



Choctaw
Day in
San
Francisco

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Stickball
team
takes
1st place

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CNO
Recycling
Center
honored

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The Official Publication of the Choctaw Nation of Oklahoma

November 2012 Issue

Final beam tops casino

Expansion to add more than 350 jobs, millions in salary to Pocola economy

By LARISSA COPELAND

Choctaw Nation of Oklahoma

A “topping out” ceremony was held Oct. 9 at the Choctaw Casino in Pocola with the placing of the final structural beam, symbolically marking the last phase of major construction on the expansion.

Janie Dillard, executive director of gaming, and the Choctaw Tribal Council welcomed tribal and casino management, representatives from Manhattan Construction and the Worth Group Architects, as well as the members of the construction teams and numerous other guests, to join them in signing the final beam before it was hoisted into place high atop the newly expanded Choctaw Casino Hotel addition.

“This is another milestone for the Choctaw Nation,” said Dillard. “It’s a great feeling.”

Shannon McDaniel, who stood in for Chief Pyle, said of the occasion, “[Chief Pyle] appreciates the construction teams and everyone here on the ground, and all those behind the scene making this happen, helping us realize our dream.”

He continued, saying the expansion is a benefit to both tribal

members and to members of the surrounding Pocola area. “By doing [the expansion] it’s helping our tribal members and that’s what it’s all about. But, as you can see with this, it’s helping everyone in the area by giving back to the economy.”

The way it helps the economy is in the form of jobs. Dillard explained that additional personnel will be hired to support this expanded property, anticipating more than 350 new employees at the casino by the end of construction.

“The impact the Pocola Casino does to this area on a yearly basis with salaries alone is \$11 million with just the 500 employees it has now,” said Dillard. “But we are going to almost double that employee count in 2013.” And that means almost doubling the salary flowing back into the local area as well, she says. “That says a lot about what the Choctaw Nation does and brings to these economies.”

The construction at the casino is being done in two phases and is

scheduled to be completed by May 2013. The result will be 150,000 square feet of gaming, entertainment, dining, and lodging space at the casino.

The first phase is set to be completed by December and will include new gaming options with a

larger slot floor, a high-limit gaming area and a 12-table pit in addition to the current games already offered. The casino will also offer a new restaurant, lounge and gift shop.

Phase II has a scheduled completion date in spring 2013 and includes a hotel with 118 guest rooms

and 12 suites, a 600-space parking garage, a restaurant/entertainment space and an updated Centerstage multipurpose event room.

The Pocola Casino is one of eight operated by the tribe. For more information visit www.choctawcasinos.com.



A crane lifts the final beams to the top of the casino and hotel expansion.

Choctaw Nation: LARISSA COPELAND

Inter-Tribal Council of the Five Civilized Tribes

By JUDY ALLEN

Choctaw Nation of Oklahoma

Creek Chief George Tiger welcomed the Inter-Tribal Council of the Five Civilized Tribes to Tulsa for the October session. He was joined by leaders of the Choctaw, Seminole, Cherokee and Chickasaw Nations.

Choctaw Chief Gregory E. Pyle spoke of the importance of the unified effort of the Inter-Tribal Council, one of the oldest organizations in Indian Country. He noted that sharing ideas begins great programs. “A few years ago, Choctaw Nation employees came up with the initiative of taking care of Mother Earth – Going Green. We have continued to grow the initiative, receiving a grant for a recycle center and recently celebrating our first million pounds of recycled goods!”

Pyle said communication from tribal members has helped designate where services need to be created, and collaborating with other tribes has helped streamline ideas for some programs.

One such program is the Success Through Academic Achievement (STAR) that rewards students grades 2-12 for perfect attendance and good grades.

Other programs mentioned by Pyle included education scholarships and SAP (Scholarship Advise-ment Program).

“With an education, you can do anything,” said Pyle, noting education improves the social and economic impact of communities.

Cherokee Chief Bill John Baker reported that his tribe was putting a lot of focus on housing for tribal members. The Cherokee Nation also now issues photo IDs that meet all federal and state identification regulations. “I used my Cherokee Nation photo ID at the airport, to



Choctaw Nation: JUDY ALLEN

Seminole Assistant Chief Ella Coleman, Cherokee Chief Bill John Baker, Creek Chief George Tiger, Choctaw Chief Gregory E. Pyle and Chickasaw Governor Bill Anoatubby.

vote in state elections, and was recently allowed through security by Secret Service to see the President.”

Baker said current construction projects included a child development center in Stilwell and a casino in Fort Gibson.

The progress report of the Seminole Nation was presented by their assistant chief, Ella Coleman, representing Chief Leonard Harjo. New developments she reported included a joint venture with the Citizen Pottawatomie to purchase the 10 ½ acre estate of Grisso Mansion to use as a tourism opportunity. The tribe was awarded a Veterans Cemetery grant, and began language classes last spring at Seminole State College. They are expanding the Seminole Casino and an update on the immersion school is that a building has been converted to hold 35-40 students.

Chickasaw Nation informed everyone that the tribe has launched a new tourism brand in March – the Arbuckle Country region has been renamed Chickasaw Country.

The Chickasaw Nation is in the

process of constructing an 18-story hotel at Winstar Casino, which will add 150 new jobs at Thackerville.

“We are working to improve housing around the area,” said Anoatubby, informing the council that new apartments were being constructed.

He also said a new Bedre’ Chocolate factory is under construction, and the tribe is building the Artesian Hotel in Davis, expected to open in the spring. The Chickasaw Nation replaced two older senior citizens centers last year and opened one new location. A Chickasaw health facility was opened in Ardmore.

Tiger said the Creek Nation is interested in diversification. They have been making business investments on the Tulsa Riverwalk area. “If individuals are succeeding, their Nation is succeeding. If tribes are succeeding, Indian Country is succeeding. If our communities are successful, Muscogee Creek Nation is successful.”

Tiger said the Creek Nation has streamlined their application process for housing and had inducted four tribal members into their Hall

of Fame.

Dignitaries in attendance from across the state of Oklahoma included Jacques Secondine Hensley, Native American Liaison Officer for Governor Fallin; Neal McCaleb, former Assistant Secretary of Interior, Bureau of Indian Affairs; Marion Martin from the Native American Financial Officers Association; Margo Rae Procter, National Center for Native American Enterprises Development; and Karen Ketcher, BIA representative from Muskogee Area Office.

Resolutions passed included: 12-06 – support leveraging the buying power of the Five Civilized Tribes; 12-07 – support of International Repatriations of the Five Civilized Tribes; 12-08 – support saving Hickory Ground Ceremonial Grounds in Wetumka, Ala.; and 12-09 – request immediate consultation regarding moving the BIA District 2 office from Muskogee to Oklahoma City.

The Choctaw Nation will host the next meeting of the Inter-Tribal Council in January.



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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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Choctaw Day is a hit in San Francisco

Bringing culture to the bay

By **BRET MOSS**
Choctaw Nation of Oklahoma

Friendly faces from the San Francisco bay area filled the Fort Mason Center on Sept. 23, all eagerly anticipating Choctaw Day. The day was filled with Choctaw art, crafts, dancing and more.

Early comers were able to participate in a mat weaving class. Nearly half of the 200 guests arrived early to make woven placemats. “It takes a lot of concentration,” mused Christine Atchison of Salinas, Calif., as she focused on her project. Atchison’s work was not in vain though – she completed a fine placemat fit for a Choctaw.

The Choctaw dance troupe then took center stage to display traditional Choctaw dances – the Wedding, Raccoon and Four-Step War dances – as more guests filled the room.

Lunch was provided as Joey Tom and Billy Eagle Road gave stick-ball lessons to interested guests. Exhibits featuring traditional Choctaw weaponry, beading and language were also available throughout the meeting.

Following lunch, language instructor Lillie Roberts opened the formal presentation with a prayer in both Choctaw and



Tori and David Pearson of Concord, Calif., team up to make their placemat.

English. Assistant Chief Gary Batton spoke to the guests, telling them about the current events within the Choctaw Nation.

Retired police officer of over 30 years, John Smith, joined Batton by the mic and placed a valuable artifact in the care of the Choctaw Nation. Smith donated a Colt 32.20 single action pistol, carried by Joseph Durant, a Choctaw Lighthorseman.

“This piece of history should be in a museum instead of keeping it locked up in a drawer,” said Smith. The tribe concurs with Smith and will be placing the revolver at the Choctaw Museum, located on the capitol grounds in Tvshka Homma, where it can be seen and enjoyed by all.

Batton accepted the pistol from Mr. Smith with much gratitude.

Following Batton’s speech, the Choctaw Dance troupe took center stage again and got the crowd involved with the Stealing Partners, Snake and Walk dances. Chanter and singer Brad Joe then took the mic to display Choctaw flute playing and the singing of a Choctaw hymn.

Joe’s display of musical talent concluded the formal portion of the meeting. The crowd was then able to meet Assistant Chief Batton and other Choctaws, enjoy refreshments, return to booths to learn about language, stickball and weaponry, or learn Choctaw beading with the Cultural Services instructors.

Choctaw Day in San Francisco also saw many distinguished guests such as those featured to the right.



Choctaw Nation: Faye Self
Mike Scott leads the Choctaw dancers as Brad Joe chants.



Assistant Chief Batton, with Tamaka Bailey (third from right) and his Choctaw language class, accompanied by Sean Nash (bottom left).



Above, John Smith and his family present the Colt revolver to Gary Batton.



Billy Eagle Road gives Hannah Pearson a lesson on the basics of stickball. The ancient sport proved to be quite interesting to the guests of Choctaw Day in San Francisco.



Merisha Lemmer discusses her art with an admiring guest.



Christine Atchison is aided by Debbie Damron to get her weaving started.

Tamaka spreads language in the west

Though California is thousands of miles away from the physical boundaries of the Choctaw Nation, the culture is still strong with brothers and sisters to the west. One Choctaw keeping the culture alive in the Golden State is Robert “Tomaka” Bailey.

Bailey, a professional magician by trade, is an instructor for a community Choctaw language class in the Northern California area. Bailey coordinates with Richard Adams of the Choctaw Language Department to make sure he is teaching the language identical to his Oklahoma counterparts.

Bailey is on the Board of Directors for the Friendship House Association of American Indians Inc. of San Francisco. This association’s facility is the location where his classes are taught. There are currently eight students who attend the class on a steady basis with constant interest from others.

Bailey’s class currently meets for two hours each Saturday and he teaches with a 50/50 emersion method. When he writes on the blackboard, all sentences are in Choctaw as well as English. It is his hope for the class to be speaking Choctaw exclusively during the lessons by March.

Due to the large amount of time required to become fluent in a language and the limited time allotted in class, Bailey has recorded CDs for his students to take home and study. CDs are in a “Rosetta Stone type format,” stated Bailey. There are full sentences in Choctaw followed by the English version.

Bailey began learning the language in 2000 when inspired by his cousin, Ida Wilson, who already spoke the language and encouraged him to become more familiar with his Choctaw roots.

As he began to learn about his Choctaw heritage, he began to see how important it was to keep the language alive. His mother, who formerly spoke Choctaw, also served as a motivation for his dedication to the study.

“I’m giving back to the tribe to preserve a very important part of our culture,” said Bailey. “It is my responsibility to pass this on.”

In addition to teaching the language, he also incorporates his Choctaw background into many of his performances. He does magic shows at venues such as school assemblies and veteran’s theater, often tying in Choctaw language and history.

Bailey has recently won a 2012 Jefferson Award for this work with the Friendship House, the language classes and his work with schools and veterans. The Jefferson Award is a prestigious award that has honored public servants for their efforts since 1972.

Choctaw artists flourish in California

The San Francisco area is home to many artists. The Choctaw Nation was proud to showcase the work of two of its own during Choctaw Day.

Sean Nash and Merisha Lemmer both took time out of their schedule to join the Choctaw Nation and brought with them several impressive pieces of work.

Nash is an Oakland native who has lived in the San Francisco area for 15 years, working on his art and producing films. His first animated short film was recently recognized at the Sundance Film Festival.

His art and films take a unique perspective on Native American heritage, focusing on before there were divisions among not just natives, but all people.

Nash mentions that all people have a story of how they came to be, but he is focusing on where they were before that. He has noticed that many origin stories, though different, have many similarities. Before there was Native American, Asian or African, there was just man.

Nash teaches art at several venues and is studying for his Master’s of Fine Arts in painting and film at the San Francisco Art Institute.

Lemmer is a resident of Sanoma County who grew up in Camp Meeker, Calif. In high school, “I felt art was a way I could express myself,” said Lemmer.

As she came to enjoy art, she attended Oxbow Art Program, and later Savannah College of Art. There she studied design and illustration. She has illustrated several of her own children’s books which she then published.

Lemmer also has a strong connection to the Choctaw people. She was a Choctaw princess for the California Okla Chahta group in 2000-01. Her family also encouraged her to learn more about what it means to be Choctaw.

After learning more of her roots, she began to focus her books on the Choctaw language. “It is important for people to learn their heritage,” stated Lemmer.

One of the children’s books that she has published is illustrated with animals and a Choctaw phrase describing the animals. It is her hope that whoever reads her books will get a little dose of the Choctaw language and it inspires a younger generation to learn the language of her people.

Photos by **BRET MOSS** | Choctaw Nation of Oklahoma



Christine and her daughter finish their Choctaw placemats.



Sophia Leyva and Salvador Leyva Alameda admire the ceremonial rattle, a Choctaw artifact used in several dances such as the Stomp, Snake and Friendship dance.



Cultural celebration held in Atoka with reunified families

The Choctaw Nation of Oklahoma Children and Family Services Department held an Indian taco dinner and stickball demonstration on Sept. 14 for Choctaw homes that are involved with reunification in Atoka. The event was held as a celebration for families that have reunified and was a chance for everyone to learn more about the culture of the Choctaw Nation.

Jesse Pacheco, Director of HOKLI NITTAK, gave a presentation of how the stickball teams had to work as a group and how this reflects on families.

After dinner, prepared by the senior citizens of the Atoka County community center, the group went outside to see a demonstration of the game by members involved with the Choctaw Nation Historic Preservation Department and anyone who wanted to participate was encouraged to join the game. Each family attending the event was provided with a stickball set by the Children and Family Services Department as a keepsake to take home as a means to carry on their culture. The event was successful and everyone who attended enjoyed themselves.

The Children and Family Services Department would like to give a special mention the following people: District 10 Councilman Anthony Dillard for use of the community center and stickball field, Miss Choctaw Nation Cheyenne Murray, District 10 Little Miss Liliana Leflore, the senior citizens for preparing the Indian tacos, Jesse Pacheco for presenting to the group, all of the people involved with the stickball demonstration and the families who attended the event. They also thank all involved, whose hard work and dedication made this event successful.

Child Development Center participates in Child and Adult Care Food Program

The Choctaw Nation Child Development Center announces its participation in the Child and Adult Care Food Program (CACFP). All participants in attendance are served meals at no extra charge to the parents. In accordance with federal law and United States Department of Agriculture (USDA) policy participating institutions are prohibited from discrimination on the basis of race, color, national origin, sex, age or disability.

Choctaw Nation Child Development Centers participating in the CACFP include: • Durant • Bennington • Coalgate • Idabel • Stigler • Talihina.

To file a complaint of discrimination, write USDA, Office of Adjudication, 1400 Independence Ave., SW. Washington D.C., 20250-9410, or call toll-free 866-632-9992 (voice). Individuals who are hearing-impaired or have speech disabilities may contact USDA through the Federal Relay Service at 800-877-8339 or 800-845-6136 (Spanish). USDA is an equal opportunity provider and employer.

FOOD DISTRIBUTION
ANTLERS Market open weekdays Dec. 3-21, except for: Dec. 5 : Idabel 9-11 a.m.; Broken Bow 12-2 p.m. (market open) Dec. 12: Bethel 9-10:30; Smithville 12-2 (market open) Closed Dec. 24-31 for holiday inventory Cooking with Carmen: Dec. 13, 10 a.m.- 2 p.m.
DURANT Market open weekdays: Dec. 3-21, except for: Closed Dec. 24-31 for holiday and inventory Cooking with Carmen: Dec. 6, 10 a.m.- 2 p.m.
McALESTER Market open weekdays Dec. 3-21, except for: Closed Dec. 24-31 for holiday and inventory Cooking with Carmen: Dec. 11, 10 a.m.- 2 p.m.
POTEAU Market open weekdays Dec. 3-21, except for: Closed Dec. 24-31 for holiday and inventory. Cooking with Carmen: Dec. 19, 10 a.m.- 2 p.m.

CHOCTAW NATION FOOD DISTRIBUTION
Open 8:30 a.m.-3:30 p.m. Monday thru Friday.
Staff will take lunch from 11:30 to 12 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, 918-649-0431

FOOD DISTRIBUTION SITES
Bethel: Choctaw Community Building
Broken Bow: Choctaw Family Investment Center
Idabel: Choctaw Community Center
Smithville: Choctaw Community Center
Stigler: Choctaw Community Center

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.



The facts about school meals

WIC

WOMEN, INFANTS AND CHILDREN

- Nearly 32 million children receive meals throughout the school day. These meals are based on nutrition standards from the U.S. Department of Agriculture. New nutrition standards for schools increase access to healthy food and encourage kids to make smart choices. Schools are working to make meals more nutritious, keep all students hunger-free, and help children maintain or reach a healthy weight.
- Healthier school meals for your children**
Your children benefit from healthier meals that include more whole grains, fruits and vegetables, low-fat dairy products, lower sodium foods, and less saturated fat.
 - More fruits and vegetables every day**
Kids have fruits and vegetables at school every day. A variety of vegetables are served throughout the week including red, orange, and dark-green vegetables.
 - More whole grain foods**
Half of all grains offered are whole grain-rich foods such as whole-grain pasta, brown rice, and oatmeal. Some foods are made by replacing half the refined-grain (white) flour with whole-grain flour.
 - Both low-fat milk (1%) and fat-free milk varieties are offered**
Children get the same calcium and other nutrients, but with fewer calories and less saturated fat by drinking low-fat (1%) or fat-free milk. For children who can't drink milk due to allergies or lactose intolerance, schools can offer milk substitutes, such as calcium-fortified soy beverages.
 - Less saturated fat and salt**
A variety of foods are offered to reduce the salt and saturated fat in school meals. Main dishes may include beans, peas, nuts, tofu, or seafood as well as lean meats or poultry.
 - More water**
Schools can provide water pitchers and cups on lunch tables, a water fountain, or a faucet that allows students to fill their own bottles or cups with drinking water. Water is available where meals are served.
 - New portion sizes**
School meals meet children's calorie needs, based on their age. While some portions may be smaller, kids still get the nutrition they need to keep them growing and active.
 - Stronger local wellness programs**
New policies offer opportunities for parents and communities to create wellness programs that address local needs. Talk with your principal, teachers, school board, parent-teacher association, and others to create a strong wellness program in your community.
 - MyPlate can help kids make better food choices**
Show children how to make healthy food choices at school by using MyPlate. Visit ChooseMyPlate.gov for tips and resources.
 - Resources for parents**
School meal programs can provide much of what children need for health and growth. But for many parents, buying healthy foods at home is a challenge. Learn more about healthy school meals and other nutrition assistance programs at www.fns.usda.gov.

Recipe of the Month

New Mexico Spaghetti Squash with Black Beans and Lime

Recipe from Foodily.com

Ingredients:

- 1 medium spaghetti squash
- Drizzle of fruity extra virgin olive oil, as needed
- Sprinkle of cumin and good chili powder to taste and minced garlic
- Splash of water as needed
- Cubes of goat cheese or feta
- 1 medium sweet or red onion, diced
- 4 cloves garlic, chopped
- 2 ears fresh corn, kernels cut off (or try a red bell pepper, diced)
- 1 cup ripe and juicy grape or cherry tomatoes, halved
- 1 can black beans, rinsed and drained well (14 ounce)
- 2 whole roasted green chilies, mild or spicy, seeded, chopped
- 1 lime – for zest and juice
- sea salt and ground pepper
- extra virgin olive oil
- cumin and chili powder to taste
- pine nuts or pumpkin seeds, toasted
- fresh chopped cilantro and lime wedges

Directions:


1. Preheat oven to 400 degrees F
2. Halve the squash lengthwise and place cut side up in a roasting pan. Season the squash with sea salt and pepper, a drizzle of olive oil, some cumin, chili powder and garlic. Add two inches of water to the pan to help keep the squash from sticking to the bottom of the pan. Roast in a hot oven for about an hour, until the squash is fork-tender. Half way through roasting pour a little bit of spring water on each squash to keep it moist.
3. When the squash is done, remove and cool.
4. Heat a splash of olive oil in a large skillet. Add the onion, garlic, corn and spices; stir for five minutes until the onion has softened.
5. When the squash is cool enough to handle; take a fork and scrape the squash, making spaghetti-like strands.
6. Assemble the ingredients in a casserole-style baking dish and bake it.
7. Toss the squash strands into a large mixing bowl. Add a little olive oil to moisten. Season the mixture with more sea salt and pepper. Sprinkle in some added cumin or chili powder, if you like, to taste. Toss well. Add the skillet mixture, tomatoes, black beans, green chilies. Combine. Grate a lime and add the zest. Cut and squeeze the lime juice all over the mixture and toss lightly.
8. Pour the mixture into a casserole style baking dish. Cover and bake in a 350 degree oven until heated through – about 20 to 25 minutes.
9. Serve with a sprinkle of fresh chopped cilantro and some lime wedges.


Nutritional Facts:


Makes four servings
Calories - 439, Carb - 81.5, Dietary fiber - 17.4g, Cholesterol - 0mg, Fat - 6g, Sat. Fat - 1.1g, Sodium - 36mg, Protein - 24.4g

For more information you may contact: Erin Adams, RD, Choctaw Nation Diabetes Wellness Center, 800-349-7026 ext. 6959.

NURSERY NEWS

Case Inselman	
Case Wesley Inselman was born at 4:28 p.m. on June 13, 2012. He weighed 8 pounds 12.5 ounces and measured 21.5 inches.	

Aniyah Brese	
Aniyah Leann Brese was born at 9:01 p.m. on Oct. 2, 2012, at St. Francis hospital in Topeka, Kan. She weighed 6 pounds 13 ounces and measured 20 inches. Her mother is Allison Brese of Topeka; grandmother is Lori Brese of Topeka; and great-grandparents are Sherry and James D. Brese Jr. of Valley Falls, Kan.	

Aaron Moore	
Aaron Nicolas Moore was born at 7:32 p.m. on July 26, 2012, at Palomar Medical Center in Escondido, Calif., to proud parents Darrin and Valerie Moore of San Marcos, Calif. He weighed 7 pounds, 14 ounces, and was 20 inches long. Grandparents are Cecil and Betty Moore of Lancaster, Calif., and Kristina Pofahl of Escondido; great-grandparents are Jessie Dick and the late Joe Dick of San Jose, Calif., and the late Charles and Marian Case of Riverside, Calif.; aunts are Deborah Clipper and Theresa Moore; and her big sister is Megan Moore.	

Fact vs. Fiction: Diabetes

During the month of November we celebrate many events, one of which is American Diabetes Month. We have long been working for a cure of Type 1 Diabetes and for better ways to control Type 1 and Type 2 diabetes. One simple way to help take control is to better understand the disease. On the American Diabetes Association web site www.diabetes.org there is a list of Myths and Facts. Here are a few of the Myths and Facts:

Myth: Diabetes is caused by eating too much sugar.

Fact: Type 1 Diabetes is caused by genetics and unknown factors that trigger its onset; Type 2 is caused by genetics and lifestyle factors. Being overweight increases your risk for developing Type 2 and a diet high in calories from any source contributes to weight gain. Research has shown that sugary drinks are linked to Type 2 Diabetes.

Myth: It's possible to have "just a touch" or "a little" Diabetes.

Fact: There is no such thing. Everyone who has Diabetes runs the risk of serious complications.

Myth: You have to lose a lot of weight for your Diabetes to improve.

Fact: Losing just 7 percent of your body weight can offer significant healthy benefits – about 15 pounds if you weigh 200.

Myth: Gestational Diabetes doesn't need to be taken seriously, as it will disappear after a woman gives birth.

Fact: It puts both mother and child at a higher risk of developing Type 2 Diabetes later in life.

Myth: People with Type 2 Diabetes who need to use insulin are in serious trouble.

Fact: Type 2 Diabetes is a progressive disease, and most people with it eventually need insulin. By using insulin to keep their Diabetes in good control, people with Type 2 can often avoid complications and lead a healthy life.


Myth: People with Diabetes need to follow a special diet.

Fact: People with Diabetes benefit from the same healthy diet that is good for everyone else: plenty of whole grains and fruits and vegetables, with a limited amount of fat and refined sugar.

Now that the facts have been revealed, see this month's recipe to add not only flavor, but color to the table.

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

PEOPLE YOU KNOW

Choctaw Nation staff members attend partnership workshop

Choctaw Nation staff members attended the inaugural Eagle Adventure Partnership Workshop, held July 30 through Aug. 1, on the Oklahoma State University-Stillwater campus.

Kelly Adams, Raina Sparks and Brandi Burris attended the three-day workshop to learn more about the Eagle Adventure program. Interactive education sessions and hands-on activities were used to help participants understand the program and its goals.

The Eagle Adventure program strives to improve the health and nutrition of youth who are increasingly at risk of developing Type 2 Diabetes. The aim of the program is to provide youth and their families with a vision of hope that Type 2 Diabetes can be prevented through dietary and physical activity changes.



Pictured are Kelly Adams, Raina Sparks and Brandi Burris.

An interdisciplinary team from the OSU College of Human Science’s Nutritional Sciences Department and the Chickasaw Nation developed the Eagle Adventure program collaboratively. Funding for the program is through the Supplemental Nutrition Assistance Program Education grant.

Students in the 1st through

3rd grade receive instruction through classroom-based lessons and engage in discussion of health and nutrition habits.

Since 2010, over 1,800 students in more than 10 schools in south central and southeastern Oklahoma have benefited from the Eagle Adventure program.

Based on the CDC’s

popular Eagle Book series, the Eagle Adventure program honors Native American traditions and culture. Along with storytelling, students are introduced to Native American language, culture, customs and traditional ways of being active.

The CDC Division of Diabetes Translations’ Native Diabetes Wellness Program, in collaboration with the Tribal Leaders Diabetes Committee and Indian Health Service, developed the books in response to the burden of Type 2 Diabetes among Native Americans and the need for prevention materials available for children.

For more information about the Eagle Adventure Partnership Workshop, contact Sara Mata, grant coordinator, OSU 301 Human Sciences Stillwater, OK 74078, or at 405-744-3842, or sara.mata@okstate.edu.



Congratulations to the Ardmore Choctaw language class, who graduated Sept. 10. Deloris Vaughn (second from right) taught the class.



Congratulations Little Miss Heaven Covey, Junior Miss Brandy Sockey and District 5 Miss Choctaw Nation Rachel Hogan for being named District 5’s 2012-13 Choctaw Nation Princesses. They are pictured with Councilman Ron Perry.

Happy anniversary

Ashley Brouillette would like to wish her parents, Karalee and Sonny Brouillette, a happy 25th wedding anniversary.



Happy birthday, Alexaunna

Happy 4th birthday to Alexaunna Madbull on Aug. 28. She is the daughter of Misty Madbull of Antlers. She has an older sister, Chelseaunna. Her proud grandparents are Chuck and Ollie Madbull of Antlers and Lester and Sally Jim of Stringtown.

Alexaunna celebrated her birthday with a Dora theme and a Dora cake, which was enjoyed by her cousins, Haylee Madbull, Anna Grace Frazier, Ci Ci, Nay Nay, Audrey, Ethan Madbull and sister, Chloe.



Happy birthday, Ryan

Happy birthday to Ryan, who was born Oct. 4, 1986, in Salinas, Calif., where he was raised. He joined the Army Airborne in 2009 and was sent to Ft. Benning, Ga., for basic training, where he made his first parachute jump. After basic training, he was stationed in Ft. Richardson, Alaska, where he remained and married his wife, Kayla. This last year, Ryan has been stationed in Afghanistan. He is on short time now, getting ready to come back to the United States.



Happy birthday, Shelby

Happy 14th birthday to Shelby ShiAnne Tamplin. Shelby was born Sept. 26, 1998, at the Choctaw hospital in Talihiina. Her parents are David and Priscilla Tamplin of Heavener and Kent and Vivian Wood-McDaniel of Broken Bow. Her grandparents are Audra and the late Joe Tamplin of Heavener and Lanora Stickle-Wood and the late Gerald Wood of Broken Bow. She has two brothers, David “Alan” Tamplin Jr. of Victoria, Texas, and Jeremy Chapmon of Missouri.



Cowboys compete in Youth Bull Riders World Finals

Koltin Hevalow and Crash Hernandez-Hevalow, the son and grandson of Kevin and Jennifer Hevalow of Smithville, Mo., competed in the 2012 Youth Bull Riders World Finals held in Abilene, Texas, Aug. 1-4.

Koltin, a 4th-grader at Paxton Elementary in Platte City, Mo., made his fourth appearance at the YBRWF, where he competed in the 8 and Under Calf Riding Division, where he rode against 42 other contestants from across the United States. In round 1, Koltin rode his calf for a score of 70, which also won the round. In round 2, he took 4th place with a score of 68. In round 3, he took 4th place again with a score of 70 and also qualified for the number 1 position in the short go. In the short go, he placed 2nd in the round with a score of 76 and was crowned the 2012 Youth Bull Riders World Champion Calf Rider. This is Koltin’s second world championship in the past four years. In 2009, he was named the Youth Bull Riders World Champion Mutton Buster. He has been competing since the age of 4 in the rough stock events and is a member of the Missouri-Kansas Youth Rodeo Association, the Christian Youth Rodeo Association, and the Kansas Junior Bull Riders Association. His future dream is to become a PBR World Champion.

Crash, a kindergartner at Rising Star Elementary in Platte City, made his first appearance at the YBRWF, where he competed in the Mutton Busting division, where he rode against 45 other contestants from across the U.S. In round 1, Crash placed 14th with a score of 66. In round 2, he took 7th place with a score of 70. In round 3, he took 7th place again with a score of 73, and he finished 5th in the world at the Youth Bull Riders World Championship in Mutton Busting.

Koltin comes from a long line of Choctaws with several family members (Roebucks) in the Coalgate and surrounding area and has dreams of becoming a professional bull rider in the future.

Allen turns 1

Allen Battiest of Duncan turns 1 year old on his late grandfather, Claud Allen Battiest’s, birthday on Nov. 2. Celebrating with him are his dad and mom, Walker and Jamie Battiest, brother Canson and sisters Kathleen, Maddie and Vivian, his “Nan,” grandma Debbie Battiest, “Pop Pop” grandfather Ron Howard and grandmother Veta Howard, all of Duncan.



50th anniversary

Congratulations to Larry and Carolan Bledsoe of Yukon, who celebrated their 50th wedding anniversary on Aug. 28 with a party hosted by their four children. Approximately 80 friends and family were there to celebrate the occasion.



Anoli crowned Little Miss Indian OKC

Anoli Billy, Choctaw/Chickasaw, was recently crowned Little Miss Indian Oklahoma City. Anoli is the daughter of Phillip and Lisa J. Billy, the granddaughter of Frank and Vicki Johnson, the late Beverly Johnson, and Ed and the late Cynthia Billy. She is in the 5th grade at Purcell Middle School and excels academically. She is also a member of the Chickasaw Nation Governor’s Honor Club. Her letter of recommendation was submitted by Tammie Mackey, her 2nd grade teacher.

As Little Miss Indian OKC, Anoli has been traveling across the state performing native sign language and attending pow wows. She has thoroughly enjoyed the opportunities to meet many people of all cultures. She is committed to excellence and wants to encourage others to reach for the stars.



Happy birthday, Tatum

Happy birthday to Tatum Choate on Oct. 16. Tatum lives in Tulsa with her parents, Amber and Nashoba Choate. Her great-aunt, Martha Polk; great-grandparents, Ron and Mary Sieger; favorite uncle, Travis Choate; great-uncle, Wayne, and Chris Choate; great-grandpa Frank Choate; grandma Lavon Choate all wish her a happy birthday. Tatum is Choctaw, Chickasaw, Creek and Seminole.



Father, son finish marathon

The Choctaw Nation was represented for the second time by father and son, Phillip and Michael Capshaw, of Ardmore and Colorado Springs, formerly of Ardmore, at the annual Pikes Peak Ascent and Marathon. Phillip ran the Ascent race on Aug. 18, bettering his time of last year by over 13 minutes, and his son, Michael, ran the 26.2-mile marathon the next day in a very respectable time of 5 hours, 49 minutes and 19 seconds, placing him in the top 100 finishers. Just to finish this grueling race, which has over 14,000 feet of ascent and descent, under the cut-off time of 10 hours is considered a great athletic accomplishment.



Happy birthday, Xanden

Xanden Lee Ward, whose 3rd birthday was Oct. 23, celebrated with family and friends on Oct. 27 with a cowboy-theme party. His parents are Cody and Amber Ward of Swink and he has a brother, Drake Stubbs. His grandparents are Becky Peters of Hugo, Mary Payne of Belk, Texas, and the late Terry Ward of Sawyer and Brenda Ward of Sawyer. He has many aunts and uncles who wish him a happy birthday. His family is very proud of him.



Sydney receives crown

Congratulations to Sydney Anderson-Cullum, who was crowned as Miss American Beauty Supreme Queen on Sept. 8 in Moore. Sydney attends Moore Public Schools and is in the 4th grade. She is very active in dance and learning the Choctaw language at the OK Choctaw Alliance.

Congratulations, Sydney! Your family is very proud of you.



Lawson is MVP

Lawson Wilkins, 9 years old, played for the Danville Titans baseball team for the 2012 spring/summer league. Their record was 28-6. Lawson batted lead-off and ended the season with a .864 batting average. He wears number 2 and plays second base. He was chosen MVP of the district tournament and received the game ball. The Titans were first-runner-up in their first tournament, playing older and bigger boys. They finished the season third in the state of Arkansas.

Lawson’s family, Paul and Susan (Camp) Wilkins and little brother Gunner, are proud of him. His Poppa is Joel Camp of Mead. Lawson is an honor student at SC Tucker Elementary in Danville, Ark.



Happy birthday, Grant

Grant Marshal Woodworth of Yukon turned 1 year old on Sept. 14 and had a big party to celebrate. Grant is the son of John and Tawnya Woodworth, grandson of Gary and Lesa Shriver of Cashion, and great-grandson of Larry and Carolan Bledsoe of Yukon.



Congratulations, Travis

His family is so proud of Travis Koi Chito Choate, who makes his home in Marietta with his grandparents, Ron and Mary Sieger. Travis plays football and baseball for the Marietta Indians. He’s a hard worker, a great athlete and a senior this year.

Travis is Choctaw and Chickasaw. His great-grandparents are the late James and Melvina Polk of Bennington; grandparents are Ron and Mary Sieger of Marietta, Mr. and Mrs. Jackson and Frank Choate; great-aunt, Martha Polk; uncles, Chris and Wayne Choate, all of Bennington; James Hall of Edinburg, Texas; big brother, Nashoba Choate; mother, Lavon Choate, and father, Michael Jackson. Travis plans to continue his education after graduation.



Happy birthday, Mozelle

Mozelle I. Gatewood’s family would like to celebrate her on her special day, Nov. 9, as she turns 90 years old. They wish only the very best, as she deserves. A mother and grandmother, Mozelle’s contributions in life have made a difference in so many people’s lives and her family is blessed to have her. They thank her for her legacies and care. The memories they have shared are timeless and very special. Happy birthday, from Shari and Jerry, Debra and Adrian, Robert and Brooke, Bella, Taylor, Kade and Sophia.



Ryan turns 11

Ryan Thorne tuned 11 years old on Aug. 28. He celebrated with family and friends. Ryan is a sixth-grader at Butterfield Elementary School in Tucson, Ariz. His parents are Mike and Kristy Thorne. His grandparents, Gene and LaHoma Crauthers of Oklahoma City, would like to wish him a happy 11th birthday. Ryan shares his birthday with his late great-grandma, Ella Murphy of Idabel.



EDUCATION

To the Youth of the Nation

Social pressure on youth leads to unhealthy habits

By ISABELLA BARRIOS
Stigler YAB Chapter

By literary terms, the word “youth” means simply “the state of being young,” or “the phase of life before aging significantly.” But that definition leaves a lot to be desired.

To me, youth means a lot of things. It means staying up to all hours, driving down the highway with the top down, singing at the top of your lungs and thinking you must be inhuman to be so happy. Being young is a euphoric and beautiful experience...most of the time. But in between the endless summers, late night phone calls and chasing whatever dream you feel like that night, harsher things can begin to creep in, slowly, invitingly, until you’re in the middle of a hurricane and you can’t bear the thought of weathering the storm to ever get out.

From the time I finished eighth grade, my euphoria was slowly weathered by the onset of an eating disorder.

Adolescence is a turning point for many. We aren’t too sure who we are, or even who we want to be. We have such beautiful, hopeful musings. We’re like an artist’s clay, ready to be shaped and molded into something extraordinary.

Unfortunately, not all of society believes the same way. It has strict ideals, and everywhere we look we are bombarded with them. From the time that we’re children, we are spoon-fed the ideals of the standards of “beauty,” from the tiny frames of the dolls we played with to the stick-thin women staring up at us from the glossy pages of magazines, and as we begin to explore who we are, doubts creep in. Am I beautiful? Would I be happier if I was thinner? Do people like me? Little by little, our doubts can consume us.

My journey into the land of eating disorders began slowly. At the middle of my

8th grade year, I took up running. I wasn’t incredibly unhappy with my body, but I was insecure enough to want to elicit a definite change. I would look at thin girls and be so extremely jealous. I could walk into a room and feel like the most unattractive one there. I remember one brisk late winter day, running the roads near my house, and seeing a sign that read, “slow.” Not uncommon in neighborhoods, just a simple reminder to be on the watch for children at play, but I took it as a challenge, a taunt, as if the sign was saying to me, “you’re slow, you fat, unacceptable girl! You’re worthless until you prove yourself otherwise.” I ran the rest of the winter, then the summer came and school let out, and I was left alone with my self-hatred. Then, an idea occurred to me. If food is what makes you gain weight, why not just get rid of it? So I began to run more and purge my food. This continued well into the summer after my freshman year. Then another thought occurred: if exercise and purging worked, why not restrict my food and starve? And up until now, that has been my daily life. Starve, exercise, get so hungry that it gnaws at your insides. Look into the mirror and truly believe that every single little thing is wrong with you. Starve more, break down and eat, get rid of it, your throat burning and your heart stuttering. But you continue, because you must be loved. Then begin the cycle all over again.

Eating disorders are serious things. Many people think it is a choice or a simple diet, not an all-consuming disease, but it is. It takes and takes until you have nothing left inside of you.

Sometimes, I can see the beauty of my youth returning. A real smile, a sincere laugh. Eating a cookie and actually enjoying it. I can be a kid again, not as world-

weary. Sometimes I feel the warmth returning to my bones, even if it’s just for a moment. It gives me the strength I need to continue to strive to recover. One day I will be free from this, I will weather the storm and come out swinging. I will be beautiful, not because I’m thin, or because I wear my makeup a certain way, but because I was strong. I will grow up and look back on my youth and be proud that I overcame. It may take years, but I will love myself. I have nothing but time.

- Eating Disorder Statistics:**
- It is estimated that 8 million Americans have an eating disorder – 7 million women and 1 million men.
 - One in 200 American women suffer from anorexia.
 - Two-to-three in 100 American women suffer from bulimia.
 - Nearly half of all Americans personally know someone with an eating disorder.
 - An estimated 10-15 percent of people with anorexia or bulimia are males.
 - Eating disorders have the highest mortality rate of any mental illness.
 - A study by the National Association of Anorexia Nervosa and Associated Disorders reported that 5-10 percent of anorexics die within 10 years after contracting the disease; 18-20 percent of anorexics will be dead after 20 years and only 30-40 percent ever fully recover.
 - The mortality rate associated with anorexia nervosa is 12 times higher than the death rate of all causes of death for females 15-24 years old.

If you or someone you know is suffering from an eating disorder, call the NEDA’s toll free helpline at 800-931-2237. Help line volunteers will be there to offer support and guidance with compassion and understanding.



Thank you to the Support Staff at Talihina Public Schools for donating plastic bottles at Tvshka Homma during the Labor Day Festival. The staff team collected them at school and took them to the recycle tent during the festival. Pictured are Robert Hubbard, Brian Hibdon, Judy Stuart, Josh Johns, Steve Wheeler, Wanda Stone, Samantha Pinley, Sylvia Sigler, Vickie Bryant, Judy Watson and Beverly Elizondo.



The staff of Choctaw Nation’s STAR Program would like to remind all parents with children in second through 12th grade that the deadline for submission of documents is approaching. The final deadline for students to be awarded for the fall semester is April 1, but awards are processed as soon as all documents are received.

Requirements for eligibility and incentives given are listed: Students must have Choctaw tribal membership, all A’s (\$25 Walmart gift card), all A’s and B’s (\$10 Walmart gift card), perfect attendance (\$25 Walmart gift card), and all students receiving an incentive will also receive a Choctaw STAR Student vehicle decal.

Required STAR documents are available online and are listed here: STAR application (one-time application), grade and attendance verification form (to be completed by a school official and returned once per semester), and copy of the fall semester report card. All of these documents may be submitted via mail, email or fax.

For more information about the STAR Program, please visit star.choctawnation.com or call 800-522-6170 ext. 2787.

Caldwell, state champion

Coleman Caldwell, a senior at Chamberlain High School in Chamberlain, S.D., of the Choctaw and Lakota Sioux Nations, was crowned South Dakota State A Champion in boys’ golf on Oct. 2 and became the first golf state champion in Chamberlain school history.

Coleman had been working towards his goal since he was 18 months old, when he went outside with a plastic set of clubs and told his father it was his turn to hit. His swing was near perfect, so his dad bought him a set of clubs at a rummage sale and cut them to size. From that day on, Coleman golfed at every opportunity. At the age of 7, he placed 7th in the World Golf Tournament at the Golden Horseshoe course in Virginia. He competed against 49 other state winners and kids from 10 other countries.

Coleman then played in an average of 15 tournaments a summer, became a varsity member of the Chamberlain golf team as a 7th grader and qualified for every state golf tournament over a six-year span. His goal was always to become a state champion, and with hard work, dedication and perseverance, he finally achieved his goal his senior year. He says that it is a dream come true and hopes to have the opportunity to continue golfing competitively in college.

Coleman’s proud parents are Chris (Choctaw) and Diana (South Dakota and Rosebud Sioux Tribe) Caldwell of Chamberlain. He has two brothers, Will and Cameron Caldwell. His grandparents are Cecil and Eleanor Caldwell from Wright City and Ted Carlson from Sioux Falls, S.D., and Rita Carlson from Chamberlain. His late great-grandparents are Coleman and Liza Caldwell from Paris, Texas, and Boyd and Fannie Gibson from Wright City.

Congratulations to this year’s South Dakota Class A State Golf Champion, Coleman Caldwell!



Congratulations to the graduates from the Phase IV Choctaw Community Language Class in Ardmore on Sept. 10, hosted by Lillian Vaughn, the Ardmore community language teacher, and Nicholas Charleston, a teacher at the School of the Choctaw Language. Pictured are (front row) Nicholas Charleston, Henry Marris Jr., (second row) Ronnie Bond, Tanya Blackburn, Leona Johnson, Ella Ross, Carrie Williamson, Vonya Lang, Lucretia Dickson, Jesselyn Burton, Lillian Vaughn, Alfred Vaughn, (back row) McClain Lang and Donald Dickson.



Congratulations to the graduating Phase III Choctaw Language class in Broken Bow, taught by Barbra Battiest.

News from Coalgate YAB

My name is Severt Dahl and I am the adult advisor over the Coalgate chapter of the Choctaw Nation Youth Advisory Board. Over the past year, our group has participated in various community events and projects. Some of these projects include visiting the Hurley Manor Nursing Home in Coalgate several times, cleaning up the community park and decorating the trees in front of the Coal County Courthouse for Child Abuse Prevention Month.

Some plans for the upcoming year are still under way since the school year has just began, but we will be planning a membership drive for the Coal County area hopefully very soon. If you are in the Coal County area, are between the 8th and 12th grade, and would like to be a member of the Coalgate chapter of the YAB, please feel free to contact me by email at sdahl@choctawnation.com. I would be glad to get you the information to become a part of this amazing group of teenagers, whose goals are to become upstanding citizens in their community and to volunteer their time to their community through servant leadership.



Boswell students present projects

Mrs. Massengale’s 6th grade class at Boswell has been studying the solar system. They completed their lesson with individual solar system projects that were put on display throughout a week. On Oct. 5, they presented their projects and taught a lesson to other elementary classes. Seven groups of 6th graders went from class to class with their solar system projects to share with grades Pre-K through 5th.



Each group was graded on content and behavior. All groups received excellent ratings from all teachers on their knowledge of the solar system. Many teachers were very impressed with how well thought-out their presentations were, and it was a great way to end the first quarter. Mrs. Massengale was very proud of all her students and their hard work.

Choctaw Nation Vocational Rehabilitation Calendar

	SUN	MON	TUE	WED	THU	FRI	SAT
D							1
E	2	3 Durant 8 a.m.-4:30 p.m.	4 Antlers by appt.	5 Talihina by appt.	6	7 Broken Bow 8 a.m.- 4:30 p.m. Idabel by appt.	8
C							
M							
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2	23 30	24 31 Wilburton by appt. <small>Christmas Eve New Year's Eve</small>	25 <small>Christmas Day</small>	26 <small>Boeing Day (Caddell) Pearson (1928 - 19)</small>	27	28	29

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

Poteau community gathers for dinner at local center



Delores Cox, wife of Councilman Delton Cox, presents Chief Pyle with a framed photo of the historical Choctaw mound, Nanih Waiya, to show the community's appreciation. Assistant Chief Batton was also presented with a framed photo of the Treaty of Dancing Rabbit Creek.



State Representative James Lockhart visits with Assistant Chief Batton at the Poteau dinner.



Some of Councilman Delton Cox's cousins, Brenda Sweeten, Connie May and Leona Qualls, enjoyed their time at the Poteau dinner.



Lena Munoz practices her beadwork before the Poteau dinner begins.



Councilman Anthony Dillard chats with Karl and Janis McKinney.



The Choctaw Youth Dancers entertained the crowd at the dinner and gained happy participants for the "stealing partners" dance.

Photos by **CHRISSY DILL** | Choctaw Nation of Oklahoma

Farming the land In a Good Way

By LISA REED
Choctaw Nation of Oklahoma

Land was blessed Sept. 28 near Talihina and the small farm nestled near Buffalo Mountain is expected to be a blessing to patrons of In A Good Way (IAGW) for years to come.

Tribal member Teddi Irwin is witnessing a dream come true as folks in the community and representatives of state organizations are rallying to help ensure the success of the non-profit farm. One hundred sixty acres will be developed into an agricultural training farm for Native American men who need a hand up, a second chance. A homesteading event was held Sept. 29 to help educate the public and give the project a special kick-start.

Irwin, executive director of the farm, said, "We are really excited to have so many knowledgeable presenters come and make the day a great way to learn about homesteading. We see the homesteading event as a welcoming way to invite the folks of the community to meet us and visit our farm."

Irwin and Greg Duda, farm manager, are a mother-son team who manage In A Good Way. Because of their Choctaw heritage, Irwin wants to incorporate Choctaw culture and instill the nurturing care Choctaws have always had for the land. The farmland was cleaned and blessed in a centuries-old Choctaw tradition and in a Catholic ceremony. The day's activities included demonstrations on making Choctaw pottery, baskets, flutes and beadwork.

Many of the other projects were also hands-on, Irwin said,



Photos by **LISA REED** | Choctaw Nation of Oklahoma
Volunteers plant young broccoli plants in the raised beds.



Nathan Kirby watches Micah Anderson attach strips of the plasticulture system.

because plans are for IAGW to be self-sustaining. The largest undertaking began early with several volunteers erecting a hoop house over raised garden beds irrigated with a plasticulture system.

The Noble Foundation and Leon's Green House of Kingston donated the material for the greenhouse. Steve Upson, a horticulture consultant for the Noble Foundation, directed its construction. The structure will be covered with plastic until summer temperatures require a shade cloth over the garden.

The farm was approved for a three-year grant from the Oklahoma Plasticulture Program (OPP) of the Oklahoma Department of Agriculture, Food and Forestry (ODAFF). The program provides plastic, drip tape, shut-off valves and plants for the growers.

Micah Anderson, program coordinator for OPP, said they put in approximately 70 gardens a year for small farmers. Anderson and Nathan Kirby of the farmers market program laid strips of drip tape with slits every 8 inches to allow a slow drip to soak the garden soil. Soil was built up over the lengths of hose and then plastic mulch used to cover the soil, forming raised beds for crops.

Volunteers gathered flats of young broccoli plants and began planting while all around them workers connected the curved metal roof frame of the tunnel-shaped hoop house.


Irwin's eyes glowed as she watched the project come together before her. "It's a new concept," she explained. "This hoop house gives more shoulder room and it will be fenced in totally with 4-ft.-tall rabbit wire. A guinea coop will be attached and the guineas will be let into the garden area to eat insects." Other plants to be cultivated include collards, cabbage, lettuce, tomatoes, and elderberry and blackberry bushes. As part of the OPP grant and its own vision of sustainability, IAGW will pick the fresh produce to eat and to sell.

Rain harvesting is another practical and economical way IAGW is initiating environmentally friendly methods to support itself. Billy Kniffen, a water resource specialist with Texas Agri-Life Extension Service, and his wife, Mary, demonstrated techniques of catching and storing rain water.

Several booths were set up in the yard, among them The Kerr Center for Sustainable Agriculture with CEO Jim Horn and Lone Star Farms bee keepers with owner Dennis Brown, a beekeeper since 1964.

Raising bees, cattle, goats, alpacas and chickens is also part of the plan to help the men learn self-sufficiency. IAGW is already home to 15 head of cattle and three alpacas. The alpacas are used for therapy and will be taken to local elder care facilities and schools, Irwin said.

"There is a plan for everything we do," she affirmed. "Everything has a purpose."



Kay Jackson of Choctaw Nation Cultural Services gives hands-on demonstrations of basketweaving.



Steve Upson, right, directs construction of a metal hoop house.



Photo Provided
Ima Jean Davis of Talihina pets an alpaca from Walnut Creek Alpacas. It was her first ride on a 4-wheeler.



Mary and Billy Kniffen demonstrate methods of rain harvesting.

Outreach helps during the holidays

Meal Vouchers

The pace is always full blast for Choctaw Nation Outreach Services, but the holidays are an exceptionally busy season for outreach service providers.

This year, the Victim Services and Community Based Social Work Program employees will be distributing over 6,000 holiday food vouchers for Thanksgiving and Christmas – an all-time high for the program.

This year's holiday meal vouchers will be mailed to recipients instead of requiring pick up as in 2011. The vouchers will be redeemable at a local store near the recipient, good for all the staples of a holiday meal such as cranberries, corn, dinner rolls, desserts and more. Thanksgiving vouchers will entitle members to a turkey and Christmas vouchers will earn a ham.

Prior to the vouchers, qualifying tribal members received laundry baskets filled with the holiday meals. As the number of requests for holiday meals grew, filling and delivering baskets full of food became impractical. "There had to be a better way," stated Senior Director of Victim Services and Community Based Social Work Program Linda Goodwin.

The vouchers allowed the program to serve more tribal members at a faster pace – serving 2,800 vouchers at Thanksgiving and 3,000 at Christmas in 2011. "It's not as holiday-like, but it is necessary," stated Goodwin. "It was a very small event the first two years," remembered Goodwin. Just four baskets were distributed in 2005 and eight in 2006. The third year is when the effort grew exponentially.

As the number of baskets grew Chief Pyle

and the tribal council appropriated funds and the effort became a full-fledged annual program.

Though many members already receive services, the holidays can put an added financial strain on any family. This service helps fill in a gap that the holiday season sometimes places in family funds.

Having a meal with family and friends has always been a Choctaw tradition and "it is our hope that the food voucher will allow families to continue this important holiday event," mentioned Goodwin.

Providing this service requires support from many people throughout the Choctaw Nation. Chief Pyle, Assistant Chief Batton, and the tribal council appropriate funds for the program each year, and outreach employees begin planning and coordination with local stores and creating application guidelines as early as July.

To be eligible to receive a voucher, one must be enrolled in the Choctaw Nation and live within the 10.5 county service area. Recipients are selected by an income-based application process.

Applications can be obtained at the headquarters in Durant, community centers or from any Outreach Services worker. The deadline for Christmas applications will be Dec. 3. If you have already submitted an application for Thanksgiving, it will serve as the Christmas application as well.

Thanksgiving vouchers will be mailed on Nov. 9, and Christmas vouchers will be mailed on Dec. 7. If you have any questions about qualification requirements, please contact Betty Jackson at 800-522-6170, ext. 6037.



Choctaw Outreach employee Joey Tom accepts a coat donation from Donna Tawkowty during a past coat drive.

Coat Drive

The Choctaw Nation Coat Drive is in full swing and will be accepting donations through the month of November. Outreach workers recently attended the Annual OU/Texas Tailgate Party hosted at the Choctaw Travel Plaza West on Oct. 12, where they collected donations for the fund cause.

Guests of the event were not only able to enjoy the company of former OU standouts Marcus Dupree, Janelle Holieway and De'Mond Parker, but were also able to help Choctaw youth in need with a donation of gently worn or new coats.

This event was only one opportunity for donors to contribute. The 2012 coat drive began Oct. 1, and will last until Nov. 30, but "We are always accepting donations for our Solemates, the coat drive and any other needs that may arise throughout the year for the Choctaw youth," stated Paul Roberts, director of Choctaw Nation Youth Outreach. Solemates is another program led by Youth Outreach, which acquires shoes for Choctaw youth to begin their new school year.

Though coats are the focus of the drive, "if you would like to donate other clothing items we would gladly be willing to accept," said

Roberts. The goal is to get all tribal members ready for the cooler times of the year. Monetary donations will also be accepted and used to purchase new coats.

If you have unused coats in your closet, but are unable to make it to the event, many drop-off locations are made available throughout the Choctaw Nation service area. Donors may bring items to the tribal headquarters in Durant, the Talihina hospital, the Hugo Tribal Service building, the Broken Bow Outreach office or call 580-326-8304 for pickup. Donations can also be mailed to 403 Chahta Circle, Hugo, OK 74743.

The coat drive began in 2010 when the Choctaw Nation began to notice that not all of its members were dressed to weather the cold temperature of the Oklahoma winter. Choctaw Youth Outreach coordinates the effort and is supported by all other Outreach Services.

The coat drive assists young tribal members who live within the 10.5-county services area and 100 percent of funds are donated through fund raisers in which Outreach clients participate.

"We are doing our best to help our Choctaw youth in need. It is very important that our clients have coats for the winter," stated Roberts.

Elder Angels

Choctaw Outreach also coordinates another service to create a healthy holiday spirit in the lives of the Choctaw elderly, with the Elder Angels program.

Elder Angels is a program that began in 2004 and is currently facilitated by the Elder Advocacy Program. The program selects elders throughout the Choctaw Nation that have little or no family and connects them with those willing to donate a gift.

No names are given to the donor, only gender and a small amount of information to personalize the gift. No price limits are sets, so donors can give any amount they prefer to help brighten the Christmas of a fellow Choctaw.

In 2011, 240 elders were a part of the services and 2012 will see a similar number served. Elders can be nominated by contacting outreach workers, who then select those to receive the gifts.

All elders must reside in the 10.5 county service area of the Choctaw Nation, be a registered



A Community Health Representative (CHR) delivers a gift to the door of an elder angel.

Choctaw, be 55 years of age or older, and have a need to be an elder angel.

Since 2004, this program has brightened Christmas for many elders and has grown considerably. "Elders are glad someone thought of them," stated Vicki Perez, deputy director of Elder Advocacy. "It makes people feel good to donate as well."

If you are interested in aiding an elder angel this holiday season, contact the Elder Advocacy office at 800-522-6170, ext. 6038. Deadline to adopt an angel is Nov. 16.



CAB program aids tribal member in big way

The Choctaw Asset Building (CAB) program is now taking applications for CAB2. CAB2 is the second matched savings program offered by CAB. Participants in CAB2 can save for a first time home purchase, to pay for education, or to start or expand a small business. CAB2 will match up to \$2,000 of participants' savings \$2 to \$1 for savings for education or entrepreneurship or \$3 to \$1 for a first time home purchase. Participants open a savings account with \$50 and then save at least \$25 each month for at least six months. Participants can save for as long as 3 years. While they are saving participants receive personal financial education, asset training that is specific to their asset choice, and financial/credit counseling if needed. The qualifications to participate in CAB1 or CAB2 are as follows:

1. Must be a Choctaw Tribal Member
2. Must have participated in Choctaw Career Development
3. Must live within the service area, which is the entire state of Oklahoma, the five counties in Arkansas that border the Choctaw Nation's boundaries, and the five counties in Texas that also border the Choctaw Nation's boundaries.
4. Must meet the income guidelines

Recent CAB1 completers, K'Lee and Justin Robinson, were each able to save \$2,000 towards the purchase of their first home. They recently purchased their first home and were able to turn their combined \$4,000 savings into \$16,000 to be used for their down payment and closing costs. "K'Lee and I would like to thank the Choctaw Nation and the Choctaw Asset Building program. We greatly appreciate the time and resources that helped us purchase our first home. It could not have happened without this program," says Justin.

CAB clients that have successfully completed CAB1 are eligible to participate in CAB2, if they still meet the qualifications. This is a great opportunity for those who were able to use CAB1 for part of their education, but still need assistance and for those who have used CAB1 to start businesses, but now need to expand. Colby Oller, owner of Southern Strong LLC, participated in CAB1 to get his fitness center started and is now participating in CAB2 to improve his business. "I look forward to participating in the CAB program for the second time. It has helped me get my business up and running and will yet again help me better my company and its potential," says Colby. Crystal Bully used CAB1 to help pay for her education, and is now participating in CAB2 to purchase her family's first home. "The ladies at CAB have been my support system through school and continue to be now that I am saving and budgeting to build a house," says Crystal. Spaces are limited so interested parties should apply quickly. More information, including the CAB application and the income guidelines, can be found at www.choctawcab.com.



Runners travel across the country to celebrate native culture

By BRET MOSS

Choctaw Nation of Oklahoma

Excitement filled Grace Indian Baptist Church, located near Achille, on Sept. 18, as a diverse group of 10 Native American international runners arrived late in the afternoon, sharing their stories, values and respect for Native American culture.

The group, Peace and Dignity Journeys (PDJ), led by coordinator Hector Cerda, paid a visit to the church congregation in an effort to strengthen an ancient bond among tribes that many feel has faded over the years.

PDJ is a group of runners who began their trek in Alaska and have since made their way across the United States in an effort to connect with as many Native American people as possible, bringing a sense of unity and connection to all they encounter.

When PDJ arrived at Grace Church, members of the congregation displayed their Choctaw hospitality with open arms and a meal, complete with traditional Choctaw cuisine.

Before bread was broke, the guests invited the congregation to take part in the day's closing prayer ceremonies. PDJ runners begin and end every day with a prayer ceremony, where they can ask blessings, give thanks, and share concerns with each other.

During the ceremony, many traditions were observed. The predominantly Choctaw group of onlookers were able to take part in



Photos by BRET MOSS | Choctaw Nation of Oklahoma

Peace and Dignity Journey group arrives at Grace Indian Baptist Church.

rituals of other tribes, and in turn, the runners were able to experience Choctaw culture.

To begin the ceremony, many staffs that had been entrusted to the group by numerous tribes along their routes were laid on the ground. All in attendance stood in a circle giving thanks for another day, and sharing words with one another. As this took place, incense was burned near the runners and the staffs, clearing any negative energy they may have accumulated during the day's journey.

The first PDJ run was held in 1992 to celebrate Native American culture – how it is still alive and to show that it is still strong in all of the Americas. A group in South America began to run north,

and a North American group began to run south, both destined to connect many people and unite in the middle. The event has taken place every four years since.

The idea of a transcontinental run began in 1990 in Ecuador, when a group of elders introduced the prophesy of the Eagle – representing North America – and the Condor – representing South America. They believed that all the people were essentially one. As the two birds travel the distance to come together during the run, they are "tying the prayers of the north



Yari Sina Sierra performs ritual on Vanessa Quezada during end of the day ceremony.

with the south," mentioned runner Adriana Blanco.

If you would like to know more about PDJ and stay updated on their travels, visit peaceanddignityjourneys.org or search "Peace and Dignity Journeys 2012" on Facebook.

OBITUARIES

Teresa Cordua

Teresa Pamela Cordua, 71, passed away on Sept. 19, 2012, after a long and courageous battle with cancer. She was born July 17, 1941, in Oakland, Calif., to Loamen and Agnes (Shannon) Cook. She married Michael Cordua on Aug. 16, 1974, in Redlands, Calif. Teresa graduated from San Bernardino High School in 1959.

She then attended Loma Linda University Nursing Program while raising her family. She worked as a pediatrics nurse in Loma Linda and later she became a correctional officer and finally a parole officer in Pomona, Calif.

Survivors include her husband; son Loamen Michael Cordua of Canton, Ga.; daughters, Michael Teresa Cordua of Leaburg, Ore., and Jamie Cathleen Cordua of Canton; six grandchildren; and a great-grandchild.



Ruby Kerr

Ruby Jewell (Miller) Kerr, 88, a Caney resident, passed away on Aug. 3, 2012, in Durant. She was born on Nov. 9, 1923, to Burt and Florence (Fullton) Miller, in Clayton. She attended school in Clayton and Talihina. Ruby was a housewife and homemaker. She worked many years in grocery stores and for Diaper Jeans Mfg. in Atoka.

She married Marvin Lee “Bud” Kerr on Oct. 10, 1941, in Le Feria, Texas. Ruby was a lifelong Baptist. She loved animals, sewing and quilting, but most of all, making all her kids and grandkids quilts.

Ruby was preceded in death by her parents; husband; son Jackie Kerr; daughter-in-law Maya Kerr; brothers, Cecil Ray, Jimmy, Jack, Ed and Joe Miller; infant sister, Gracie Irene Miller; and grandson Wade Kerr.

Ruby is survived by her children, Raymond Lee Kerr Sr. of Stringtown, Cathy Musgrave with husband Aaron of Caney; siblings, Elizabeth Harkins, Nellie Hunter and Henry Miller with wife Minnie, all of Tupelo; grandchildren, Mathew Kerr with wife Laura, Raymond Lee Kerr Jr. with wife Lisa, Cody Woolf, all of Caney, Burt Kerr with wife Tammy, Kevin Kerr with wife Kathy, Shelia “Punky” Kerr, all of George West, Texas, Marvin Lee Kerr with wife Sylvia of Corpus Christie, Texas, Crystal Nichols with husband James of Atoka, Luke Kerr of Stringtown, and J.T. Wallace with wife Carrie of Durant; great-grandchildren, Tyler and Matt Kerr, Stephanie Quanginilla, Sabrina, Jessica, Robert, Shelton and Orrin Kerr, Brooke and Wyatt Schroeder, Caleb and Zack Kerr, Jamie Nichols, Samantha, Heather and Alesha Kerr, Walt Cook, Ryan Robinson, Rylee Wallace, Alanna, Kaitlyn and Luke Jr. Kerr; great-great-grandchildren, Amelie Quanginilla, Khylie and Jaxson Kerr; along with numerous nieces, nephews, other relatives and dear friends.



Warren Austin

Warren “Buddy” Austin, 73, of Valliant, passed away on Oct. 3, 2012, in Idabel. Buddy was born on March 6, 1939, in Valliant, the son of Felker Austin and Stella (Baken) Austin and had lived in the Valliant area all of his life.

Buddy married Betty Lewis on Oct. 11, 1963, in De Queen, Ark. He enjoyed his daily Bible readings, morning Bible study with his loving wife, singings and Sunday dinners.

He also loved socializing with friends, family and grandchildren, whom he loved dearly. Buddy was a long-distance truck driver for over 30 years and a member of the White Sands United Methodist Church.

He was preceded in death by his parents; brother Ervin Austin; sisters, Bertha Wilson and Eva Jean Felihktubbe.

Survivors include his wife, Betty (Lewis) Austin of the home; daughter Melinda Hobbs with husband Roy of Valliant; son Billy Baken with wife Jerri Sue of Valliant, brother Benny Ray Austin with wife Quannie of Valliant; six grandchildren, Kyle Hobbs, Kandace Hobbs, Kimberly Hobbs, Kayla Williams with husband Chad, and Kisha Pannell with husband Brad; a special granddaughter, Shakya Scales; special niece, Linda Wilson; several other nieces and nephews; and a host of other family and friends.



Lula Parker

Lula (Marris) Parker, 91, passed away on Oct. 9, 2012, at her home in Lone Grove, surrounded by her family. She was born on March 6, 1921, in Overbrook, to Arch Marris and Sallie (Farve) Marris.

Lula loved to watch baseball games. Her favorite team was the Atlanta Braves. She also loved to listen to gospel music, especially the Choctaw hymns. She loved all animals. Lula was a member of the McAlister Baptist Church.

Lula was preceded in death by her parents; son Dolph Baptiste Jr.; and brothers, Ralph Marris, Bennett Marris, Leonard Marris and Christian Marris.

She is survived by her daughters, Evelyn Rose Miller of Lone Grove, Yvonne Vansilly with husband Gerald of Gainesville, Texas, Angela Snyder with husband Clarence of Anchorage, Alaska, and Shauana Hartman with husband Phillip of Overbrook; sons, Kenneth Ray Baptiste of Ardmore, Alden Williams of Mesa, Ariz., Aaron Williams with wife Maria of Albuquerque, N.M., and Shay Miller of Lone Grove; grandchildren, Angie and Arch Baptiste of Anchorage, Ranai Baptiste of Magnolia, Ky., Randy and Raquel Baptiste, Rhonda Perez and Becky Nash of Ardmore; great-grandchildren, Amber, Josh, Mariah, Trey, Vincent Baptiste, Jeron Booker, Nathan and Noah Conn, Timberly Hartman, Amanda Holybee, Slade Kendrick, Easton and Weston Miller, Aaron, Chase, and Aaralyn Perez, Tylen White, Arianna and Philecia Williams; sisters, Allie Johnson with husband Jay, and Lela Cooper, all of Lone Grove.



Claudell Burgess

Claudell “Bo” Burgess, 57, passed away on Sept. 16, 2012, at his home in Blue. He was born on May 3, 1955, in Oklahoma City. Bo had lived in Bryan County for most of his life. He graduated from Bokchito High School and worked as a mechanic. He was a member of the Rock Creek Community Church and he enjoyed working on old cars and music.

Bo was preceded in death by his parents, Monroe and Vera Layman Burgess; biological parents, Raymond Loveless and Wilma Boudreau; and his grandparents.

Bo is survived by his sons, Bobby Burgess with wife Tonya of Fort Riley, Kan., and Steven Burgess of Bokchito; sister Claudine Alison-Feest with husband Albert of Racine, Wis.; grandchildren, Hannah, Haydn and Jacob Burgess; nephew Tyson Allison; nieces, Shar-dae and Brittany Feest; special companion, Nina King of Blue; and numerous other family and friends.



Frank Durant

Frank “Skeet” Durant, 75, of Blanco, passed away on Sept. 17, 2012, in McAlester. Mr. Durant was born on March 11, 1937, in Bennington, and was a son of Willie and Lillie (Penny) Durant. His father was an original enrollee of the Choctaw Nation. He worked in construction and loved to sing and play guitar, beginning when he was 6.

He was preceded in death by two sons, Mitchell and Pete; an infant daughter; and a granddaughter.

Survivors include sons, Allen of Atoka and Randy of Stanfield; daughters, Debra of Atoka, Donna of Las Vegas, and Tamera of Washington; stepdaughter Carrie of New Mexico; several grandchildren; and a brother, Virgil Durant of Casa Grande, Ariz.



LaDonna Jones

LaDonna Jones, 63, of McAlester, passed away on Sept. 22, 2012, at a local nursing home. She was born to Alfred Durant Benn and Jessie Ovahilla Baxter-Benn on June 2, 1949, in Boise, Idaho. LaDonna worked her entire life as a homemaker and for a few years as a medical assistant for a nursing home.

LaDonna was preceded in death by her parents; and brothers, Earon Joe Patrick and Harley Eugene Grant.

She is survived by her son, LeRoy D. “Chief” Jones with wife Nedra; brother Theron C. “Terry” Patrick with wife Janet; sisters, Sheila Benn and Tawana Graham; sister-in-law JoRae Patrick; granddaughter LaTisha Leigh Richardson; and several nieces and nephews.

Juanita Brownen

Juanita Bell Brownen, 92, passed away on Oct. 3, 2012, in Ardmore. Juanita was born to Elmer and Rosie Bell on July 12, 1920. Juanita was raise in Ardmore and attended Ardmore High School. She lived out her life in Ardmore as a loving wife and mother. She was of the Protestant faith, touched many lives and brought great joy into this world. She will be greatly missed.

Juanita was preceded in death by her husband, Edward Brownen; daughter Sherry White; son Daniel Tollus; and granddaughter Jessica Bean.

She is survived by her daughter, Rebecca Deleon; grandchildren, Rick Harper with wife Comille, Kenny Harper with wife Susan; sons, Michael, Mark, David, Donald Brownen with wife Terri, Tacy Clure, Cleve Louis, Clide Louis, Ernie Brown and Justin Dyer; great-grandsons, Kendal Harper, Josh Harper and Justin Dyer; granddaughters, Molly Cantrell, Zoe Dyer, Hanna Dyer and Mary Dyer with husband Kenny; and son-in-law James White.



Floyd Stidham

Floyd Neil “Jack” Stidham, 60, passed away on Oct. 5, 2012, at his home in Ardmore. Jack was born May 5, 1952, in Ardmore, to Floyd Stidham and Marie (Greener) Stidham. He worked hanging drywall most of his life and was a former member of the Provence Assembly of God Church. He loved to drive his tractor, smoke his cigarettes and drink his Coors beer. He loved taking care of the kids of the family.

Jack was preceded in death by his parents and his sisters, Brenda Bridgman, Carolyn Gill and Linda Clark.

He is survived by his brothers, Johnny Skinner with wife Sue, Joe Stidham with wife Nita, and Ronnie Stidham with wife Dena; brother-in-law Ted Gill; and numerous nieces and nephews.



Edmond Short

Edmond Wayne Short, 71, a resident of Dierks, Ark., passed away on Sept. 22, 2012, in Horatio. He was born Dec. 1, 1940, in Soper. He was a retired millworker.

Mr. Short was preceded in death by his parents, A.J. and Juanita Short; wife Athlene Stokes Short; and brothers, James Calvin Short and Emerson J. Short.

He is survived by four brothers, Kermit Short with wife Rexene of Gold Beach, Ore., Thomas Short and Kenneth Short with wife Florene, all of De Queen, Ark., and Nick Short with wife Joyce of Gillham, Ark.; sister Ruth Alsobrook of Horatio; adopted sister, Ollie Jean Short Wilson of Bethel; daughter Tammy Short Vance with husband Jerry of Dierks; two granddaughters, Dakota and Jessica Vance; a number of nieces, nephews, great nieces and nephews, great-great-nieces and nephews; a number of friends; and a special friend, Marie Elliott.



Roberson Taylor

Roberson “RC” Taylor, 89, of Wright City, passed away on Sept. 26, 2012, at Broken Bow Health and Rehab. He was born Jan. 7, 1923, to Joseph and Sally (Wallace) Taylor. Roberson enjoyed piano playing, going to gospel singings, reading his Bible and watching his grandkids play ball. He was affiliated with the Chihowa I Chuka Assembly of God Church.

Roberson was preceded in death by his parents; his wife, JoAnna Taylor; great-grandson, Kaden Stafford; great-granddaughter, Chasely Holt; two sisters and two brothers.

He is survived by two sons, Leon Taylor with wife Nora of Broken Bow, and Ellis Taylor with wife Juanita of Wright City; three daughters, Bessie Nakishi with husband Alfred Jr. and Rita Holt with husband Charles, all of Wright City, and Louella Crosby with husband Anthony of Philadelphia, Miss.; 23 grandchildren; 20 great-grandchildren; and a host of other relatives and friends.

Perry Brown

Perry Lant “Rusty” Brown, 55, of Spiro, passed away on Aug. 6, 2012, in Tulsa. He was born on Jan. 27, 1957, in Pontiac, Mich., to Perry Folsom and Ester (Wilson).

He is survived by his companion, Kara Mikels of Spiro; a daughter of Michigan; brother Clifford Brown of Missouri; best friend and adopted brother, Richard Tackett of Cameron; his parents; and a host of friends and family.

Debbie Hicks

Debbie Lee (Stephen) Hicks, 49, of Atoka, passed away on Oct. 5, 2012, in Atoka. She was born on May 7, 1963, in Talihina, to Ellis and Marbell (McCummins) Stephen. She attended Atoka High School and was a homemaker. She was a Christian, enjoyed yard sales, and spending time with her two boys.

She was preceded in death by her parents; son Ronnie Hicks; brothers, Ron and Ferman Stephen; and granddaughter Heavenlee Hicks.

She is survived by her companion Billy Coble of Atoka; sons, William and Andrew Coble of Atoka; brothers, Lynn “Cub” Stephen with wife Carolyn of Bentley, and Dale “Nub” Stephen with wife Shirley of Stringtown; numerous nieces, nephews, other relatives and many friends.



Willie Anderson

Willie “Andy” Franklin Anderson of San Pablo, Calif., passed away peacefully on Sept. 24, 2012. He was born on Jan. 6, 1931, in Antlers, and moved to San Pablo, with his parents when he was 10 years old. He was half Choctaw and was proud of his Native American heritage. He enlisted in the army at the age of 16 and fought valiantly in the Korean War and when he came home, married the love of his life, Anna Lou (Wolf) Anderson. He worked many jobs, such as a police officer, an insurance agent and a refinery operator before retiring from the OCAW union. He enjoyed traveling and camping, but most of all he enjoyed his children, grandchildren and great-grandchildren.

He is preceded in death by his wife; son Robert Prast; brothers, Jack Anderson and John Davis; sisters, Cecil (Davis) Schreckengost and Marilyn (Davis) Prast; and his parents, Frank Anderson and Anthe Margaret Anderson Davis.

He is survived by his brother, Wilson Anderson; sisters, Margrete (Anderson) Knight and Mildred (Anderson) Voshall; sons, Willie Franklin Anderson Jr., and Blake Anderson; daughters, Victoria (Anderson) Tate, Tracy (Anderson) Rae, Alicia (Anderson) Sorvetti, Lisa Davis-Hernandez and Loveta Prast; 21 grandchildren; and seven great-grandchildren.

Kason York

Kason Scott York passed away on Oct. 7, 2012, in Ardmore, at the age of 3 months and 4 days. He was born on July 3, 2012, in Oklahoma City to Mitchell Scott York and Jessica Dalyn Ingle.



NRCS announces opportunity to apply for EQIP Conservation Funds

The Natural Resources Conservation Service (NRCS) is accepting applications for the Environmental Quality Incentive Program (EQIP). Applications received up until Nov. 16 will be considered for this year's funding.

Landowners may contact the local NRCS office located in the county where your property is located. Anyone who leases property from the Choctaw Nation can contact Ann Colyer, Tribal Resource Conservationist, located at 1705 W. Locust at the Choctaw Nation of Oklahoma in Durant. Phone number is 580-924-8280, Ext. 5134.

Applications received up to Nov. 16 will be considered for this year's funding. Applications will be evaluated according to locally developed ranking criteria as workload permits and reviewed for potential funding periodically when program funds become available. Individual producers who have high priority resource concerns and are interested in participation in EQIP may apply at any time at a local NRCS office.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability, and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or a part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audio-tape, etc.) should contact USDA's TARGET Center at 202-720-2600 (voice and TDD). To file a complaint of discrimination write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call 800-795-3272 (voice) or 202-720-6382 (TDD). USDA is an equal opportunity provider and employer.

Octoberfest 2012

Photos by CHRISSY DILL | Choctaw Nation of Oklahoma



Windal Muse visits the Career Development booth.



Lakresa and Dale Cornell say hello to Councilman Bob Pate and Tribal Chaplain Bertram Bobb.



Bill Amos visits with Assistant Chief Batton at Octoberfest on Oct. 17 in McAlester.



Charlene and Jack Work visit with Councilman Anthony Dillard. Many Choctaw Nation departments set up booths at Octoberfest in order to provide information on services for tribal members.



Linda Newville and Assistant Chief Batton take a moment to smile for the camera.



Community Health Nursing employee Kelly Adams and Councilman Thomas Williston visit before lunch is served.



Community Health Representative employees are at their booth ready to serve tribal members at Octoberfest 2012.

Choctaw Nation, Pickens Legacy Scholarship partner to establish Oklahoma State University endowment

By BRET MOSS

Choctaw Nation of Oklahoma

Six Oklahoma State University students began their fall semesters with a boost in confidence and coin. The Choctaw Nation of Oklahoma Scholarship Advisement Program (SAP) recently gifted a \$350,000 endowment to the university as part of OSU's billion-dollar scholarship campaign, "Branding Success." This, combined with the Pickens Legacy Scholarship match, will bring the total amount of scholarship money to \$1.05 million. This marks the largest donation by a Native American tribe in the history of the university. "We are pleased to partner with OSU in this endeavor. It helps ensure a bright future for not only these students today, but for others to come. I am proud to be aiding our people in earning a degree from such a



Joy Culbreath, Chelsea Porter, Shauna Williams, Chief Gregory E. Pyle, President Burns Hargis, Jo McDaniel, Morgan Two Crow and Brittany Snapp.

sterling university," stated Chief Gregory E. Pyle. "OSU graduates more Native American students than any other university in the United States," said OSU President Burns Hargis during a luncheon celebrating the donation on Monday. Taking this fact into account, along with the Pickens match, led SAP to choose OSU as the recipi-

ent of the donation. "[OSU] just seems like a good fit for Choctaw students," said SAP Scholarship Development Specialist, Shauna Williams. The six students receiving the scholarship were awarded the funds near the beginning of the school year, and were formerly congratulated at Monday's lunch by President Hargis, Chief Pyle and

other foundation dignitaries. "Words can't even describe how thankful I am," declared graduate student Brittany Snapp, Southeastern Oklahoma State University alum, as she thanked Choctaw Nation and OSU for her award. Other recipients include junior Business major, Chelsea Porter; junior Pre-Law major, Morgan Two Crow; junior Animal Pre-Vet major,

Jessica Collins; senior Engineering major, Luke Serner; and grad student pursuing her MBA, Crysta Watson. These six students mark the first of what is sure to be many beneficiaries of the endowment. SAP will continue to work with OSU to select students over the coming years. The scholarship is shared between the Anne

Jones Slocum Scholarship and the Choctaw Nation Business and Leadership Scholarship, with Watson being the sole recipient of the latter at this time. The Slocum Scholarship honors Choctaw OSU alumni Anne Slocum and does not require a certain major, but does have upperclassmen preference. There are already many scholarships aimed at incoming freshmen, and "sometimes it takes the little bit of extra funding to get them [upperclassmen] graduated," stated Williams as she explained the preference. "It is very exciting to finally see it come to fruition," declared Williams. This joint venture has been years in the making, with first mention beginning over two years ago. Finding the most effective way to utilize the funds by paring it with the Pickens Match took time, but in the end will maximize the impact for Choctaw students.

Team Tvshka Homma takes 1st place in Alabama-Coushatta stickball tourney

By VALERIE WATSON

Choctaw Nation of Oklahoma

The Alabama-Coushatta Tribe of Texas hosted its first ever stickball tournament Oct. 5-6 in Livingston, Texas. Team Tvshka Homma was invited to represent the Choctaw Nation of Oklahoma and participate in the tournament and the team attended with only 24 team members – 18 males, six females. Three teams played in the competition, Tvshka Homma, Six Town and the hosting team, Alabama-Coushatta. Each team brought everything they had, fighting and playing for the title, it was team Tvshka Homma who brought home the 1st place trophy and the title as champions in the first Alabama-Coushatta coed stickball tournament.

The players were proud and honored, each doing their best to help pull out the victory. In game one, Tvshka Homma vs. Alabama-Coushatta, the final score was 12-1. Points were made by Boomer Factor – 4 points, Billy Eagle Road – 3 points, Max Williston – 2 points, and Shonda Shomo, Jared Tom, Robbie Bohanon and Ramsey Williston, 1 point each. Tvshka Homma defeated Six Town 8-3 in the second game, with Billy Eagle Road scoring 3 points, Boomer Factor 2 points, and Will Parker, Max Williston and Robbie Bohanon each scoring one. Game three between Tvshka Homma and Alabama-Coushatta ended with a Tvshka Homma 4-1 victory. Billy Eagle Road

scored 2 points and Max Williston and Jerry Ludlow both scored for the team. The final game was played by Tvshka Homma and Six Town and ended with a score of 6-3, Tvshka Homma. Billy Eagle Road and Max Williston each scored 2 points for the team, and Valerie Watson and Boomer Factor both had a point, putting Tvshka Homma on top and the undefeated tournament champs. The team was honored to be joined by their Tvshka Homma ahoyos for the first time in a game or tournament. Many players reached above and beyond to help with the victory for the team. Defense cleared the ball, throwing it down the field and away from the opposite teams, our players were on fire blocking and tackling



Stickball champions Team Tvshka Homma celebrates their victory at the Alabama-Coushatta tournament in Livingston, Texas.

for their team and many got the ball and ran down the field to assist in making sure Tvshka Homma had good chances to make their shots. The team is thankful for team nurse Sarah "Beloved" Sharp, who provided medical attention to any injuries

sustained by the players. They are also proud and thankful for their coach, Les Williston, who led them to and through victory. Even though the entire team couldn't make it to the tournament, those who played did so with heart

and were ready to battle for the win. Each player got out there and gave it their all, even through the blood, sweat and sore muscles, and they make their tribe proud. Congratulations to all the teams for a great weekend of stickball!

Traditional Deer Hunting

This time of year finds many people in southeastern Oklahoma sighting in guns, setting up tree stands, and getting ready for deer hunting season. Similarly Choctaw communities of the past began gearing up for the cold season deer hunt after the fall harvest was complete. In honor of deer season past and present, this month’s edition of Iti Fabvsaa will present a little bit about traditional Choctaw deer hunting.

Choctaw ancestors, like indigenous people from all over the globe had a very special connection with the animals that they hunted. This connection could not be conveyed more eloquently than was done long ago in the following Choctaw story: one evening after killing a doe far from his village, a Choctaw hunter made camp, hanging his bow and quiver in a nearby tree and laying down near the deer carcass to sleep for the night. Upon awaking the next morning, the hunter was astonished when the dead deer arose and bid him follow her to her home. After a long journey, they entered a hole in the ground, where the hunter was led before the King of all deer. Soon, the hunter fell asleep. The deer placed a deer hide over the sleeping man, fitted deer hooves to his hands and feet, and attached antlers to his head. The hunter’s family eventually became worried by his absence, and searching for him, found his bow hanging in the tree where he had left it. When they gathered around it and began to sing the mourning song, a herd of deer appeared through the woods, one coming closer than the others. Some of the singers caught a hold of this deer, and hearing it speak, realized it was actually the hunter. They tore away the deer hide; blood began to flow, and the hunter/deer died. The family took the body home and buried it with a dance and ceremony (recorded by Bushnell 1909:32).

As highlighted in this story, animals and humans are similar in many ways. In the traditional way of thinking, an animal giving up its life so that humans can survive is an act of significance. Ancestral Choctaw people relied on deer “issi”, not just as a main source of meat, but also for hides that were made into clothing, bones and antlers that were made into tools, tendons that were made into thread, hooves that were made into rattles, foot pieces that were rendered into glue, intestines that were made into bow strings, and many other materials that supported the Choctaw way of life. The indigenous inhabitants of the Southeast acknowledged a profound debt for all that the deer and other animals provided for them. This was expressed through dances and other forms of art that honored the animals, and through managing the landscape so that it could support a larger deer population than would be possible naturally. This was done by regularly setting low-intensity wild fires that cleared brush and increased browse for the animals (Denevan 1992:371-372).

Traditionally Choctaw hunters harvested deer during “hvshtula”, the cool months of the year. During this time, extended hunting trips known as “owa” (Byington 1915:318), were made to favorite deer hunting spots. Here, families set up winter base camps for hunting (Fig. 1).



Choctaw Nation: KAREN JACOB

Telling our Choctaw stories

Choctaw authors and storytellers Tim Tingle and Greg Rodgers were co-hosts and presenters of the Third Annual Five Tribes Story Conference at Five Civilized Tribes Museum and Bacone College in Muskogee, each presenting on panels, moderating workshops and presenting at the evening concert during the two-day event in September. The Choctaw elders from Coalgate and Crowder were invited to host the Elder’s Circle at the conference on Sept. 21, where they told stories about their multi-faceted lives. These stories included Indian schooling, military life, interesting medicines used by their parents, forms of discipline, outhouse humor, going to church, being baptized, and general humorous stories about family.

Pictured with Tim Tingle and Greg Rodgers are Maggie Anderson, Walter Phelps, Donna Williams, Betty Phelps, Rosa Barron, Eddie Barker, Dellora Miles, Juanita Barker, Paula Carney, Shirley Cloud, Ola Mae Burris, Leon Cloud, Vickie McClure, Sue Coonfield, Jeanette Anderson, James Charles, Mary Roberts, Tad Gonzales, Vicki Frazier, Neal Trobaugh, Dee Trobaugh and Louise Ott.

Chahta Anumpa Aiikhvna

◆◆◆ Lesson of the Month ◆◆◆

Ikhana li.

Pronounced:
Ik-ha-na le.

I know.

Word Meaning:

ikhana – to know, to perceive, to understand.

li – I (follows a verb in the affirmative form)

This is called the ‘ik – o’ form because it ‘wraps around’ a verb to show negation. (ik + verb + o)

Affirmative statements:

Impa li. – I am eating.

Nusi li – I am sleeping.

Negative statements:

Ak impo. – I haven’t eaten.

Ak nuso. – I haven’t slept.

Ak ikhano.

Pronounced:

Ahk ik-ha-noh

I don’t know.

Word Meaning:

Ak – I not (precedes a verb in the negative form)

ikhano – not know (don’t know)



Iti Fabussa

Until at least the late 1700s, Choctaw people hunted deer almost exclusively with the bow and arrow (Adair 1775:285, 309; Lincecum 1906:435). The most common hunting practice was stalking, whereby hunters on the ground tried to maneuver as close to the animals as possible before shooting (Fig. 2). Cushman, speaking of a hunt with a Choctaw friend in the early 1800s, conveys the essence of this approach:

I closely watched his every movement as he slowly and stealthily advanced, with eyes fixed upon his object [a prey animal]; now crawling noiselessly upon his hands and knees, then as motionless as a stump; now stretched full length upon the ground; then standing erect and motionless; then dropping suddenly to the ground, and crawling off at an acute angle to the right or left to get behind a tree or log...(Cushman 1899:180-181).

Readers who have tried to sneak up on a deer will certainly appreciate the immense skill required to get close to one in this manner. While stalking an animal, hunters often ranged up to 30 miles away from camp (Adair 1775:401). Odds of success with the stalking technique were improved, particularly during the fall deer rut, with the use of a decoy made to look like a deer.

Communal hunting was another technique commonly used in the Southeast. One method involved hunters encircling an area several miles in diameter and setting brush fires. Over a few hours, the ring of fire would be brought in tighter and tighter until all of the animals that were originally within the sev-



Fig. 2: Depiction of deer stalking by Theodore Debry 1591.



Fig. 3: Depiction of communal hunting Du Pratz 1758.

Fig. 1: Artist’s depiction of a Choctaw winter camp (Ruby Bold-ing)

eral mile area were trapped within a tiny area where they could easily be shot (e.g., Beverly 1705:39). Besides the two methods of deer hunting just described, hunting blinds were also used. Animals were also ambushed in natural traps, such as highly incised creek beds (cf. Swanton 1946:314), with walls too steep to climb out. Deer were also taken with arrows fired from boats when the animals were crossing streams.

Many Anglos were impressed with the reverence Choctaw hunters held for the deer and the fact that they usually wasted very little of a kill (e.g. Adair 1775:431). According to Cushman, Choctaw hunters never killed game animals in a wanton manner (Cushman 1899:181). At least some Choctaw communities had strict game laws to prevent over-hunting, and some are said to have refrained from hunting the biggest and best animals in order to help the species get stronger (Bremer 1907:3). In the traditional Choctaw way, once an animal was taken, it was distributed to as many neighboring Choctaw families and groups as the size of the hunt justified (Swanton 2001:54).

Conserving any natural resource requires respect for that resource, a commitment to avoiding waste and coordinated management practices. These are elements of traditional Choctaw game management. Unfortunately, for a period of just a few decades, our ancestors stopped managing the deer population in this sustainable way and paid a terrible price for it. During the 1700s and early 1800s, Choctaw people became increasingly involved in the fur trade with France and then with the U.S. Forts, trading houses, and later factories were set up in and around Choctaw country as places for Choctaw people to exchange hides (primarily deer) for European merchandise. Over time, Choctaw society came to rely more on these European items and less on Choctaw-made items. Hunters began to go out and shoot more and more deer in order to be able to acquire more merchandise. In the year 1817 alone, Choctaw hunters brought in 54,011 pounds of deer hides to the fur factory at St. Stephens (American State Papers, Indian Affairs Vol. ii. p. 208). St. Stephens was just one of three factories doing business with Choctaw hunters at that time. Hunting pressure from Anglo American also began to increase. Before long, over hunting had destroyed the deer herds in the ancient Choctaw hunting lands on the Tombigbee River. Choctaw hunters began traveling farther and farther west in search of deer, eventually traveling all the way out to present day Oklahoma to hunt. As a whole, Choctaws eventually racked up debts to the fur factories, and were not able to pay them off because the deer were gone. The U.S. government repeatedly used these outstanding debts as a pretense to get Choctaw land sessions through treaty.

Today, after several decades of sustainable management practice, the deer population has returned to at least its ancient size, and may be bigger than ever before. Over the upcoming months, many Choctaw hunters will continue an ancient relationship, hunting deer to feed their families and at the same time helping to keep the deer population size healthy and in balance. Choctaw tradition and lessons from the past both teach us that these amazing animals deserve our respect, our best efforts at conservation, and our thanks.

Reserve your 2013 Labor Day RV Site

In order to reserve an RV site with electric and water hookups for the 2013 Labor Day Festival, please mail the reservation request form below no earlier than Jan. 1, 2013. RV sites will be reserved on a first come, first serve basis. Please include a copy of your CDIB card. Also, include the length of your RV or camper and the number of slide-outs. **PLEASE DO NOT SEND ANY MONEY AT THIS TIME.** After the deadline, all reservations will be drawn randomly for RV sites. If your name is drawn, you will be notified by mail. At that time you will send in your cashier’s check or money order in the amount of \$75.00 to receive your confirmation and rules for RV camping at the Labor Day Festival.

No phone reservations will be accepted. Please only include one reservation per application. We will do our best to respect the requests for preferred RV pads, however, we cannot guarantee you will get the pad number requested.

Please watch the Biskinik newspaper for future articles or changes in parking, tent camping and tribal preferences for the 2013 Labor Day Festival.

2013 RV Space Reservation

Name _____

Address _____

City/State/Zip _____

Daytime phone number _____

Alternate phone number _____

Email _____

RV camper description and length: _____

NO TENTS IN RV AREAS

Number of slide-outs _____

– Only one (1) reservation per application –
No reservations accepted prior to Jan. 1, 2013.

Please return to:
Choctaw Nation of Oklahoma
Attn: Margaret Jackson
P.O. Box 1210
Durant, OK 74702

NO RESERVATIONS WILL BE
ACCEPTED PRIOR TO JAN. 1, 2013

Recycling bin locations

Antlers

- Antlers Field Office
400 1/2 SW St.
- Push County Collision
1303 E. Main

Atoka

- Atoka Field Office
1203 W. Liberty Rd.
- Ethan Allen
Distribution Center
398 Venita Allen Rd.

Broken Bow

- Broken Bow Field Office
210 Choctaw Rd.
- Choctaw Gaming Center
1709 South Park Dr.

Calera

- Choctaw Travel Plaza West
4169 Choctaw Rd.
- City of Calera
3rd and Ryan

Coalgate

- Coalgate Field Office
103 E. California
- Coal County Dist. 2
4 N. Main

Crowder

- Crowder Field Office
707 Bond St.

Idabel

- Idabel Field Office
2408 E. Lincoln Rd.
- Idabel Shopping Center
1421 E. Washington

Durant

- Choctaw Recycling Center
3108 Enterprise Blvd.
- Choctaw Tribal Complex
529 N. 16th Ave.
- Gaming Commission
3735 Choctaw Rd.
- American Heritage Equine
4310 Industrial Rd.
- Rhynes & Rhodes Furniture
3918 W. Highway 70
- Sears
615 Westside Dr.
- Food Distribution
100 Waldron Dr.
- Choctaw Travel Plaza East
4015 Choctaw Rd.

Grant

- Choctaw Gaming Center
Rt. 1 Box 17-1

Hartshorne

- Jones Academy
909 Jones Academy Rd.

Howe

- Howe High School
21444 E. North Railroad

Hugo

- Choctaw Tribal Services
304 Chahta Circle
- Hugo Community Center
408 N. "M"

Wilburton

- Wilburton Field Office
515 Center Point Rd.

McAlester

- McAlester Field Office
1632 George Nigh Expwy
- Mann's Flowers & Greenhouse
1218 S. George Nigh Expwy

Pocola

- Pocola Travel Plaza
3402 'A' Service Road

Poteau

- Poteau Health Clinic
109 Kerr Ave.

Spiro

- Spiro Field Office
19400 AES Rd.

Stigler

- Stigler Field Office
120 N. Broadway

Stringtown

- Choctaw Travel Plaza
895 Hwy 69/75 N.

Talihina

- Choctaw Hospital
One Choctaw Way
(behind Materials Man)
- Oklahoma Veterans
Center, PO Box 1168
- Talihina Field Office
201 Dallas St.

Wright City

- Wright City Field Office
HC 74 Box 1760

Boxes, Bags & Bottles



Keep Oklahoma Beautiful recognizes Choctaw Nation environmental efforts



Matt Toone brings in bags of shredded paper.

By CHRISSY DILL
Choctaw Nation of Oklahoma



In behalf of the Keep Oklahoma Beautiful organization, the Choctaw Nation of Oklahoma Recycling Center has been selected as the recipient of the Keep Oklahoma Beautiful 2012 Towering Spirit Award.

Recipients of this award are chosen by the Keep Oklahoma Beautiful board of directors from among Oklahoma citizens, organizations that uphold the mission of KOB in a unique way, garner public acclaim and have far-reaching impact.

According to KOB, the Choctaw Nation continues to act upon its deeply held convictions concerning the environmental health and welfare of the Choctaw people and the state of Oklahoma.

Because of the tribe's commitment to a greener, sustainable environment and its investment in recycling that has paid off in benefits to southern Oklahoma, the Choctaw Nation will be among those honored at the 22nd Annual Environmental Excellence Awards Celebration in November, held at the National Cowboy and Western Heritage Museum in Oklahoma City, where it will be cheered on by the KOB board and another 500 of its friends from across the state.

Director of Project Management for the Choctaw Nation Tracy Horst, who has worked for the tribe for six years, is particularly proud of this great honor the Recycling Center has earned.

According to Horst, when the center was established in December 2010, it was bringing in around 1,000 pounds of recycled materials per month.

Currently, the Recycling Center brings in about 125,000-150,000 pounds of recycled material per month and can easily collect 1,000 pounds of material in just a day's time.

"And that's only what we bale,

we have more that comes in," added Horst.

As of July of this year, the center has recycled an impressive 1 million pounds of material.

"We've grown so much," said Horst. "When we started, we only recycled aluminum cans and printer cartridges."

Horst said the sizable quantity of recycled materials that has been collected makes the considerable amount of time she spends working more valuable. "I like making a difference in the environment," she stated.

Choctaw Nation employee Cyndi Houser began work as Recycling Coordinator last year, and she enjoys learning as much as she can about recycling. "I knew a little bit but have learned so much more about this program," she explained. "I also have a great staff that is so willing to do the work daily."

The Recycling Center also works with companies within the Durant area, such as Sears, American Equestrian and First United Bank, that contribute their recycled materials as well. "We are willing to do this with any business that is interested," said Horst.

With continuous work done to improve its community, the

Towering Spirit Award isn't the first honor the Choctaw Recycling Center has received. In 2011, it gained the "Best of the Environmental Best" award and placed first in the tribal/government environmental category from KOB.

The center also earned the "Recycling Government of the Year" award from America Recycles Day, a nationwide organization, having represented the state of Oklahoma.

Though these recognitions are notable, Horst said the center's most significant accomplishment has been the sheer quantity of recycled material it's collected over the span of just two years, as well as the awareness it has brought to individuals within the community, teaching them the basics of effective recycling and its importance to the environment around them.

"The progress and growth of the facility has increased so much," said Houser, who described the increase in volume of recyclable products the center gains from its various bins and cardboard containers located around Durant. "We are having more product baled and shipped out each month."

According to Horst, there are

some exciting future plans for the Choctaw Recycling Center. "We recently received a grant through the Department of Health and Human Services," she said. This grant allows the Choctaw Recycling team to construct a new, small recycling facility and hire new employees.

With the help of new employees, Horst expects the amount of recycled materials the center produces to increase.

For now, Horst is interested in gaining more help in the existing Recycling Center. "We are trying to hire people for sorting and expand the number of employees we have," she explained.

The Choctaw Recycling Center is very happy to have received the Towering Spirit Award and appreciated the recognition. "The Recycling Center has become a huge success, and knowing what we are doing to assist the public in helping keep our Earth clean is a step for the Nation," said Houser. "It gives everyone the satisfaction of knowing they have done the right thing by recycling and keeping these products from going to a landfill."

"It's an honor we're being recognized once again for the work the Choctaw Nation is doing," said Horst. "It makes me feel good that others are appreciative of all the hard work the tribe is doing to recycle."

Houser continued, "This is a great honor for the Recycling facility, staff and the Nation as well as the recycling community. It shows the support we are receiving from the public."

The Choctaw Nation Recycling Center is just off of Big Lots Parkway, located on Wes Watkins Boulevard in Durant. If you are interested in learning more about the Choctaw Nation Recycling Center or wish to contribute, please call 580-920-0488.



Choctaw Nation: CHRISSY DILL

Terry Garner uses a forklift to move material.

SCHEDULE OF EVENTS

THURSDAY, NOVEMBER 22, 2012

Dancer/Drum Registration 5pm - 10pm

FRIDAY, NOVEMBER 23, 2012

Dancer/Drum Registration 8am - 12:30pm

Gourd Dance 10am - 12pm

CHOCTAW SOCIAL DANCE NEW 12pm - 1pm

Grand Entry (points issued for all registered dancers) 1pm

Dance Contest..... 1pm

SATURDAY, NOVEMBER 24, 2012

Gourd Dance 10am - 11:30am

CHOCTAW SOCIAL DANCE NEW 11:30am - 12:30pm

Grand Entry (points issued for all registered dancers) 1pm

Dance Contest..... 1pm

Announcement of Winners..... 9pm

Princesses and Royalty invited to participate in Grand Entry

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