sina, Fonda, Mildred and Dennis; great-grandchildren, Maddox, Cruz, Larry, Heather and Josh; as well as numerous nieces, nephews, other relatives and a host of friends.

Faye Altstatt

Faye Altstatt left us to be with her husband John B. Altstatt, Sr., her daughter Dianne S. and grandson Ronald E. Davis, following a decline in health on Sept. 6, 2013.

She leaves behind her boys: Rick Altstatt Sr., John B. Altstatt, Jr., Ken Altstatt, and Charlie Ortega. Also leaves behind 17 grandchildren, 28 great-grandchildren, four great-great grandchildren, her daughters-in-law and many more.



Choctaw Business Development Center welcomes new operations director

DeAnna Adams steps up to the microphone and she owns the room. Although she's only been with the Nation for a week, her presentation to the Durant Young Professionals resonates with the audience of would be entrepreneurs. Adams shares the mission and goals of the Choctaw Business Development Center (CBDC) as if she's done it a thousand times before.

After the presentation, DeAnna speaks candidly about her background and experience. It turns out, she has done it a thousand times before. In addition to running her own small business for over 20 years, she has been instrumental in launching business incubators from Mississippi and Wyoming to New Mexico and as far away as Jamaica.

"The key to a successful incubator and growing businesses is people. We need to build partnerships and to reach out to the community and let them know we are here to help." She added that a certain educational level is not necessarily needed to succeed in business. "I've worked with everyone from GEDs to PhDs and it has more to do with passion than a degree."

Adams' passion is easy to see. As she speaks about entrepreneurs, her eyes sparkle with authentic enthusiasm. Her experience in the operations of business incubators and accelerators is hard won. She has been recognized as one of Mississippi's Fifty Leading Business Women and is on the board of directors of the National Business Incubator Association.

Karl LaPan, the Chairman of the National Business Incubator Association also gives Ms. Adams a glowing review, saying "DeAnna is a shining example of excellence in our profession, and the work she is doing is providing continuity and high-quality impact in the incubators she is serving."

"I know the concept of a business in-



DEANNA ADAMS

cubator is new to many people." Adams says. "In short, the CBDC is a full service environment for start-up or even growing companies by creating an exciting, dynamic environment in which to grow a business. The CBDC will designate Durant as the hub city of entrepreneurial activity, job creation and economic growth in southeast Oklahoma."

The Choctaw Business Development Center provides an array of services ranging from business assessment, planning, consulting, mentoring and leadership development to growth modeling, specialized business training and market access for Tribal members who want to start or grow a business. The CBDC also helps established businesses that employ Choctaw members.

Members who are interested in starting or growing their businesses must meet the CBDC's requirements. "The process is simple, aspiring and existing

business owners fill out an online application and submit their information to the CBDC," says Adams.

Once received, the CBDC team will explore the viability of the business. Including answering questions like:

Is there a need for this business concept?

Is the market saturated with businesses of this type?

Has this business missed the window of opportunity for significant growth?

Does this business have special funding, equipment, manpower needs, and will we be able to help with those needs?

Does the business owner have the expertise needed to grow this business?

Does this business have enough money set aside to pay rents, salaries, purchase goods, etc. for a six-month period of time?

And, other questions which will be specific to the particular industry.

Once these basic questions are answered, the CBDC will make an appointment with the business owner to discuss next steps and gain additional information. Once this review is completed, the CBDC will determine the best approach for the entrepreneur. This may include referrals to other resources, inclusion in the CBDC's Incubation Track or Acceleration Track.

The CBDC will also offer low cost office space and a shared services business center for approved members at a new, 7000-square-foot facility in Durant.

"The dynamic of working side by side with other inspired entrepreneurs is something that is crucial to success," states Adams. "We want to cultivate a community approach to starting and supporting businesses that puts the power in the hands of individuals."

You can learn more about the CBDC by checking its web site at www.Choctaw-MeansBusiness.com.



CHOCTAW
BUSINESS
DEVELOPMENT
CENTER

The CBDC Congratulates Sara Jane Smallwood as the new president of Durant Young Professionals.

The CBDC is a proud new member of the Durant Young Professionals and we look forward to working with the group in the months to come.

Search for "Durant Young Professionals"

- www.Linkedin.com
- www.Facebook.com



WE HAVE A WINNER!
Congratulations to Michael Angelo Vaughn
winner of a new iPad for
participating in the recent
CBDC survey!

www.ChoctawMeansBusiness.com

O'Loughlin nominated to NAGPRA review committee



Shannon Keller O'Loughlin, an attorney and Chair of the Indian Nations Law and Policy Practice Group at the law firm Lewis Brisbois Bisgaard & Smith LLP in Washington DC, was nominated by the Choctaw Nation, the Seneca Nation and the Tonawanda Seneca Nation to the Native American Graves and Repatriation Act (NAGPRA) Review Committee. Secretary of the Interior Sally Jewell appointed Shannon to the Review Committee in September 2013. The NAGPRA Review Committee monitors the implementation of repatriation activities of museums and the federal government, hears disputes between museums and Indian Nations, and reports to Congress about repatriation matters pursuant to NAGPRA. Shannon was raised in southeastern Oklahoma and her family is from the area around Clear Lake, south of Idabel. Her grandmother Roseann Pitts (Willis) would take Shannon around the Choctaw Nation and show her old gravesites and other important historical areas. Shannon has been involved in repatriation as an attorney fighting against auction houses and other institutions for the return of ancestral remains and important cultural items. She also represents Indian Nations and Tribes in other legal matters.

Brown selected as District Court Justice by Texas governor



Ada Brown has been selected by Governor Rick Perry to serve as a Justice on the Texas 5th District Court of Appeals. Justice Brown, a graduate of Spelman College and Emory University School of Law, was previously a Dallas County Assistant District Attorney and Dallas County Criminal Court Judge. She was also a high-stakes intellectual property litigator for the Dallas law firm of McKoolSmith. Her great-grandfather was original enrollee E. P. Snead. Her grandparents are Amelia Snead Tyler and the late Ralph Tyler. Her parents are Bruce Brown and Beverly Tyler Brown.

WIA Youth Summer Work Program applications/renewals

DEADLINE: TUESDAY, APRIL 1, 2014

The deadline is quickly approaching, please contact our office at 800.522.6170 x2209 to request an application or scan the code for a direct link to choctawnation.com Also, stay up to date on current announcements by visiting our Facebook Page (Choctaw Nation Summer Youth Program).

All new applicants must be 16 years or older on or before June 9, to apply for the 2014 Program. Guidelines still apply to all applicants for the program. Beginning Jan. 2014, participants who successfully completed the youth work program will be permitted to work this year. Renewal applications will be accepted from participants ages 14 or 15 years of age who successfully completed the program in 2013.

For any questions or comments, contact the WIA Department.



A Salute



Taylor Sims, the son of Andy and Barbara Sims, of Newcastle was sworn into the U.S. Army on Jan. 17, 2014. Taylor is a senior at Newcastle High School and will be graduating in May. After graduation he will be departing for basic training in August to Fort Benning, Ga., to become an infantryman. His family and friends are very proud of his decision to serve our country as a Choctaw Army soldier.

Chahta Vba Isht Taloa: The Choctaw Hymns

Whether in a rural area in southeastern Oklahoma, or in an urban gathering, one of the most distinctive elements of Choctaw Christian church services are the beautiful, powerful hymns sung in the Choctaw language.

For many people, Choctaw hymns like #48, and #21 have become as much a part of their Choctaw identity as bvnaha bread and stickball.

For some, these hymns convey a relationship with God that defines them as Choctaw people. The Choctaw Hymnal has been a part of Choctaw church services for many generations, but much of the knowledge about how the hymnal was created, and about the people who wrote the Choctaw hymns has been forgotten.

This month’s edition of Iti Fabvssa will present a little bit of the history of the Choctaw hymns and hymn composers.

Long before Europeans arrived on this continent, Choctaw people had a deep spirituality and an ancient singing tradition. There were specific songs for hunting, for stickball, for playing hand games, for going to war, songs sung for the safety of loved ones away at war, songs a person sung when facing death, and songs sung during sacred dances at the Green Corn Ceremony.

Christian hymns were brought to Choctaw country by protestant Missionaries who arrived in 1819 at the request of Chiefs Mushulatubbee and David Folsom. After they got to Choctaw country, most of the early Protestant missionaries studied to learn the Choctaw language so that they could directly communicate with the Choctaw people. Beyond just learning the language, they also had to figure out how to communicate specialized Christian concepts, which the Choctaw language was not necessarily designed to communicate. One method was to impose Christian meanings on some Choctaw words. Thus, “okchalinichi,” meaning “to deliver from danger,” was used to refer to a Christian rebirth. Another technique was to describe biblical concepts literally with Choctaw words. For example, Choctaw society did not have shepherds or sheep, so the missionaries used the Choctaw phrase “chukfahlpowa apistikeli,” meaning literally “domesticated rabbit-watcher” for “shepherd.”

With fluency in the Choctaw language and a system of Choctaw words worked out to refer to esoteric Christian concepts, early Protestant missionaries preached in Choctaw. Not all Choctaw people ever converted to Christianity. Some have always followed ancient Choctaw spiritual ways. Nevertheless, many Choctaw people did convert to Christian faiths, worked to help the missionaries, and became ministers themselves.

Missionaries and Choctaw people worked together to create a Choctaw dictionary and writing system. Thereafter, it became possible to compose and write down hymns



Iti Fabussa

in the Choctaw language. According to one source, the first Choctaw hymn was written by Cyrus Byington in 1824. Within a year, he had composed nine more (Spalding 1975:94). Other missionaries like Loring S. Williams began to write Choctaw hymns, but it wasn’t just the missionaries doing the composing. In a letter back East, one missionary wrote of an anonymous Choctaw man at his congregations who could neither read nor write, who independently composed a beautiful hymn in the Choctaw language.

Within a few years, Alfred Wright and Cyrus Byington began to compile a formal Choctaw hymnal. First published in 1829, it contained Choctaw 55 hymns and 5 doxologies, including today’s hymn numbers 11, 54, 55, 60, and an earlier version of Hymn 35. All of the hymns in this original Choctaw hymnal were probably sung by Choctaw people on the first wave of the Trail of Tears (1830-1833). Some of today’s most popular Choctaw hymns including numbers 21, 48, 53, and 112 were not yet in the hymnal. Whether these hymns were sung on the 1830’s Trail of Tears or even if they had been written yet is unknown to the author.

After the initial waves of the Trail of Tears, subsequent editions of the Choctaw hymnal were created, incorporating new hymns, a marriage service, funeral service, and scriptures. The last major group of Choctaw hymns was added in 1850 (Spalding 1975:94), completing the main body of songs that are in today’s hymnal. Thereafter, new additions of the Choctaw hymnal continued to be formatted. At least nine editions have been published since the hymnal was first created.

Although many of the songs in the Choctaw hymnal are unattributed, some of them have the composer’s initials at the bottom of the page. The following partial list matches some of the initials with the corresponding composers:

A. W.	Alfred Wright
B. & P.	C. Byington and P. P.
Pitchlynn	
C. B.	Cyrus Byington
D.	Capt. Joseph Dukes
D. F.	David Folsom.
F.	Rev. Pliny Fisk
G. L. W.	George L. Williams
I. F.	Rev. Israel Folsom
J. E. D.	Rev. Jonathan Edwards
Dwight	
K.	John P. Kingsbury
L. S. W.	Loring S. Williams
P. P. P.	Peter P. Pitchlynn

Alfred Wright, Cyrus Byington, John Kingsbury, and Loring S. Williams were

Anglo-American Missionaries. The other hymn composers on this list were Choctaw men.

The Choctaw men who composed the hymns faced incredible challenges in their lifetimes, from the prospect of having to leave the sacred homeland, to surviving the Trail of Tears, to dealing with the loss of life and juxtaposition caused by forced removal, to rebuilding their Nation.

When we think about the hymns they wrote in the context of their lives, it makes their words all the more powerful. Many of the Choctaw hymn writers spent their lives working for their people, and can be considered among the founding fathers of the Choctaw Nation of Oklahoma.

David Folsom led a group of Choctaw warriors supporting Andrew Jackson in the War of 1812.

Folsom was one of the leaders that made the initial request for Protestant missionaries to enter Choctaw country, and he helped teach the Choctaw language to Cyrus Byington. As a Choctaw delegate to the United States, he was with Pushmataha when he died. Later, he became one of the most powerful Choctaw Chiefs and was chosen to be part of a Choctaw scouting party to investigate lands in Oklahoma. During Removal, he personally led a party of Choctaw people over the Trail of Tears to Oklahoma.

Peter P. Pitchlynn was a graduate of the University of Nashville. He maintained a diplomatic Choctaw presence in Washington D.C. during the American Civil War, and formally surrendered the Choctaw Nation to the United States at the close of the war. Pitchlynn served as Principle Chief during and immediately after the end of the war. He also served as a superintendent of Choctaw

Academy.

Rev. J. E. Dwight was the first Choctaw to attend Dartmouth College in 1838. He helped form the Skullyville Constitution and translated the acts and resolutions of the Choctaw council over a period of years. His hymn translations can be found in the sixth and later editions of the Choctaw hymnal.

Pliny Fisk was the first Choctaw Presbyterian minister. He served as pastor of Mt. Zion, and was widely known for his speaking abilities.

Captain Joseph Dukes attended the school at Mayhew Mission as a youth. As a young man, he helped Byington create the Choctaw grammar and dictionary. He also helped Alfred Wright translate the book of Psalms into Choctaw and he preached at Wheelock Mission.

Israel Folsom, brother of David, served as a Choctaw delegate to Washington D.C, served a Presbyterian minister at Boggy Depot, was the first to translate the Lord’s Prayer into Choctaw, and worked to make education more available to young Choctaw women.

The Choctaw Hymns come to us from remarkable individuals, both Choctaw and Anglo, who dedicated their lives to doing what they thought would help the Choctaw people during one of the darkest periods in Choctaw history. In the words of these hymns, we relive the thoughts of the authors’ hearts, we are exposed to the spirituality that these individuals drew upon to survive the Trail of Tears, and we sing eloquent and deeply fluent expressions in the Choctaw language.

The Choctaw Hymns are an important part of the Choctaw story, and for many tribal members, they will probably always be an important part of Choctaw life.

VBA ISHT TALOA 138

CHOCTAW HYMN 138

Captain Joseph Dukes

Verse 1

*Aiokchaya anumpa hosh
Aya ka, ho haklo
Yoshobvt ilbvsha puta
Isht kostini yoke*

*The Word of eternal life
Moving through, listen to it.
All mankind are lost and desolate
Will be revealed to you.*

Verse 2

*Ayoshoba a kvnvt
Aiokhlika yo
Il itvnowa hoh kia
Isht pi kuchi yoke*

*Lost in depravity
And in darkness
Though we may walk in life
You shall deliver us from it*

Verse 3

*Aiokchaya yoke
Yakni moma fullota kvf, Ik achi
Vba ai okla’t
Achi mak inlashke*

*It is a place of eternal life
Let the whole world proclaim it
Those in heaven
Shall proclaim it too.*

Chahta Anumpa Aiikhvna

◆◆◆ Lesson of the Month ◆◆◆

Why the Opossum’s Tail Has No Hair

One day Raccoon and Opossum met and had a talk. As they were speaking, Opossum couldn’t stop looking at Raccoon’s tail.

“How is your family?” asked Raccoon. “Fine,” replied Opossum. “How are you?” asked Raccoon.

“Fine,” he replied. Opossum was so busy admiring Raccoon’s tail that he couldn’t think of anything else. “Where are you going?” Raccoon said, “I’m going to the mountain,” said Opossum, who had come out of the bottom.

“Why?” asked Raccoon. “I’m looking for persimmons. I think I might find some,” Opossum said, still looking at Raccoon’s tail.

“Are there any persimmons?” asked Opossum, showing a little interest. The trees are full of them,” said Raccoon.

“Where are you going, Raccoon?” “I’m going to the bottom to look for crawfish.”

“I saw lots of them in the slough,” said Opossum as he looked at Raccoon’s tail. “Your tail is beautiful, Raccoon! How did you get it?” he asked.

“I wrapped hickory bark around my tail. I built a fire and singed my tail. That is how I got these colors,” Raccon said to him.

Each went his own way. Opossum wanted a tail like Raccoon’s. He took hickory bark and wrapped his tail. He built a fire to singe it, but he burned all the hair on his tail.

Since then, opossums are embarrassed for anyone to see their tails. They travel only at night and still sulk because they have no hair on their tails.

Kaniohmi ho Shukhvta I Hasimbish vt Hishi Iksho

Nittak achvffah mah, Shawi micha Shukhvta yvt it-tafama cha ittimanumpuli tok. Ittimanumponlih mah, Shukhvta yvt Shawi i hasimbish pisa kvf issa he keyu tok.

“Chì chukka achvffa yvt katiohmi hosh aiasha?” Shawi yvt ponaklo tok. “Achukma,” Shukhvta yvt achi tok. “Chim achukma?” Shawi yvt ponaklo tok.

“Achukma,” achi tok. Shukhvta yvt Shawi i hasimbish isht anukfieli cha nan inla anukfills he keyu tok. “Katimma ish ia?” Shawi yvt ponaklo tok. “Nvnih chaha ia li,” Shukhvta yvt patasvchi aminti tuk osh achi tok.

“Katimi ho?” Shawi yvt ponaklo tok. “Ukof hoyo li. Ahochi la hinla ahni li,” Shukhvta yvt Shawi i hasimbish pihisa hosh achi tok.

“Ukof vt asha ho?” Shukhvta yvt isht ahalaiyvt ponaklo tok. “Iti yvt isht alotowa.” Shawi yvt achi tok.

“Shawi, katimma ish ia?” “Patasvchi ako shakchi hoyot ia li.”

“Oka falama ma shakchi lawa pisa li tuk,” Shukhvta yvt Shawi i hasimbish pit pisa hosh achi tok. “Shawi, chì hasimbish yvt aiukli hoke! Katimichit ish eshi tuk?” i ponaklo tok.

“Sv hasimbish a oksak vpi hakshup isht afohlìchi li tuk. Luak ikbi lish sv hasimbish anakshohli li tuk. Ymma mihchi li hosh i chuwa pisa achukma pa ishi li tuk,” Shawi yvt im achi tok.

Ittiflvmmi tok. Shukhvta yvt Shawi i hasimbish ohmi bvnna tok. Oksak vpi hakshup eshi cha i hasimbish isht afohlìchi tok. Luak ikbit anakshohl chìtuk ak osh i hasimbish hishi mominchit hokmi tok.

Yvmmak attok q kvna yvt i hasimbish pisa he a Shukhvta yvt anuktuklo chatuk. Shukhvta yvt ninak illa ho ittanowa cha i hasimbish vt hishi iksho ka hvshaya moyoma.

Houseplants can help improve indoor air

By TOM SMITH

Pushmataha County Extension Educator

I don’t know about the rest of you, but I am way past ready for spring. The cold, dry weather is unwelcome in my opinion, and I’m ready for some fresh air. But did you know that we can improve the air in our homes during the middle of winter? David Hillock is an Oklahoma State University Horticulture Specialist, and here are his comments on the subject:

Did you know that several common houseplants help clean the air we breathe indoors? In fact, in the 1980s a study conducted by NASA and the Associated Landscape Contractors of America showed several houseplant species were efficient at filtering volatile organic compounds (VOCs) from the air in space facilities. More recently a research team from Pennsylvania State University studied the effects of three common houseplants (snake plant, spider plant, and golden pothos) on indoor ozone levels. Results revealed that ozone depletion rates were higher in the chambers that contained the plants than in the control chambers without plants.

Why is this important, you ask? Indoor air is generally more polluted than outdoor air leading to headaches, loss of concentration, eye, nose and throat problems, and drowsiness. Indoor plants can reduce compounds causing health problems, VOCs may be reduced by 80 percent and CO2 by up to 25 percent. Indoor plants also relieve staff stress and can promote productivity in the workplace. In fact, studies have shown that indoor plants can reduce negative mood states by up to 60 percent and can cut down on staff sick leave by 60 percent. So go ahead, place a houseplant on your desk.

Here are just a few of the plants that are known to clean the air we breathe – aloe, spider plant, gerbera daisy, snake plant, golden pothos, chrysanthemum, red-edged dracaena, weeping fig, azalea, English ivy, Warneck dracaena, Chinese evergreen, bamboo palm, peace lily, and heart leaf philodendron.

For more information on growing houseplants see OSU Extension Fact Sheet HLA-6411 Houseplant Care or contact the Pushmataha County Cooperative Extension Service at 306 SW B Street in Antlers, or call (580)298-5563. Oklahoma State University, U. S. Department of Agriculture, State and Local governments cooperating. Oklahoma State University in compliance with Title VI and VII of the Civil Rights Act of 1964, Executive Order 11246 as amended, Title IX of the Education Amendments of 1972, Americans with Disabilities Act of 1990, and other federal and state laws and regulations, does not discriminate on the basis of race, color, national origin, gender, age, religion, disability, or status as a

Choctaw cultural gathering held in Nevada



Cyndi Salter and granddaughter, Sofia, take time to pose for the camera.

Photos by DEIDRE ELROD and LISA REED
Choctaw Nation of Oklahoma



Assistant Chief Batton pulls a member out of audience for the social dance.

The Choctaw Nation of Oklahoma hosted a cultural gathering in Henderson, Nev., on Jan. 25, bringing with it art and dance as well as informational and educational booths to tribal members.

Choctaw Nation employees Lillie Roberts and Brad Joe entertained guests as the meeting opened. Roberts provided the audience with a brief lesson in the Choctaw language, teaching several Choctaw words and Joe played beautiful Choctaw music with his hand-made Choctaw flute.

Chief Greg Pyle and Assistant Chief Gary Batton addressed the crowd of nearly 300, informing attendees of current news within the Nation.

The Choctaw Cultural Services department also held a traditional Choctaw beading class before the gathering with many participants and demonstrated Choctaw dancing during the meeting.

Many booths were available to tribal members, including Choctaw basketry, pottery, weapons, stickball and traditional jewelry. Tribal Membership also was set up for individuals to apply for a CDIB or photo ID membership card.



Gavin Mounger, Roellen Kemper and Annalee Mounger smiles for the camera.



Erin O'Connell and Taylor Lyons receive shirts while at the gathering.



Gayle Fraser gets her book signed by Assistant Chief Batton.



John Kenieutubbe with Assistant Chief Batton and Chief Greg Pyle.



Les Williston explains Choctaw weaponry to Tammie, Hunter, Rusty and Tanner Bridges.



Tammi and Tanner Bridges look at one of the booths set up at the gathering.



Kaili Harrison of Bakersfield, Calif., likes Joseph Wolf's design for the Henderson gathering's free T-shirt.



Chief Pyle and Assistant Chief Batton talk with Joyce Schaben.



Chief Pyle talks with Chris Hunter before the culture gathering.



Dale Lewallen talks with jewelry artist, Dorita Ow, and husband Joseph Ow.



Joey Tom leads the way into the circle.



Jewelry designers, Heather Caliguire and Raynell Caliguire set up a booth selling their jewelry at the culture gathering.



Michael and Roman Hitson.



Alicia, Jestyn and Joyce Schaben.