



# BISHINIK

The Official Publication of The Choctaw Nation of Oklahoma

Serving 187,441 Choctaws Worldwide

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May 2008 Issue

## Help our troops call home

More than 150,000 troops are serving overseas and are away from their families. Cell Phones for Soldiers and the Choctaw Nation of Oklahoma are calling on all Americans to support these brave men and women by donating your unused cell phones.

"We're asking Americans to make a small sacrifice of support by donating their unused cell phones, providing families with a much-needed connection to their loved ones overseas," says Brittany Bergquist, Cell Phones for Soldiers co-founder.

Local residents can support the collection drive by donating their phones at the Choctaw Nation headquarters, 16th and Locust in Durant.

"We're proud to show our support for U.S. soldiers, and to contribute to a worthy cause like Cell Phones for Soldiers," says Chief Greg Pyle.

Cell Phones for Soldiers was founded by teenagers Robbie and Brittany Bergquist from Norwell, Massachusetts, with \$21 of their own money. Since then, the registered 501c3 non-profit organization has raised almost \$1 million in donations and distributed more than 500,000 prepaid calling cards to soldiers serving overseas.

"We have been overwhelmed by the generous support of thousands of Americans who have helped our troops speak with their loved ones," says the teens' father, Bob Bergquist. "However the need for support keeps growing as more soldiers are sent to the Middle East or are asked to serve extended tours of duty."

Through increased fundraising efforts, the Bergquist family hopes to raise more than \$9 million in the next five years to fund new programs, such as providing video phones and prepaid service to allow soldiers abroad to see their families on a regular basis. The phones are sent to ReCellular, which pays Cell Phones for Soldiers for each donated phone – enough to provide an hour of talk time to soldiers abroad. Approximately half of the phones ReCellular processes are reconditioned and resold to wholesale companies in over 40 countries around the world. Phones and components that cannot be refurbished are dismantled and recycled to reclaim materials, including:

- Gold, silver and platinum from circuit boards
- Copper wiring from phone chargers
- Nickel, iron, cadmium and lead from battery packs
- Plastic from phone cases and accessories

Drop boxes are located in Durant at the Choctaw Nation Headquarters lobby, Veterans Advocacy office and the BISHINIK newspaper office.

For more information call Brent Oakes, 924-8280, ext. 4163.

## New Stigler Community Center opens



Chief Gregory E. Pyle, Assistant Chief Gary Batton and Councilperson Charlotte Jackson welcomed scores of Choctaws, community officials and friends to share a special day in Stigler. On April 3, a ribboncutting ceremony marked the opening of a new 8,000-square-foot community center on Highway 9, adjacent to the Choctaw Nation Clinic and only a short distance from the Choctaw Nation Head Start.

The facility features a state-of-the-art kitchen equipped with commercial appliances, a spacious meeting room, and ample office space for tribal social programs. Haskell County residents will have much easier access to program information and services.



Chief Gregory E. Pyle congratulates Lt. General Leroy Sisco and wife Frances Sisco.



Texas Governor Rick Perry pins a third star on Lt. General Leroy Sisco as Frances Sisco and Lt. General Charles Rodriguez look on.

## Sisco receives third star

Major General Leroy Sisco received a Brevet Promotion to Lt. General, with his third star pinned to his epaulets by his wife, Frances, and Texas Governor Rick Perry. In a ceremony at Camp Mabry in Austin, Texas, General Sisco said he was honored to be surrounded by friends and family, and was humbled to share the stage with Governor Perry.

Although retired from the Texas Guard, General Sisco's remarkable career both in the military and in civilian life led to the rare decision of being promoted after retirement from the service. He graduated with a Bachelor of Science Degree from Abilene Christian University in 1967, but began his military career while he was still in high school. During his first three years as an enlisted soldier, in the 36th Infantry Division, he rose to the rank of Sergeant and was selected to attend Officer Candidate School.

General Sisco was commissioned a Second Lieutenant Infantry in 1965 and was inducted into the Infantry OCS Hall of Fame in 1995. His military experience spans command positions from Company to Assistant Division Commander, 49th Armored Division. He has served in a variety of joint and combined assignments that included major staff positions with the 71st Troop Command. He became Commander of the Texas State Guard on March 8, 1997 and was inducted into the Honorary Reserve in April 2003.

In his civilian career he is CEO of the Military Warriors Support Foundation and one of the owners of Texas Trophy Hunters. General Sisco served on The National Guard Association of Texas Board of Directors for six years and on its Executive Board for five of those years. He served in various offices during this time and was President in 1996. He is currently serving on the Executive Board of the Choctaw Code Talkers Association. He has an Honorary Doctorate of Military Arts and Science from the Texas Military Academy. The National Infantryman's Association presented him with their highest award, the "Primicerius" Order of Saint Maurice in 2002 and the Mayor of Laredo named him an Honorary President of the Republic of the Rio Grande in 2000.

General Sisco's awards include the Legion of Merit, Meritorious Service Medal, Army Commendation Medal, Army Achievement Medal, National Defense Service Medal, Army Service Ribbon, Lone Star Distinguished Service Medal, Texas Outstanding Service Medal, Texas Medal of Merit, Adjutant General's Individual Award and numerous other awards.

## Billy certified to teach Choctaw language

The Choctaw Nation Tribal Council held its monthly regular session on April 12 at Tushka Homma.

New business kicked off with presentation of a Choctaw Language Teacher Certificate to Nicole Holitopa Billy. Nicole, a former Sr. Miss Choctaw Nation, is a student at Southeastern Oklahoma State University, Durant. She will graduate this month and is competing for a position as Choctaw Language Instructor at the University of Oklahoma, Norman. The position is being vacated by Michael Stewart who is relocating to Kansas. Nicole is the daughter of Curtis and Teresa Billy of Durant.

Also in new business, Councilmembers voted to approve modifications to two Council Bills. They also agreed to submitting applications to the U.S. Department of Education Vocational Rehabilitation Services Project for American Indians with Disabilities Grant and



District 9 Councilman Ted Dosh, Richard Adams of the School of Choctaw Language and Assistant Chief Gary Batton congratulate Nicole Billy on receiving her teaching certificate.

to the Department of Health and Human Services for continuation of the Choctaw Nation Adolescent Family Life Program.

Disposal of surplus equipment and other items through a public auction was also approved.

The Tribal Council meets at 10 a.m. on the second Saturday of each month in the Council House on the Capitol grounds.



## 2008 Youth Day at the Capitol

On March 31, Choctaw Nation Youth Advisory Board members visited the Oklahoma state capitol for a youth day event in support of the Social Host Bill SB1530. Youth from across the state joined to make their issue heard on the state level.

Choctaw Nation YAB members came from Pushmataha County – David Batton, Severt Dahl, Marvin Dahl, Katherine Goodman, Gabby Brumm, Nicole Gilliam; Pittsburg County – Ariel Miller, Faith Woody, Cherish Wilkerson; Latimer County – Rosie Statham; McCurtain County – Erica Martinez, Frankie Abboushi; and LeFlore County – Sara Janway, Tyler Davis, and Kayla Branning, along with their local Area Prevention Resource Center Representative Alicia Mass, Leslie Haltom, Robbie Mullins, and Choctaw Nation Healthy

Lifestyles' Kristi Adams, Shonnie Hall, and Martina Hawkins.

The youth visited with their local legislators as well as other county legislators to get the word out. Rep. Brian Renegar, District 17, also recognized the group on the house floor during an afternoon session. Some students were even asked a few questions by the TV network OETA and the Oklahoman.

SB1530 adds low-point beer to Oklahoma's Social Host law and has stiffer penalties to hold adults accountable for purchasing alcohol for minors. This bill has been recommended by the Governor's Task Force on Underage Drinking and endorsed by the Oklahoma Prevention Policy Alliance. The youth will be holding Community Briefings on Underage Drinking Prevention all over the state.

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# Help honor the Code Talkers!!

*From the Desk of  
Chief Gregory E. Pyle*

Help is needed from Choctaws across the United States so that legislation can be passed in the United States Congress to recognize the original Native American Code Talkers. The Assistant Chief and I are currently working with members of the U.S. Senate and U.S. House of Representatives to pass a bill that will make it possible to issue medals for service as a Code Talker. We had 40 meetings in two days during the most recent trip to Washington, D.C., to ask for support for legislation to honor Code Talkers from all tribes.

Congressman Dan Boren has introduced HB 4544, which currently has 100 co-sponsors. We need 289 co-sponsors to this bill, and many Congress-people need to hear from someone who lives in their district before they will agree to sign on. Senator James Inhofe has introduced S 2681, and it currently has 25 co-sponsors. We need 67 co-sponsors on this bill. All Senators and Congress-people from Oklahoma have signed on, and now we need to gather support from the other 49 states.

Native American language being used as code was made famous by the Navajos in WWII. Their service was recognized with medals in 2000. However, members of other Native American



tribes also used their languages as unbreakable top-secret codes in WWI and WWII.

Choctaws were the first to use their Native language as “code” to transmit messages on the field. Ironically, these men voluntarily served this country and used their own language to help win the war six years before the Indian Citizenship Act. It is also ironic that at the same time the Choctaw language was being used to benefit the war effort, Native languages were being banned in government schools.

All of the Choctaw Code Talkers are now deceased. Only a few living children remain. Recognition of these men is needed now, before the children’s generation is lost. HB 4544 and S 2681 allows a gold medal to be presented to each tribe, with a silver duplicate medal presented to individual Code Talkers or their families. Bronze medals will be sold by the United States Mint, and all costs will come from the revolving fund for such activities of the Treasury, with no appropriations necessary.

Please contact the Congress-people and Senators who represent you and ask them to support these bills as a co-sponsor. The honor is long overdue.

## Websites offer films and gift shop items

*From the Desk of  
Assistant Chief Gary Batton*

The Choctaw Nation continues to improve access to information for tribal members around the world. A couple of new features available on the Internet are choctawstore.com and choctawcinema.com. The Choctaw Store has clothing, blankets and novelty items for sale, and the Choctaw cinema site has some films you may find interesting about the Choctaw Nation and the Code Talkers.

I also encourage you to go to the official website, choctawnation.com, to see updates on what is happening in the tribe. Currently, the Chief and I are asking for help from people across the United States – we need you to contact your Senators and Representatives and ask them to co-sponsor legislation to award medals to Indian Code Talkers.

Two hectic days were recently spent going office-to-office talking to Congressmen and Senators from several states. We met with no negative comments about HR 4544 or S 2681, yet all of the offices wanted to hear from constituents within their state. This is where you come in. Please look over the information that Chief Pyle is sharing with you in his column and help the Choctaw Nation in this important effort.



## The choice is still before us today

### Chaplain’s Corner



**Rev. Bertram Bobb  
Tribal Chaplain**

Our thoughts and prayers for the month of May are for mothers. “Happy Mother’s Day,” and may the Lord bless you in a very special way.

Jesus Christ lived the highest moral life. He had compassion on the people. He taught as no other man had ever taught. Many of the people loved Him.

But the religious and political leaders were jealous of Him, and they determined to put Him to death. They held a mock trial and then took Him before Pilate.

One group accused Jesus of blasphemy against God, and another group accused Jesus of treason against the Roman emperor. Pilate knew the charges were false.

But Pilate wanted to stay on the good side of the people. (Read Mark chapter 15). He offered the people a choice.

On this particular feast day, one criminal was always set free, and the people could choose which one would be freed. One criminal was a murderer, an evil man. His name was Barabbas.

Pilate said to the crowd, “You choose, will it be Jesus or Barabbas? Whom do you want freed?” (Mark 15:9). The people shouted back, “Give us Barabbas! We want Barabbas! Crucify Jesus! Crucify Him!” (Mark 5:11, 13-14). And they kept shouting.

That choice is still before us today. Barabbas or Jesus.

Barabbas represents all the power, all the pleasure, all the money, all that the world has to offer.

Jesus represents our conscience, our hearts, our love, our salvation, our forgiveness, our humility, our faith in God. Who will you choose, Barabbas or Jesus? Every person has to make that choice. Do you want Barabbas or Jesus?

Pilate took a bowl of water and washed his hands. He said I am washing my hands of Jesus.” (Matthew 27:24).

Then the soldiers came; they took Jesus – Who was already weakened because of the scouring and the loss of blood – and they beat Him again. They put a crown of thorns on His brow, they put a reed in His right hand; and they paid mock homage to Him. Everything was done to Jesus to shame Him. They stripped Him of His clothes. They spit on Him. They struck Him. They made Him carry a cross on His back, but the cross was so heavy and He was so weakened and they compelled a man to carry that cross for Him.

His blood flowed as they pounded nails into His hands and a spike through His feet; they put Him on that cross. That was one of the cruelest ways that a person could die. Sometimes a person would hang there for days dying a slow death.

Jesus wasn’t dying as an ordinary man. He was dying as the Son of God, carrying the sins of the whole world. He bore your sins and my sins on that cross.

Jesus had already prayed that if it were God’s will, the cup of suffering would pass from Him. (Matthew 26:39). But Jesus met the pain that He could have escaped. With open eyes He greeted death.

The soldiers cast lots for His garments, as the Scriptures had predicted. (Matthew 27:35). The soldiers and the people did not realize it, but it was Jesus Who was guarding them against the onslaughts of evil and the devil. He was dying for them.

Jesus said, “Father, forgive them. They know not what they do.” (Luke 23:34)

The crowd challenged Jesus, “... If thou be the Son of God, come

### Bertram Bobb Bible Camp

#### Summer Camp Program 2008

**Pine Creek Lake, Ringold, Oklahoma**

Kids Week 1	June 1-6	<b>Times:</b>
Kids Week 2	June 8-13	Check-in:
Teen Week 1	June 15-20	Sundays 4-6 p.m.
Teen Week 2	June 22-27	Check-out: Fridays 10 a.m.
Kids Weeks are for ages 8-12. Teen Weeks are for grades 7-12.		<b>Cost: \$25 each per week</b>
		Please call 580-981-2647 for more information.



Bertram Bobb Bible Camp is a ministry of Christian Indian Ministries Inc.  
Travis Bankester, Director,  
Bertram Bobb Bible Camp,  
P.O. Box 822, Ringold, OK 74754,  
Phone: 580-981-2647  
Email: bobbcats@gmail.com

down from the cross.” (Matthew 27:40). It was not human weakness that kept Him on the cross. Jesus had said in John 10:18-19: “... I lay it down of myself. I have power to lay it down, and I have power to take it again. This commandment have I received of my Father.”

Jesus could have saved Himself. He surrendered willingly and obediently with a sense of divine purpose.

What was His purpose? The purpose of His death had been told time after time in the Old Testament. Man had sinned and broken God’s laws. And the penalty for breaking God’s moral Law is death – physical and spiritual death – judgment and hell. Every one of us has to pay that penalty unless someone who is qualified pays it for us. And Jesus Christ is the only One Who is qualified. He did not commit sin. He did not do anything evil.

From the cross we realize that there is one word that comes over and over – Love, Love, Love. Jesus Christ loves you, and He is willing to forgive you of all your sins. In Romans 5:8 we read:

“But God commendeth his love toward us, in that, while we were yet sinners, Christ died for us.”

That’s why Jesus Christ died on the cross – He died for the sins of the world. God laid on Him all your sins and all my sins.

Jesus said in John 8:34: “... Whosoever committeth sin is the servant of sin.” We say that we want to be free from certain things that we are doing and know to be wrong, but we cannot free ourselves. We are hooked. Christ can free us, if we will let Him.

If you will come to Him, He will open His arms and receive you because He loves you. What do you have to do? You have to repent of sin. That means you say to God.

“I’m sorry that I have sinned. I am willing to change my way of life. I can’t do it myself. I have tried and tried and I have failed. God, I am a sinner, I receive you right now into my heart.”

The Spirit of God will help you to change. Will you accept Jesus Christ as your Savior today.

May God bless you. Pray for our Native American people. Pray for America.

The month of May is also a Memorial month. Our Choctaw people remember both our loved ones now and ancestors on the “Trail of Tears.” Pray for the men and women in the Armed Services ... defending our country.

For help with maps on who your Congressman or Senator is: <http://nationalatlas.gov/printable.html>

Then you can contact your Congressman with direct e-mail, phone numbers or addresses available on; [www.house.gov](http://www.house.gov)

And you can contact your state’s Senators with direct e-mail, phone numbers or addresses available at [www.senate.gov](http://www.senate.gov)

It is highly recommended that e-mail or phone calls be the contact method. If mailing through the postal service, please direct the information to the state offices, as the mail in Washington, D.C. is slow due to security measures.

You can find the entire bills on <http://thomas.loc.gov/>

#### The following have already co-sponsored in the House:

Rep Abercrombie, Neil [HI-1] - 12/13/2007  
Rep Alexander, Rodney [LA-5] - 12/18/2007  
Rep Altmire, Jason [PA-4] - 12/19/2007  
Rep Baca, Joe [CA-43] - 12/17/2007  
Rep Baird, Brian [WA-3] - 1/23/2008  
Rep Barrett, J. Gresham [SC-3] - 4/24/2008  
Rep Barrow, John [GA-12] - 12/13/2007  
Rep Berkley, Shelley [NV-1] - 12/18/2007  
Rep Berman, Howard L. [CA-28] - 12/18/2007  
Rep Berry, Marion [AR-1] - 12/19/2007  
Rep Bono Mack, Mary [CA-45] - 12/17/2007  
Rep Bordallo, Madeleine Z. [GU] - 12/17/2007  
Rep Boswell, Leonard L. [IA-3] - 12/13/2007  
Rep Boyda, Nancy E. [KS-2] - 12/13/2007  
Rep Brady, Kevin [TX-8] - 12/13/2007  
Rep Brady, Robert A. [PA-1] - 12/17/2007  
Rep Burton, Dan [IN-5] - 12/19/2007  
Rep Chandler, Ben [KY-6] - 12/19/2007  
Rep Christensen, Donna M. [VI] - 12/19/2007  
Rep Cole, Tom [OK-4] - 12/13/2007  
Rep Crowley, Joseph [NY-7] - 12/19/2007  
Rep Cubin, Barbara [WY] - 1/16/2008  
Rep Cuellar, Henry [TX-28] - 1/16/2008  
Rep Delahunt, William D. [MA-10] - 12/18/2007  
Rep Dicks, Norman D. [WA-6] - 12/19/2007  
Rep Drake, Thelma D. [VA-2] - 4/17/2008  
Rep Ellsworth, Brad [IN-8] - 12/19/2007  
Rep English, Phil [PA-3] - 12/19/2007  
Rep Etheridge, Bob [NC-2] - 12/19/2007  
Rep Faleomavaega, Eni F.H. [AS] - 12/19/2007  
Rep Fallin, Mary [OK-5] - 12/13/2007  
Rep Farr, Sam [CA-17] - 1/15/2008  
Rep Filner, Bob [CA-51] - 12/19/2007  
Rep Frank, Barney [MA-4] - 12/13/2007  
Rep Gallegly, Elton [CA-24] - 4/17/2008  
Rep Giffords, Gabrielle [AZ-8] - 12/19/2007  
Rep Gilchrest, Wayne T. [MD-1] - 12/13/2007  
Rep Gohmert, Louie [TX-1] - 3/10/2008  
Rep Gonzalez, Charles A. [TX-20] - 1/23/2008  
Rep Green, Al [TX-9] - 4/3/2008  
Rep Green, Gene [TX-29] - 12/13/2007  
Rep Grijalva, Raul M. [AZ-7] - 2/14/2008  
Rep Gutierrez, Luis V. [IL-4] - 12/13/2007  
Rep Hare, Phil [IL-17] - 1/15/2008  
Rep Harman, Jane [CA-36] - 1/16/2008  
Rep Herseth Sandlin, Stephanie [SD] - 12/19/2007  
Rep Hill, Baron P. [IN-9] - 12/19/2007  
Rep Hinojosa, Ruben [TX-15] - 1/29/2008  
Rep Honda, Michael M. [CA-15] - 12/17/2007  
Rep Israel, Steve [NY-2] - 3/10/2008  
Rep Jones, Walter B., Jr. [NC-3] - 12/13/2007  
Rep Kanjorski, Paul E. [PA-11] - 4/22/2008  
Rep Kennedy, Patrick J. [RI-1] - 12/13/2007  
Rep Kildee, Dale E. [MI-5] - 12/13/2007  
Rep Kilpatrick, Carolyn C. [MI-13] - 12/13/2007  
Rep Kind, Ron [WI-3] - 12/13/2007  
Rep Lewis, Jerry [CA-41] - 1/15/2008  
Rep Lucas, Frank D. [OK-3] - 12/13/2007  
Rep Lynch, Stephen F. [MA-9] - 4/2/2008  
Rep Maloney, Carolyn B. [NY-14] - 12/13/2007  
Rep Matheson, Jim [UT-2] - 12/19/2007  
Rep Matsui, Doris O. [CA-5] - 12/19/2007  
Rep McCaul, Michael T. [TX-10] - 4/1/2008  
Rep McCotter, Thaddeus G. [MI-11] - 1/15/2008  
Rep Melancon, Charlie [LA-3] - 12/18/2007  
Rep Miller, Brad [NC-13] - 4/22/2008  
Rep Miller, Jeff [FL-1] - 4/17/2008  
Rep Moore, Dennis [KS-3] - 12/19/2007  
Rep Moore, Gwen [WI-4] - 1/23/2008  
Rep Moran, James P. [VA-8] - 1/15/2008  
Rep Napolitano, Grace F. [CA-38] - 12/17/2007  
Rep Norton, Eleanor Holmes [DC] - 4/24/2008  
Rep Oberstar, James L. [MN-8] - 4/17/2008  
Rep Pascrell, Bill, Jr. [NJ-8] - 4/24/2008  
Rep Perlmutter, Ed [CO-7] - 12/13/2007  
Rep Peterson, Collin C. [MN-7] - 1/15/2008  
Rep Pomeroy, Earl [ND] - 12/17/2007  
Rep Porter, Jon C. [NV-3] - 2/26/2008  
Rep Rahall, Nick J., II [WV-3] - 4/8/2008  
Rep Rangel, Charles B. [NY-15] - 1/15/2008  
Rep Renzi, Rick [AZ-1] - 12/18/2007  
Rep Reyes, Silvestre [TX-16] - 12/17/2007  
Rep Rohrabacher, Dana [CA-46] - 1/15/2008  
Rep Ross, Mike [AR-4] - 12/18/2007  
Rep Rush, Bobby L. [IL-1] - 1/15/2008  
Rep Schakowsky, Janice D. [IL-9] - 1/23/2008  
Rep Schiff, Adam B. [CA-29] - 12/17/2007  
Rep Shuler, Heath [NC-11] - 12/13/2007  
Rep Simpson, Michael K. [ID-2] - 4/17/2008  
Rep Skelton, Ike [MO-4] - 12/17/2007  
Rep Slaughter, Louise McIntosh [NY-28] - 12/17/2007  
Rep Snyder, Vic [AR-2] - 12/19/2007  
Rep Solis, Hilda L. [CA-32] - 1/15/2008  
Rep Sullivan, John [OK-1] - 12/13/2007  
Rep Terry, Lee [NE-2] - 3/12/2008  
Rep Thompson, Mike [CA-1] - 12/19/2007  
Rep Wasserman Schultz, Debbie [FL-20] - 1/16/2008  
Rep Wexler, Robert [FL-19] - 12/17/2007  
Rep Woolsey, Lynn C. [CA-6] - 1/16/2008  
Rep Young, Don [AK] - 12/13/2007

The complete bill can be found on the site <http://thomas.loc.gov/cgi-bin/thomas>

#### The following have already co-sponsored in the Senate

Sen Bennett, Robert F. [UT] - 4/15/2008  
Sen Boxer, Barbara [CA] - 4/10/2008  
Sen Bunning, Jim [KY] - 4/15/2008  
Sen Cantwell, Maria [WA] - 4/22/2008  
Sen Coburn, Tom [OK] - 2/29/2008  
Sen Cochran, Thad [MS] - 4/22/2008  
Sen Crapo, Mike [ID] - 4/10/2008  
Sen Dole, Elizabeth [NC] - 4/10/2008  
Sen Domenici, Pete V. [NM] - 4/10/2008  
Sen Dorgan, Byron L. [ND] - 2/29/2008  
Sen Feingold, Russell D. [WI] - 4/15/2008  
Sen Grassley, Chuck [IA] - 2/29/2008  
Sen Harkin, Tom [IA] - 2/29/2008  
Sen Hutchison, Kay Bailey [TX] - 4/10/2008  
Sen Isakson, Johnny [GA] - 4/22/2008  
Sen Landrieu, Mary L. [LA] - 4/10/2008  
Sen Levin, Carl [MI] - 4/22/2008  
Sen Lieberman, Joseph I. [CT] - 4/15/2008  
Sen McCain, John [AZ] - 4/10/2008  
Sen Murray, Patty [WA] - 3/31/2008  
Sen Stabenow, Debbie [MI] - 4/22/2008  
Sen Tester, Jon [MT] - 4/15/2008  
Sen Thune, John [SD] - 2/29/2008  
Sen Voinovich, George V. [OH] - 4/10/2008  
Sen Wyden, Ron [OR] - 4/15/2008



# Diet and cancer risk

It’s been estimated that the combination of poor diet and obesity cause nearly a quarter of all cancers worldwide, second only to tobacco use. Add to this the fact that most dietary factors that help lower the risk of cancer also lower the risk of heart disease, stroke, and diabetes, and the importance of a healthy diet becomes even more pronounced. The Harvard School of Public Health reports the following:

**Focus on fruits, vegetables and whole grains, and minimize meat.**

One of the most consistent findings to emerge from research on diet and cancer is the importance of eating a plant-based diet. Fruits, vegetables and whole grains are rich in vitamins and minerals, and are generally low in saturated fats and calories – all of which may help lower the risk of certain cancers. Even though recent findings show that fruits and vegetables as a whole may not reduce risk to the extent once thought, certain fruits and vegetables still likely offer some protection. Also important is cutting back on red meat, which has been linked to both colon and prostate cancer.

**Drink alcohol in moderation, if at all.**

While alcohol has clear benefits for the heart, it’s also been shown to increase the risk of many cancers. Because of this and the potential for abuse, people who don’t drink alcohol should not be encouraged to start. However, most people who already drink moderately (less than one drink a day for women and less than two for men) probably don’t need to stop.

**Take a daily multivitamin.**

On top of a healthy diet, a daily multivitamin can provide

added protection against a number of chronic diseases, including cancer. Studies have found a strong link between folate and a reduced risk of colorectal cancer, and vitamin A and certain carotenoids (some of which act as antioxidants) have been linked to a slightly lower risk of breast cancer.

**Don’t worry about total fat intake.**

Despite popular belief, there is very little evidence that total fat intake is linked to cancer. Some types of fat, though, may be important: there is evidence suggesting that a high intake of mono-unsaturated fat may lower the risk of breast cancer, and a high intake of animal fat may increase the risk of prostate cancer.

**Mind the calories and be more active.**

Weight gain and obesity are well-established risk factors for numerous cancers and are inextricably linked to diet and physical activity. As obesity rates in the United States rise each passing year, tackling the epidemic of weight gain becomes increasingly critical to the nation’s health.

**Social change is needed to reinforce individual behavior change.**

In our Internet-based, super-sized society, it’s important that a healthy diet and regular physical activity remain goals for everyone. The greatest impact on disease, however, comes when such individual changes are supported by changes in society at large, such as better sidewalks for walking and healthier offerings in school cafeterias. Only through the synergy of such changes can the true potential of healthy lifestyles be reached.

Submitted by Choctaw Nation Healthy Lifestyles

## NURSERY NEWS

**Christina Marie Prim**

Proud parents Kevin and JoAnn Prim of Runaway Bay, Texas, announce the birth of their daughter, Christina Marie Prim. She was born at 1:30 p.m. on August 13, 2007, at Carl Albert Indian Hospital, weighing 6 pounds 3.6 ounces and measuring 18.8 inches in length. She was welcomed home by her brother, Connor. Grandparents Larry and Gail Roch of Fort Worth and William Prim of Oklahoma City and aunts Sheila, Stacy and Rebecca are very proud. Her late great-great-grandparents, Jasper Tiner and Dora Powers, were Choctaw original enrollees.



**Cruz Scott Ashcraft**

Sundari Peabody and Chad Ashcraft would like to announce the birth of their son, Cruz Scott Ashcraft, born December 4, 2007, at Flagstaff Medical Center in Flagstaff, Arizona. He weighed 7 pounds 4 ounces and was 19.5 inches long. Grandparents are Jon and Talitha Peabody of Lakeside, Arizona. Proud great-grandparents are Jonas and Louise White of Cleveland.



**Kambriah Izobella Sky Sickles**

Kambriah Izobella Sky Sickles was born at Muskogee Regional at 9:11 a.m. on March 15, 2008. She weighed 6 pounds 11 ounces and was 19 inches long. Her proud mother is Kristina Sickles of Eufaula. Welcome to the family, Kambriah, we can’t wait to see what God has planned for you!



**Katie Grace Long**

Katie Grace Long was born at 8:25 a.m. on January 18, 2008, to Kenneth and Crystal Long of Talihina. She weighed 6 pounds 12 ounces and measured 18.4 inches long.



**Kaylen Rashel Burt**

Kaylen Rashel Burt was born February 14, 2008, to Jessica Burt. She weighed in at 7 pounds 12 ounces and measured 20 inches long. Proud grandparents are Danny and Karen Burt.



**Chasen Andrew Sikes**

Chasen Andrew Sikes was born at 3:32 a.m. on March 11, 2008, to Michael Sikes and Dalilah Hilton. He weighed 6 pounds 3 ounces and measured 18.9 inches long.



**Kaden James McDonald**

Christopher welcomes new baby brother, Kaden James McDonald, born March 7, 2008, at St. Edward Mercy Medical Center, Fort Smith, Arkansas. Along with Christopher are proud parents Tim McDonald and Alisha Neissl, all of Charleston, Arkansas. He weighed 8 pounds 2 ounces. Proud grandparents are Wayne and Debbie McDonald, Muldrow, and Billy and Darlene McCormick, Charleston. Great-grandparents are Betty Jo James and the late Hampton James, Shady Point. Kaden is the great-great-grandson of an original enrollee, the late Cornelius C. James of Shady Point.



# Your target heart zone

How fast should I walk? How much incline should I use on a treadmill? How much resistance should I apply on a stationary bicycle? The answer to these questions is: whatever it takes to stay within your target heart zone. The appropriate heart rate range for each individual is based on the person’s age, level of fitness, exercise goals and personal preference. To determine what is right for you, first calculate your maximum heart rate by subtracting 220 – your age. Next select the range that meets your needs. If you have never exercised, or haven’t for months or years, start with the 55 percent - 70 percent range.

To calculate this, simply multiply your maximum heart rate by .55 and .70. This should feel easy enough to carry on a conversation while exercising. The primary energy source for this low intensity exercise is fat, but the rate of calorie burn is slower, so the exercise must be maintained for a longer duration to achieve weight loss.

If you are a habitual exerciser or feel ready to progress from the 55 percent - 70 percent range, the 70 percent - 85 percent range is the zone for you. Multiplying your maximum heart rate by .70 and .85 will provide you with the limits for your target heart rate. This is the aerobic zone and will likely cause you to “huff and puff” a little. Training at this intensity improves your aerobic capacity and cardiovascular fitness level. Unless your fitness level is very high, it will be difficult to sustain this intensity for more than 30 minutes. This is appropriate for someone with limited time to exercise, because more calories are burned per minute than with lower

## Healthy Lifestyles Fitness Tip of the Month

intensity exercise.

To take your pulse while exercising, place your left index and middle fingers over the right wrist radial artery (located on the front of the wrist on the thumb side). Count your pulse for 15 seconds and multiply this number by 4 to determine your heart rate in beats per minute.

Don’t want to mess with calculations? At the Choctaw Wellness Center, all of our cardio machines (treadmills, elliptical trainers, recumbent bicycles and stair climbers) will perform the calculations for you and let you know if you are staying within your target zone.

Simply start with the enter button (don’t press Quick start). The machine will prompt you to enter your age (among other things) to calculate your maximum heart rate. As you exercise, grasp the chrome heart rate sensors. Your heart rate will be displayed and the flashing light will let your know which zone you’re in. The yellow zone is the 55 percent - 70 percent range and the green zone is the 70 percent - 85 percent range. To speed up your heart rate, increase speed, resistance or incline (depending on which machine you’re on). To slow down your heart rate, decrease speed, resistance or incline.

Note: Certain medications will suppress your exercise heart rate, invalidating the use of heart rate to measure intensity. The most common of these medications are beta blockers used for treatment of high blood pressure. Tenormin, Toprol, Lopressor, and Inderal are some of the more commonly prescribed beta blockers.

## Lean meats as part of a healthful food plan

Lean meats, poultry and fish can be important contributions to a tasty and healthful diet. Some of the key nutrients that are abundant in meat, poultry and fish are:

**➤ PROTEIN**

Protein builds and repairs body tissues. The amino acids that are the building blocks of protein are arranged in our bodies to make up the many structural and functional proteins that give us our human form and functions.

**➤ B-vitamins**

The various B-vitamins have many roles in the body, but all are important to keeping the energy pathways in our cells moving. Without the B-vitamins, our body can’t prop-

# WIC

erly use the energy we take in from carbohydrate, protein and fat.

**➤ IRON**

Iron helps to make the important blood molecule called hemoglobin. Hemoglobin carries oxygen to all of our body tissues, including our brains! Imagine, no iron – no oxygen – no thinking – not a good scene!

**➤ ZINC**

This trace mineral is action-packed! Not only does zinc have a role in many energy

pathways in the cells of the body, it also helps to protect these cells against damage from damaging oxygen radicals.

**➤ MAGNESIUM**

This important mineral helps keep bones and teeth strong and healthy.

Preparation is key to maintaining healthful aspects of meat. Be sure to trim visible fat. Try baking, broiling, roasting or microwaving instead of frying, and drain off extra fat after cooking.

Cooking meals to appropriate temperatures is essential to ensure food safety. Visit the following website for guidelines for cooking meat safely: [www.fsis.usda.gov/thermy](http://www.fsis.usda.gov/thermy).

Eat Right Montana

# Car Seat Safety

By Becky Clay  
AFL Technician

An infant car seat is critical to keep your baby safe. No matter how tightly you think you can hold your baby, if you have an accident, your baby could be thrown from your arms and badly hurt.

An infant carrier is not the same thing as a car seat and will not protect your baby in the car. Car seats for older children are not safe for newborns. Your baby needs an infant safety seat with a five-point harness. If you don’t have one, ask your home visitor to help you.

The Choctaw Nation Adolescent Family Life (AFL) Project is an innovative pro-



• **Read the labels on your car’s seat belt or sun visor.**

• **Follow the directions on how to install the infant facing backwards and firmly secured. The car seat should be angled**

**slightly backwards so baby’s head does not flop forward. Try a rolled towel tucked under the front of the car seat to tip it back a little.**

• **An airbag can kill your baby, even if she is in a car seat.**

• **Follow the directions on how to put your baby in the harness. Adjust it to be snug. If the straps are twisted or the harness is missing your baby will not be safe.**

• **If it’s cold outside, put baby in the harness first, then add any covers.**

gram focused on pregnant teenagers, their child, male partner and extended family members. The AFL program provides opportunities for a brighter future through integrated services within the Choctaw Nation and external agencies. Participants will expand their knowledge through prenatal healthy relationship skills and parenting workshops.

Striving for healthy outcomes in Adolescent Fam-

ily Lives is the purpose of our program. Services are provided through Choctaw Nation Outreach Services to pregnant Native American teens under 19 years of age or otherwise qualified through an eligible Native American.

For more information or questions about eligibility, contact Angela Dancer, director of the AFL Project, at 580-326-7758 or 877-285-6893.

## ATTENTION PARENTS

Native American children between the ages of 8 and 17 years are needed for a study evaluating body fat, physical activity and cardiovascular health at


**University of Oklahoma Health Sciences Center.**

Study compensation and parking are provided.

Call

**405-271-8001 x42719**

The University of Oklahoma is an equal opportunity institution.



## Choctaw Nation WIC

WOMEN, INFANT AND CHILDREN

SITE	PHONE	HOURS	DAYS
Antlers	580-298-3161	8:30-4:00	Every Tuesday
Atoka	580-889-5825	8:00-4:30	Every Mon., Thurs. & Fri.
		8:00-4:30	1st, 3rd & 4th Wed.
Bethel	580-241-5458	8:30-4:00	1st & 3rd Tuesday
Boswell	580-380-2517	8:30-4:00	1st & 2nd Friday
Broken Bow	580-584-2746	8:00-4:30	Every Mon., Wed., Thurs. & Fri.
		8:00-4:30	2nd & 4th Tuesday
Coalgate	580-927-3641	8:30-4:00	2nd Wednesday
Durant	580-924-8280 x 2255	8:00-4:30	Daily
Hugo	580-326-5404	8:00-4:30	Every Mon., Tues., Wed. & Thurs.
		8:00-4:30	3rd, 4th Friday
Idabel	580-286-2510	8:00-4:30	Monday and Friday
McAlester	918-423-6335	8:00-4:30	1st & 2nd week - Mon., Tues., Wed., Fri.
		8:00-4:30	3rd & 4th week - every day
Poteau	918-647-4585	8:00-4:30	Every Mon., Tues., Wed. & Fri.
Smithville	580-244-3289	8:30-4:00	2nd Thursday
Spiro	918-962-3832	8:30-4:00	Every Thursday
Stigler	918-967-4211	8:30-4:00	1st, 2nd & 3rd Thursday
Talihina	918-567-7000 x 6792	8:00-4:30	Every Tuesday
Wilburton	918-465-5641	8:30-4:00	1st & 2nd Thursday







PEOPLE YOU KNOW

Happy birthday

T.D. Hibben of Shawnee celebrated his 93rd birthday on April 19. The youngest T.D. Hibben, Thomas Dean Hibben, helped celebrate. Young T.D. was born on January 9, 2008. Mr. Hibben celebrated with friends and family and a fun time was had by all.



65th anniversary

Guy and Nora Lois Neal of Lawrence, Kansas, celebrated their 65th wedding anniversary in March. The couple was united in marriage on March 25, 1943, at McAlester. Guy’s mother, Sophie Alexander, was an original enrollee. Attending the event were four of their five children, Dwayne Neal and Dayna Hunter of Olathe, Kansas, Patty Lancaster of Augusta, Kansas, and Janice Lynn Toth of Kansas City, Missouri. Not attending was their youngest son, James Neal of Rawlins, Wyoming. The children brought gifts and took their parents out for lunch. It was a good day had by all.



Guy and Lois also have 11 grandchildren and 14 great-grandchildren. The Neals are longtime residents of Lawrence. Guy attended Haskell Indian Institute from 1937 until 1940, when he entered the Army with the unit from Haskell. After World War II, Guy attended and graduated from Panhandle A&M College in 1950. Guy worked for Williams Natural Gas Pipeline at the Lawrence division and retired in 1982 as the district superintendent.

Davenport, Perez to marry

Meicia and Roy Davenport, Durant, and Sharlene Cummins, Denison, Texas, are pleased to announce the engagement of their son and niece.

Sean Keith Davenport is the son of Meica and Roy Davenport and the grandson of Vowell and Jennifer Posey, all of Durant. He is a freshman at SOSU and is majoring in business. He also works at Larry Dyson Motors.



Crystal Angel Perez is the daughter of the late Glenda Perez and the granddaughter of Sylvia Cummins, Mead, and the late Audie Cummins Sr. She is studying to be an RN and works at the Choctaw Nation Day Care.

They are the proud parents of Jordan Keith Davenport.

The wedding will be at 11 a.m. on June 14, 2008, at the First Church of the Nazarene, Durant, with a reception following at the Choctaw Hotel/Resort Conferene Center.

Happy anniversary

Happy anniversay to Grandpa Jimmy Lowman and Mama Linda Loman, Watson, on April 10, 2008. Also, happy birthday to Channony Battiest, Wright City. – From the rest of the grandchildren, Jasimine



Lowman of Midwest City, Layla Lowman of Smithville, Chasity Aaron of Wright City, Lyndon Lowman of Smithville, and Avin Ludlowe of Midwest City.

Happy birthday

Happy birthday to our dad, Lloyd B. “Dub” Morris. He turned 89 years old on May 5. He is a hero to me and my husband because he was in the Army. He was overseas during World War II and was in the “Battle of the Bulge.”

He is an active member of the Crowder Choctaw Senior Citizen’s Group with a special love for people. When visiting, people enjoy his stories.

Birthday wishes from daughter and son-in-law, Deedia and Dewey Francis, special friend “Luksi” and all his family.



Choctaw baby attends first pow wow

Minco Baptiste Strebeck from Ardmore, Oklahoma, turned 2 years old on March 21, 2008. He attended his first pow wow in Ardmore on March 1, 2008.

Parents are Chisity and Donald Strebeck. Grandparents are Robert Baptiste, Ardmore, and Vivian and Ronald Murry, Madill. Happy birthday to our little Choctaw baby.



Happy birthday

Happy belated birthday to Junior Jackson on April 16 from all your fans in Oklahoma City.



Happy 25th birthday

We would like to wish a happy birthday to our son, Terry Estrada, who turned 25 years old on April 15 and many more to come. Happy birthday from mom and dad.



Happy birthday

I would like to wish a belated happy birthday to my brother, Darrell Jefferson, who turned 43 years old on March 6, 2008. – From your sister Diane of Atlanta, Georgia.



Congratulations

I want to wish my daughter, Sherry Leigh McDonald, a happy birthday on April 15 and congratulations on attending Murray State College in Tishomingo. She is working toward being a business administrator. I am very proud of her.



Wedding announcement

The parents of Janice Parsons and Larry Boston, along with his daughter, Haley Boston, would like to announce their upcoming marriage. The wedding will be at 4 p.m. June 14 at the Apostolic Tabernacle in Hugo.

Janice is the daughter of the late Joe Parsons and Janette Parsons, Hugo, and granddaughter of Martha Wade, Boswell. Larry is the son of Larry and Dena Boston, Atoka, and the grandson of William and Quinta Sturdy, Coalgate, and Lee Boston, Stringtown. Janice is an employee of the Choctaw Nation and Larry is an employee of Texas Instruments in Sherman, Texas. The couple will reside in Atoka.



Look who’s 2!

We want to wish our grandson, Dylan Brown, a happy second birthday. His parents are John Nelson and Courtney Brown of Oklahama City. His grandparents are the late Catherine Nelson and Francis and Lucretia Brown, Oklahoma City. His brother is Craig and his nanny is Elizabeth.



Choctaw crowned Miss La Paz

Rayeann Janelle Solano has been named Miss La Paz County Queen. Rayeann is a Choctaw from the State of Oklahoma. Rayeann, 20, is the daughter of Raymond and Janelle Solano and she has one sister, Dawn Marie of Parker, Arizona. She’ll be competing in the Miss Arizona Scholarship Pageant in June at Gilbert High School in Gilbert, Arizona. Solona’s platform is “Preserving American Agriculture.” She was active in FFA when she was in grade school and high school. Rayeann served one year in the role of State President for the FFA program. She also served one year as La Paz Rodeo Queen.



She is currently a sophomore at Central Arizona College. Rayeann hopes to obtain her Doctor in Veterinary Medicine at Colorado State.

A special thanks to the Higher Education Program that has helped and continues to help. Also a thank you to Chief Pyle for his wonderful and kind words of inspiration.

Dayla turns 18

Dayla R. Amos turned 18 years old on March 6. She celebrated it with family and friends. Dayla will soon be graduating from Broken Bow High School and will be attending South-eastern Oklahoma State University in the fall.



She is the daughter of Mike and Vicky Amos and the granddaughter of Marylin Colbert and Bill and Louise Amos.

Happy birthday Andrew

Andrew Amos turned 7 years old on April 27. He celebrated his birthday with a skating party with his friends.

Andrew is the son of Mike and Vicky Amos and the grandson of Marylin Colbert and Bill and Louise Amos.



Edith celebrates 90th birthday

Happy birthday to Edith Elizabeth Morris who was 90 years old on March 26. Edith was born on March 26, 1918, in McAlester to original enrollee Iva Amelia Holloway Wilson and Ray Wilson. She graduated from Haywood High School where she met and married Bill Albert Morris. They had eight children. Edith has 15 grandchildren, 18 great-grandchildren and 10 great-great-grandchildren. Edith enjoys volunteering at a food bank once a week, working in her flower beds and reading.



Happy birthday

Happy birthday to Pauline Genemetes, Clarksville, Arkansas, who turns 41 on May 20 and to Joleigh Gilmer, Lamar, Arkansas, who turns 1 on May 21.

Parents of Joleigh are Jamie Massey and Jody Gilmer of Lamar, Arkansas. Her grandparents are Pauline Ashalintubbi Genemetes of Hartman, Charles Dodge of Clarksville, and Jack Gilmer of Perryville, Arkansas. Joleigh is the great granddaughter of the late Marland and Sue Ashalintubbi of Eagletown.



Congratulations

Coleman Smith would like to congratulate his granddaughter, Abigail Denton, for her award of Outstanding Freshman Music Major at Oklahoma State University. She is currently a sophomore and a member of the OSU Symphonic Band and the OSU Wind Ensemble.



Birthday wishes for Robert Morris

Birthday wishes to Robert Eldon Morris. He celebrated his February 6th birthday with family on Easter Sunday. Birthday wishes from sons Garrett and Jason and grandsons Gavin, Kendel and Bryant.

Congratulations

Eldon Morris would like to congratulate his son, Garrett Morris, and daughter-in-law, Erica, on the birth of their son, Gavin Morris.



Happy birthday

Happy birthday goes out to Kayleigh Ludlow who will be turning 19 on April 10 and also a belated happy birthday to her sisters, Elena Ludlow, who turned 22 on March 6 and also to Robyn Ludlow who had turned 18 on March 12. Birthday wishes from Mom, Dad, Myra, Delaynee, Treven, and Megan.



Student of the month

Huge congratulations go out to Elizabeth R. Leflore who made the honor roll first semester and was student of the month in November. Elizabeth also received certificates for reading over 50 books, a drug-free ribbon award, and was honored with an academic trophy from the Oklahoma City Public School’s Native American Program. Elizabeth is currently in the third grade and her hobbies include pow wow dancing across the United States, swimming, spending time with family and friends, shopping and roller-blading. Her activities include basketball, soccer and softball. Elizabeth has been a Girl Scout member for five years and a Highlight Club member for four years.



Elizabeth comes from the Choctaw, Pawnee and other tribes. She is the daughter of Chawee Ellis and the late Jack Leflore. Her family would like to say keep up the good work and we are very proud of everything she has achieved. – From Mom and Dad; her grandmothers, Frieda, Sheryl, Kathy and late grandma Lily; her grandfathers, Jeff and Gary; uncles, James, Troy, Chris and George; aunts, Kathy, Shayne, Jenny, Rena, Kristy, Shawna, Memory and Dee Dee; the Rice family; the Alexander family; the Leflore family, Aunt Casee and family; the Hanley family; cousins, Checotah, Kristin, Gage, Elijah, Johnathon, Aurora Lee, Jorana, Ashlan, Shania, John Ben, Gavin, Larry, Kayten, Nizhoni, Trinity, Ricki Lynn, Cameron and Juju; her two sets of godparents; her pow wow buddies, teammates, classmates, and all the rest of her family and friends.

Choctaw pianist

Carroll Ann McClellan is an accomplished pianist. A graduate of East Central State University with a master’s from the University of Oklahoma, her works include advanced contemporary arrangements, gospel, pops, and classical.



Tré turns 4

Happy birthday wishes to Tré Moore who turned 4 on April 2. His mother is De Anna Moore and father is Michael Sharp. Tré and sister, Macy Moore, would like to wish mom a happy belated birthday on April 3.



Happy birthday

We would like to wish our grandson Chad Moore a happy 11 birthday. His parents are Steve and Karianne Moore, Marlton, New Jersey. His grandparents are Ronald Grise-wald, New Jersey, and Elise, Florida, and Francis and Lucretia Brown, Oklahoma City. His brother is Alex.



Birthday greetings

Belated birthday greetings to Brooklin Isabella Keeling on her first birthday. Greetings from great-grandmothers Mimi and Dodo; grandmother Linda; grandfathers Charles and Darwin; mother and father, Charles and Brooke Keeling; Aunt Jeannie, Uncle Frank and big brother Christien.



Happy 67th birthday

Happy 67th birthday to Cephus John of Killeen, Texas, on April 19. He was born in Golden, Oklahoma. His wife, Aecha, and son, Paul, wish “Coleman” a happy birthday. Also, Cephus says “halito” to all his friends in Broken Bow, Idabel and Goodland Methodist Church.



Happy birthday

I would like to wish Brian Genemetes a belated happy birthday on April 15. His wife is Pauline Ashalintubbi Genemetes of Hartman, Arkansas. He is son-in-law to the late Marland and Sue Ashalintubbi of Eagletown. All family and friends wish him many more to come.





# To the Youth of the Nation

Submitted by  
Severt Dahl, YAB Vice-Chair

Senior year is full of choices. The choice of what college to go to, what deadlines they need to meet, and what scholarships they qualify for, but one thing some people don't think about is their choices after high school, the ones that are made when most of us are out on our own. The choices we make during our years in college, vo-tech, or whatever other plans you may have, can and sometimes will affect you in your future career.

Nobody is perfect, so we don't always make the best of choices, but one thing you should always consider before you make the choice to either stay at home or your dorm and study, or go out and party all night is this, "How will this affect my future?"

Truth is, either one of these choices can greatly affect how your future turns out. The thing is whether you want to believe it or not, these decisions will follow you the rest of your life. It will mostly show by how good or bad you did in your academics.

During high school, I know for sure, not everyone always makes the best of choices on how to spend their time. So I can only imagine that after high school, when most of us are out on our own, that some choices are just as bad if not worse. But not everyone makes those choices. There are those who make their decisions based on how it will affect them later on in life, like the choice to be an upstanding person in your community.

Like I've said, everyone has their own choice on what they do, and how they spend their time. I'm not saying you're a bad person if you make some bad choices. Everyone makes the wrong decision sometimes, everyone makes mistakes, and anyone who wants to bad enough can change no matter what anyone says.

So to the Senior Classes of 2008.....Congratulations, and Good Luck next year with building your future careers.

# JA student receives academic scholarship



Kimberly Ramone, a senior at Jones Academy, has been selected as a recipient of the McCabe II Scholarship at Langston University in Langston, Oklahoma. The Honors Program award is a four-year academic scholarship which includes tuition, books, room and board. Kim is originally from Cuba, New Mexico. Her mother and father are Edison and Grace Ramone. Her intentions are to pursue a career in medicine and help those less fortunate than herself. Langston, a culturally diverse university, is located about 45 miles north of Oklahoma City.



# Choctaw Nation Youth Advisory Board making a difference

Over the past few months the Coalgate Youth Advisory Board has been doing some things in their community to make a difference. The group has held a coat drive collecting over 30 coats in their community, photo at left. Also, they recently visited the Coalgate Nursing Home to spread a little Easter cheer, right.



Jones Academy students enjoy Prom Night at Hartshorne School.

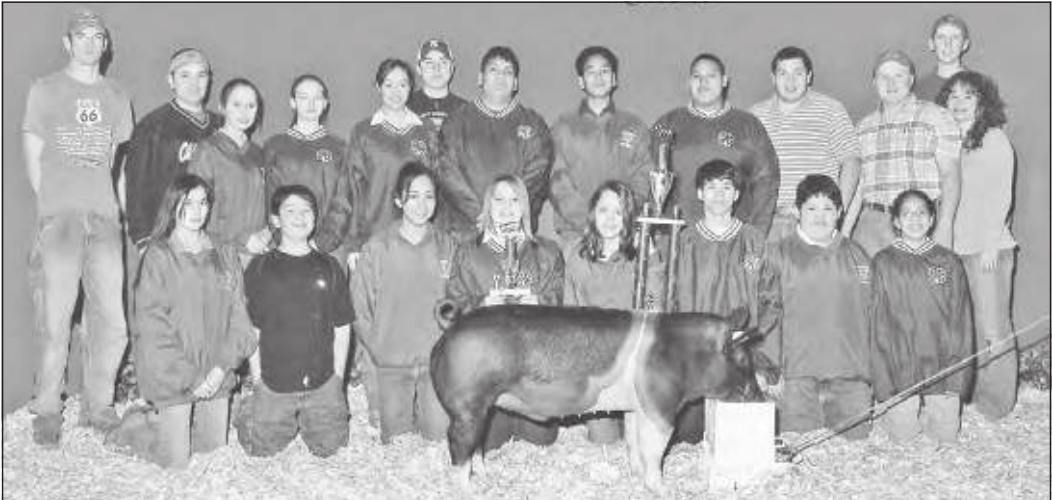


Photo by Frankie Allen

Cheyenne Neal is holding her Grand Champion trophy and her pig, "Socks," along with fellow Jones Academy 4-H-ers and Brad Spears, Jones Academy Administrator; Brandon Spears, Choctaw Nation Agriculture; and volunteers Keli Spears and Derrick James.

# Cheyenne Neal and 'Socks' take top honors

Cheyenne Neal of Jones Academy 4-H Club captured the top honor of Grand Champion market swine at the 2008 Pittsburg County Jr. Livestock show held at the Southeast Oklahoma Expo, February 27-March 1 in McAlester.

Cheyenne and her 247-lb. barrow named "Socks" placed first in Class IV hampshire and was selected as Breed Champion hampshire, and Grand Champion overall. There were more than 400 swine entries from 14 fourteen different schools located in Pittsburg County competing for this title.

Cheyenne's pig, "Socks," was bred and raised at Jones Academy. This is the fourth straight year a Jones Academy student has won the title of Grand Champion market swine at Pittsburg County Jr. Livestock show. Jones Academy 4-H Club qualified 16 of the 42 premium sale slots at the 2008 Pittsburg County Jr. Livestock show.

Jones Academy 4-H club would like to give special thanks to Chief Pyle, Assistant Chief Batton and the Choctaw Nation Tribal Council for their continued support of livestock premium sales.



*Enroll now at*

# JONES ACADEMY

We are accepting applications for the 2008-09 school year. We have openings in grades 1 through 12. Tour our new facilities for our elementary school!

*Come join us! Be a part of the future!*

Take advantage of the residential program benefits:

- Tutorial assistance for all grades (1st-12th)
- Rewards for academic achievement
- High school graduation expenses paid/scholarships
- Career counseling/college and post-secondary preparation
- Voc-tech training
- Summer Youth Work Program
- Medical and counseling services provided.
- Alternative Education Program
- Traditional/cultural activities
- Recreational activities and educational trips
- Agriculture Program

Please call for a tour or an application at toll-free 888-767-2518

or access [www.choctawnation.com](http://www.choctawnation.com) or write Jones Academy, HCR 74 Box 102-5, Hartshorne, OK 74547

# Colungo participates in state geographic bee

Jones Academy student and Choctaw member Christopher Colungo participated in the Oklahoma State Geographic Bee at the University of Oklahoma in Norman on April 4. The event was organized by the National Geographic Society and sponsored by Plum Creek. The contest was open to students from all over the state in grades 4-8. Chris was representing the Hartshorne School District after winning the schoolwide competition in February. He is a seventh-grader at Buzidragis Junior High and the son of Michael and Christy Colungo from Ada.

The Geographic Bee competition consisted of eight preliminary rounds with 20 participants in each category. Chris had five perfect rounds in which he answered questions about the United States, plant and animals not native to this country, comparative issues between countries of the world, physical geography, and odd item out.

Sharon Johnson, Chris' geography teacher and sponsor, reported that she and Chris worked hard and spent long hours preparing for the competition. She stated, "This is the first year that Hartshorne has entered the Geographic Bee and we are extremely proud that Chris made it to the state level. He did a good job representing the school and Southeastern Oklahoma."



# Healthy Lifestyles brings March Against Meth program to several schools

Choctaw Nation Healthy Lifestyles brought the March Against Meth Program to several schools this year. These schools include Heavener, Howe, Albion, Tuskahoma, Hugo, Hartshorne, Haworth, Idabel, Tushka, Caney, Atoka, Farris, Harmony, Lane and Stringtown. Healthy Lifestyles has been involved with this program since its first year.

March Against Meth started in 2006, to honor law enforcement officers that lost their lives in the line of duty as a direct result of someone's bad judgment to use methamphetamine. This year was in memory of Trooper Matt Evans and Officer Jeff Rominger.

Methamphetamine is a very addictive stimulant drug that activates certain systems in the brain. It is referred to by many names, such as "speed," "ice," "crystal," "glass," etc. It is taken orally, needle injection, smoking or by snorting the powder. Abusers become addicted quickly, needing higher doses and more often.

Methamphetamine is a health hazard at many different levels. It increases the release of dopamine, which stimulates the brain cells, enhancing mood and body movement. Even small amounts can result in increased wakefulness, decreased appetite, increased respiration, rapid heart rate, irreg-

ular heartbeat, increased blood pressure, and hyperthermia. Other effects may include irritability, anxiety, confusion, convulsions, cardiovascular collapse and death. Long-term effects may include paranoia, aggressiveness, extreme anorexia, memory loss, visual and auditory hallucinations, delusions, and severe dental problems.

Healthy Lifestyles would like to say a big thank you to all those who helped make this program a success! Those involved are OHP Officers Rock Green, Brad Dansby and Mike Green and Troopers Davies and Caldwell; OSBI agent Donnie Long; Valliant House Coun-



selor Kelly Brown; District Attorneys Laura Wallis and Jeff Smith; APRC representatives Leslie Haltom, Alicia Mass and Rachelle Fisk; Pushmataha County Sheriff Deputy Jason Thomas and Leflore County Sheriff Dept., Jeremy Emmert; Choctaw Nation Lifetime Legacy Jeanie Jackson and Lisa Rusher; Drug Task Force agents from McCurtain, Choctaw and Pushmataha counties; Drug Court Coordinator Angie Marcum; Pittsburg/McIntosh County Drug Court Judge Bill Layden. And a special thank you to those who shared a personal story: Justin Kirkes, David Lalli, Kim Salsmen, Brittany Clark and Ashley Stewart.



## OBITUARIES

### Marie Edwards Boudreau

MaryLee “Marie” Edwards Boudreau passed from this earth on October 16, 2007, at the age of 105. In just two short weeks she would have been 106. She was born November 5, 1901, in Antlers, Choctaw Indian Territory, in a small house that exists no more. The daughter of Thomas Benjamin Edwards and Minnie Dyson, Marie was one of the few remaining original enrollees of the Choctaw tribe alive during Oklahoma’s Centennial year and is featured in the Centenarian book, “Salt of the Red Earth.”

Marie, “Mamaw,” is greatly missed. Her love and devotion to her family are legendary.

Her father, Thomas Benjamin “T.B.” Edwards, came from Texarkana, Arkansas, where his father, Henry Clay Edwards, owned a sawmill and was, on one occasion, held at gunpoint by outlaws to build a coffin for their mortally wounded comrade while T.B. watched. Marie’s earliest memory was of her mother being gravely ill after childbirth. Her Papa hitched up the wagon and took his wife, Minnie; his newborn son; Marie; and her older sister, Emma, on a three-day wagon ride, camping out and asking for water at farmhouses on the way to the doctor where Minnie and the newborn died shortly thereafter. Unable to work and care for his young daughters, T.B., who was a carpenter, turned to Minnie’s sisters for help. The sisters kept the girls as long as they could but it proved to be a hardship hitching up the horses and driving several miles to school and back, especially in the winter. Marie and Emma were placed in boarding school, at first in Antlers, then at St. Agnes Convent in Ardmore, where they lived for several years.

Marie was in the first grade when Oklahoma became a state. In later years Marie recounted her days in boarding school. “I was only six years old and it was really hard to learn how to write ‘Oklahoma’ after having to only write ‘I.T.’ It wasn’t so bad since my sister was there to help me get dressed in the morning. We didn’t get to sleep in the same room, though. We wore white blouses, dark blue skirts, bloomers, and high lace-up boots with garters. When I got to go home on holidays, Papa would sing to me in Choctaw.”

T.B. remarried and Nora proved to be a loving stepmother. Marie told us, “She shopped with me for the best flower sacks to make my underpants (I was 14 before I got a store-bought pair), and she taught me how to sew.”

Sometime after 1914 Marie moved to New Mexico with her father and stepmother, where she was treated for tuberculosis for two and one-half years. When she recovered, the family moved to Purcell where she attended school and met her future husband, Albert Francis Boudreau, a French Canadian who came to Oklahoma with his family at the age of 6 in a covered wagon.

Albert tormented Marie by putting her braids in the inkwell on her desk. This led eventually to their marriage in 1919. Their first baby, a daughter, died only a few days after birth. Two years later their daughter, Betty Sue, was born. Marie and Albert moved to Oklahoma City in 1927 where they were active in the Catholic church. They were also avid square-dancers and sought-after Bridge players.

After Albert’s death in 1955, Marie moved to be near daughter Betty and son-in-law Earl Pitzer. She held several jobs over the years including catering for the Civic Center, dietary supervisor for St. Anthony’s Hospital, and housekeeper and cook for a parish priest. However, Marie considered her most important position to be grandmother, “Mamaw,” to her two grandchildren, Carole and Al.

Eventually her grandchildren grew up, were married, and had children and grandchildren of their own, and Mamaw found herself caring for several generations. An excellent seamstress, she sewed countless clothes, she babysat, she cooked many meals (her specialty was “good meat”), she listened to lots of children, gave sound advice, and prayed a multitude of prayers for the family she loved.

In her mid-90s, she worked on ceramics and weaving at a Daily Living Center. At home she spent most of her time weaving hot-pads and crocheting hats for family and needy children.

On her 100th birthday, Mamaw was honored with a visit from Chief Greg Pyle. He asked her to recall all the things she could remember that had been invented and what her favorite was. She said, “I remember washing on washboards, using bluing, hanging our clothes on the line, drawing water from the well, and no indoor plumbing. In my lifetime I’ve seen the first electric lights, cars, airplanes, TVs, space ships and computers. I think the TV is the biggest invention there was. It’s wonderful. You can see people on the other side of the world.”

When asked at 102 years what her secret of long life was, she said, “I don’t know but I think it was mostly staying active and taking care of my family. I don’t know why I’m still here but God must have a reason.”

Mamaw was loved, respected and cherished by her family. Survivors include Carole and Don Ayers, Al and Jean Pitzer, Cindy and Steve Larby, Stacy and Greg Pierce, Mark Ayers, Don and Connie Ayers, Clint and Jill Pitzer, Adrienne and Josh Hutcheson, Daniel, Aaron, Carole, Weston and James Wilson, Dylan Davis, Cecelia and Jackson Pierce, Amanda, Amelia and Elora Ayers, and Anna, Caroline and Sarah Jane Pitzer.



### Leonard Lucas Argo

Leonard Lucas Argo, 96, a longtime Coal County resident, passed away March 14, 2008, in Atoka. He was born April 23, 1911, in Davis to Louis Martin Argo and Hautie May Willis.

His father, Louis, was born in 1885 in the Choctaw Nation and was adopted by Dr. William G. Argo and Emma Johnson Boxley. His mother, Hautie May Willis, was born in 1890 at Wayne County, Tennessee, to John A. Willis and Ella Robinson Willis. The Willis family migrated to Murray County, Oklahoma, in 1905.

Leonard’s parents were married June 10, 1910, at Davis and lived there until 1920 when they made the move to Coalgate with Leonard and his three sisters. The family moved to Tucson, Arizona, in the mid-1920s, but returned to Coalgate by the early 1930s. Leonard’s mother and his sister, Mary Ella, had both died from tuberculosis in Arizona. His father died in 1944.

Leonard married Lillian Burgess and they had five children, Laverne, Shirley, Margaret, Barbara and Leonard Marcus Argo.

In 1947, Leonard married Eva Inez Farley and they had two children, Glenda Jo and Gary Wayne.

Leonard worked for International Harvester in Fort Worth, Texas, until his retirement in 1972. He returned to Coalgate with his wife, Inez, and they lived out their lives there near their children. Besides raising their own children, Leonard and Inez also raised three of their grandchildren, Janice Reese, Cody Hickman and Carlos Argo.

He was preceded in death by his wife of 57 years, Inez, in 2004; his parents, and three sisters, Mary Ella Argo, Caroline Argo Mason and Ilene Argo Ringels; one son, Laverne Lee Argo; one daughter, Shirley Jean Argo; one nephew, Delbert Lee Argo; and one great-grandson, Kolby Wayne Argo.

Survivors include three sons, Gary Argo and wife Brenda of Coalgate, Leonard Martin “Sonny” Argo Jr. and wife Shirley of Sunland, California, and Cody Dale Hickman of Laurens, Iowa; three daughters, Margaret May Ennis and husband Mark of Lake Forest, California, Glenda Jo Ladd of Coalgate and Janice Leora Reese and husband Darren of Laurens; 20 grandchildren; 15 great-grandchildren; numerous nieces and nephews and other relatives and many friends. He is also survived by his sister’s children, two nephews, Robert Wardrobe of Pittsburg County, Oklahoma, and Henry Ringels of Coalgate, and one niece, Minnie Mason Richards of Lewisville, Texas.

### Ada Trahern

Ada Trahern, 83, of Stigler passed away March 2, 2008, in Fort Smith, Arkansas. She was born September 18, 1924, in Coalgate to Mitchell and Emma Lawrence King. She was baptized in Coalgate in the Baptist faith.

She was preceded in death by her husband, James Trahern; her parents; one brother, Silas King; and three sisters, Bertha McKinney, Zona Jones and Belva King.

Survivors include a sister, Nellie Kinsey of Stigler; one niece, Sue Beck of Stigler; one grandnephew, Rick Beck and wife Jan of Tennessee; and a great-grandnephew, Justin Beck of Tennessee.

### Marland Monroe Ashalintubbi

Marland Monroe Ashalintubbi, 78, of Eagletown passed away October 17, 2007, at Parkland Hospital in Dallas, Texas. He was born December 28, 1928, in Eagletown, the son of Moses and Minnie Dyer Ashalintubbi.



Marland was a member of the Panki-Bok Cumberland Presbyterian Church and had lived in Eagletown since 1991. He worked in many states as a sawyer in the timber industry. Marland enjoyed fishing, mowing yards, and spending time with family and friends.

He was preceded in death by his wife, Glenda Sue Feters Ashalintubbi; his parents; two brothers, Melton Eugene and Melvin Matt; one sister, Marie McKenney; three children, Candace Ann Ashalintubbi, Verolyn Joy Ashalintubbi and David Wayne Ashalintubbi; and one granddaughter, Marla Williams.

Survivors include his six children, Dennis Ray Ashalintubbi and wife Terri of Eagletown, Denese Grace Johnson of Heavener, Hanna Mae Williams and husband Paul of Del City, Ferris Larson Ashalintubbi of Honobia, Minnie Frances Floyd and husband George of Clarksville, Arkansas, Pauline May Genemetes and husband Brian of Hartman, Arkansas; one daughter-in-law, Brenda Ashalintubbi of Hugo; one sister, Mildred Ashalintubbi of Eagletown; 28 grandchildren; 39 great-grandchildren; several nieces, nephews, cousins, friends, and his faithful companion, his dog “Dolly.”

### Alison Carlena Ely

Alison Carlena Ely, 5, of Ardmore passed away March 24, 2008, in Oklahoma City. She was born February 21, 2003, in Stillwater, the daughter of Tamara Ely and Conrad Nedd Jr.

Alison enjoyed attending Will Rogers Elementary School and was a big fan of Hannah Montana and Shrek. She enjoyed riding in her Barbie car which was her favorite color of pink. She will be remembered for her ability to always make people laugh.

She was preceded in death by a grandmother, Freda Roberts; great-grandparents, Francis and Otis Roberts, and great-grandmother, Millie Palmer.

Survivors include her parents; a sister, Navia Nedd of Ardmore; a brother, Raymond Palmer of Ardmore; grandfather, Conrad Nedd Sr. of Tulsa; grandparents, Carrie and Paul Wallace of Ardmore and Winston Palmer of Ardmore; great-grandfather, Raymond Palmer of Ardmore; and seven uncles and six aunts.

### Levi Daniel Corbit

Infant Levi Daniel Corbit was born and passed away on April 2, 2008, in a NICU in Oklahoma City.

He was preceded in death by his brother, Kamdyn Johnston; Pepaw Doyle; and special family friend, Randell “Sambo” West.

Survivors include his parents, Kimberly and Justin Corbit of Talihina; a twin sister, Juliana Lundyn Corbit of the home; grandparents, Mr. and Mrs. Myrick and Mr. and Mrs. Corbit; special family friend, John West, and family. Levi also leaves behind numerous loved ones, aunt and uncles.

Levi lived a very short life but he was already loved so much. He will be greatly missed.

### Gabriel Mark ‘Gabe’ Jacob

Gabriel Mark “Gabe” Jacob, 39, of Durant passed away April 5, 2008, in Sherman, Texas. He was born November 25, 1968, in Talihina to Daniel and Emmaline Roberts Jacob.

Gabe attended and graduated from Tushka High School and he then continued his education at the Vo-Tech Center. He went to work for the Choctaw Nation driving a bus then was promoted to transportation supervisor. He married Karen Jackson October 11, 1997, in Durant and to this union was born one son, Sam. He spent his entire life in Atoka and Bryan counties. He was a member of the First Baptist Church in Durant and he enjoyed reading the Bible, and spending time with his family and friends. Gabe will be greatly missed by all who knew and loved him.

Gabe was preceded in death by his parents and brother, Daniel Jacob.

Survivors include his devoted and loving wife, Karen Jacob of the home; son and the light of his life, Sam of the home; sisters, Delores Kay Jacob, Francille Quaid and husband Scott, and Anna Ainsworth and husband Randy, and brother, David Jacob and wife Susan, all of Tushka; sisters, Linda Jacob and Elsie Moreland and husband Henry, all of Atoka; brother, Jim Jacob and wife Paulette of Kingston; sister, Cheryl Huffman of Missouri; sisters-in-law Susan Cockrill and husband Chris of Bells, Texas, Pat Shelton and husband Buddy of Poteau, Maggie Jackson of San Antonio, Texas, and Jane Mozier of Odenton, Maryland; father and mother-in-law, Don and Peggy Jackson of Ingram, Texas; and numerous other relatives and a host of dear and loved friends.



### June Russell

Longtime Seminole resident Gloria “June” Russell, 75, passed away January 12, 2008, in Seminole. She was born August 18, 1932, in Shawnee to Troy and Sadie Jordan Yoder.

She was a graduate of Shawnee High School. She was a member of the First Baptist Church where she sang in the church choir and in the past had taught Sunday School. She was very proud of her Choctaw heritage. June loved the sport of baseball. When her children were young, she was a little league baseball coach. Some of her hobbies were playing Canasta with her girlfriends, going to dances with friends and working with Marie Dawson at auctions. She worked for Southwestern Bell and also was a nurse for many years for Dr. Jack Parrish, Dr. Dennis Ang, Dr. Sudhir Gupta and Dr. Brendan Okeeffe. Her passion for nursing was an influence to her grandson, Andrew, to pursue a career in medicine. He attends Indiana School of Medicine in Muncie, Indiana, to be a surgeon. Her sense of humor and zest for life were infectious to all around her.

She was preceded in death by her parents; a son, Pat Russell; and brother, Dale Yoder.

Survivors include a son, Mike Russell of Greenbrier, Arkansas, and daughter and son-in-law, Tammy and Rick Conner of Seminole; sister-in-law, Wanda Yoder; nieces, Rena Goldenstein and Daleda Waldrup and husband Greg, all of Shawnee; three grandchildren, Lyndsey Russell and husband John Powell of Blanchard, Andrew Conner of Muncie, Indiana, and Caley Conner of Seminole; and a host of other family and loving friends. She was a loving mother and grandmother.



### William Riley ‘Bill’ McElhaney

Bill McElhaney passed away peacefully with his family by his side on April 3, 2008, in Austin after a lengthy illness. He was born February 21, 1931, in McAlester to Floyd R. McElhaney and Margaret Davis McElhaney.

In 1937, he moved to Junction, Texas, with his mother, Margaret Bowers, and Robert Allen Bowers. After graduating from Junction High School in 1950, he worked throughout Kansas and Texas with Goodyear Tire Company.

Bill met the love of his life, Patsy Dee Wheatley, while working in Kansas and they were married in Junction on September 13, 1958. He worked for 20 years at Nelson Motors as a car salesman while raising their three children. He was a member of the Masonic Lodge and a deacon of the College Street Church of Christ in Junction and also a proud member of the Choctaw Nation of Oklahoma. In 1980, he opened McElhaney Exxon in Junction and operated it for the next 20 years until retirement in 2000. In 2006, he and Patsy moved to Austin.

Bill enjoyed years of ranching at their property near London, Texas. Some of his happiest moments were with his family and friends at “The Place” for barbecues and outings. He was an avid fisherman and hunter with a great love for the arid desert of west Texas. Bill was a very talented country music guitar player and entertained audiences in many ways; from live radio shows in the 1950s to recorded and live music performances throughout his life. He shared his love for music with his children in their family band.

He was preceded in death by his parents.

Survivors include his wife of 49 years; a daughter, Michele Melo and husband Stephen of Austin; son, Michael and wife Laurie McElhaney of Austin; son Mitchell and wife Charlene McElhaney of Kerrville; and three grandsons, Kristoffer and Dennis McElhaney and Rocco Melo. He is also survived by his sister, Margaret Ann Bowers Brown and husband Tom, and brother, Bob Bowers and wife Kay.

### Johnathan Lee Winlock

Johnathan Lee Winlock, 21, passed away March 11, 2008, at the San Juan Medical Center in Farmington, New Mexico. He was born July 14, 1986, in Durango, Colorado, to Laura Richards and Michael Winlock.

Johnathan lived in Ignacio, Colorado, all of his life. During the last six years of his life, he resided with his grandparents, Kelly and Teresa Winlock.

Survivors include a sister, Deseara Winlock. John and Deseara were inseparable. They worked with each other and helped each other. He had become like a son to Kelly and Teresa Winlock. He is also survived by numerous uncles, aunts, nieces and nephews. His personality and his smile will be missed by all.



Cleo Aileen Waffle, 79, passed away February 18, 2008, at Elkview General Hospital, Hobart. She was born July 8, 1928, in Durant to Maude Mantooth Paddock and original enrollee Claude Paddock.

Growing up in Durant and attending school there, she was married to Fay Waffle June 18, 1960, at Gatesville, Texas, and was a homemaker. She was a member of the First Baptist Church of Lone Wolf.

She was preceded in death by her parents; her husband on July 20, 2003; one son, Thomas Waffle; one son-in-law and one sister.

Survivors include her sons, Holland Galloway and wife Sandy, Red Oak, James Atkinson and wife Shirley, Florence, Texas, and Dwight Waffle, Lone Wolf; one stepson, Tom Waffle and wife Claire, Little River, Kansas; her daughters, Patricia Risner, Sapulpa, Linda Mitchell and husband, Freddie, Mill Creek, Yvonne Hamby, Lone Wolf, Rene Hamby and Stella Mays, Hobart; her sisters, Doris Thompson, Fort Worth, and Peggy Ruble, Saginaw; 23 grandchildren; 22 great-grandchildren, and numerous great-great-grandchildren.



# OBITUARIES

## Stanley Airington

Stanley Airington, 84, of Norman passed away February 28, 2008, at his home in Norman. He was born January 30, 1924, in Alex. Stanley attended school and graduated from Alex. He was a veteran of World War II, serving in the U.S. Navy. He worked in the oilfield and later drove a truck. He had lived in Norman since 1965. He worked for the University of Oklahoma for 11 years retiring in 1989. He was a tuckpointer with brick masons. Stanley and Delora Brooks were married July 19, 1946, in Montege, Texas. He was a member of the #1799 Moose Lodge and Brick Layers Union.

Stanley was preceded in death by a son, Sammy Charles Airington; two brothers, J.D. and Vernie Airington; and a sister, Addie Arteberry.

Survivors include his wife of the home; a son and daughter-in-law, Everett and Margie Airington of Norman; a daughter, Ada Airington of Desert Hot Springs, California; three grandchildren, Steve Airington, Brenda Powell and Trish Sheets; five great-grandchildren, Ryan Barnes, Britney Powell, Brianna Powell, Marin Sheets and Lochan Sheets; a sister, Lucille Pursley of Chickasha; sister-in-law, Hazel Airington of El Reno; and many nieces and nephews.

## Hazel Inez McFadden

Santa Clara, California, resident Hazel McFadden passed away March 18, 2008, after a brave battle with Alzheimer's. She was born January 19, 1930, in Francis, Oklahoma. She lived in Colorado Springs, Colorado, and Littleton, Colorado, before moving to Santa Clara in 1967.



Hazel had a successful career as a civil servant for the Air Force, rising to the position of contracting administrative officer while working at Lockheed in Sunnyvale, California, until her retirement in 1985. We were very proud of the fact that she graduated from San Jose State University during that time. After that, she traveled extensively with her husband both at home and abroad.

She had many fond memories of spending a lot of time with her grandchildren. For several years Hazel was a Rosarian for the Santa Clara County Rose Society. She was very proud of her Choctaw heritage.

She was preceded in death by her parents; a brother, Albert Harley; sister, Wanda, and her children's father, Billy.

Survivors include her loving husband of 33 years, Edward; her brother, Wayne; sisters Louise, LaVada, Dixie and Carol; sister-in-law, Barbara; four children, Gayla Craig, Allan Shockley, Kerry Shockley and Ann Riggi; a stepdaughter, Linda Smiley; seven grandchildren, Nathaniel Craig, Shawn and Sarena Riggi, Lesha Jett, Justin Shockley and Brett and Brooke Smiley; three great-granddaughters, Nichole, Mandi and Tori; and many nieces, nephews, grandnieces and grandnephews. She will be truly missed by all. She also touched the hearts of a lot of friends and neighbors.

## Jennie Pearl Frizzell

Jennie Pearl Frizzell, 82, of Howe passed away April 12, 2008, in Howe. She was born June 9, 1925, in Grubbs, Arkansas, to John and Ivy Oleen Smith Overman. She married William H. Frizzell on June 12, 1942.

Survivors include her husband of 65 years; four daughters, Evelyn Bothell of Port Townsend, Washington, Linda Stewart of San Diego, California, Cathie Frizzell of Arlington, Texas, and Janet Bosley of Howe; a son, William E. Frizzell of Niceville, Florida; seven grandchildren and eight great-grandchildren.

## Mitchell Francis Burch Sr.

Mitchell Francis Burch Sr., 58, of Welch, Oklahoma, passed away February 21, 2008, at Craig General Hospital, Vinita, after a sudden illness. He was born July 28, 1949, in Kansas City, Kansas, to John Burch and Violet Pritchard Burch.



He was a graduate of Parsons (Kansas) High School. He proudly served his country in the U.S. Army during the Vietnam War. On July 4, 1975, he married Jeanine Outain Burch in Rich Hill, Missouri. Mitchell was a truck driver for several years. He was also a talented craftsman, enjoyed woodworking and fishing.

Survivors include his wife of the home; three sons, Mitchell F. Burch Jr. of Liberal, Missouri, Jeremiah D. Burch of Welch and Timothy S. Burch of Welch; two daughters, Tiffany Burch of Norman and Patricia Burch of Welch; five grandchildren, Corban, Sebastian, Natasha, Catarina and Nathaniel. He had several brothers and sisters and other relatives along with many friends. He will be missed very much. Mitchell was a great husband and father and loved his grandchildren with all his heart. He was all of our best friend. No matter how bad he felt he always took the time to listen, advise and show his love.

## Charlotte B. Jones

Charlotte B. Jones, 71, of Talihina passed away February 6, 2008, in Fort Smith, Arkansas. She was born January 7, 1937, in Fort Worth, Texas, to Charlie Steel and Mildred Burnette Steel.

Charlotte was of the Pentecostal faith, a proud member of the Choctaw Nation, a member of the Silver Hair Legislation and a retired vocational surgical nurse. She was the primary owner and operator of "Angels and More Gift Shop" on Dallas Street in Talihina for more than five years. She sold her hand-crafted items at the Choctaw Labor Day Festival every year. She participated in Talihina Chamber of Commerce and Talihina Main Street functions, organized successful trips for senior citizens and loved her time at the Talihina Choctaw Community Center.

Survivors include her husband of 51 years, Joe Jones; three daughters, Charlene Haberzettle and Lori Jones of Willow Park, Texas, and Yulonda Kimbrell of Halton City, Texas; one son, Joe Jones of Louisville, Kentucky; six sisters, Barbara McGee, Sandra Steel, Margaret Vaughn and Theresa Steel of Talihina, Sheila Graber of White City, Oregon, and Mary Shelton of Mississippi; one brother, David Steel of Talihina; nine grandchildren and 12 great-grandchildren.

## Ozella Mae Ned Dayton

Ozella Mae Ned Dayton passed away April 7, 2008, in Coalgate, Oklahoma. She was born May 31, 1920, in Pirtle, Oklahoma.



She was preceded in death by her husband, Doyle Dayton, and her parents, Abe and Lena Bertha Carr Ned.

Survivors include her daughters, Hiwanah Davis and husband Frank of Surprise, Arizona, and Sylvia Hodges and Stanley of Coalgate; brother, John Dennis Ned of Fresno, California; sisters, Betty Perrier of Shawnee, Edith Mobbs of Atoka, and Nina Johnston of Coalgate; grandchildren, Jayson Tillery, Talina Anderson, Tristan Holloway, Allen Nichols, Robin and Jimmy Davis; 11 great-grandchildren; along with numerous nieces, nephews and other relatives and many friends.

## Darwin Melton Roebuck

Darwin Melton Roebuck, 68, of Bagwell, Texas, passed away January 9, 2008, at ETMC, Tyler, Texas. He was born August 24, 1939, in Gilmer, Texas, to Ola Bell Trotter Roebuck and Bennie Melton Roebuck.

Mr. Roebuck was a retired inspector for the Norris Cylinders Co. of Longview, Texas. Darwin was very proud of his Choctaw heritage. He honored truth, honesty and strong work ethics; above all, he was a good loving husband, a good father, and a great grandpa. He loved gardening and farming and to read the Bible every day. Family was important to him.

He loved life and he left too soon. Darwin was loved and will be greatly missed by all who knew him.

He was preceded in death by his loving wife, Hildegard Humberg Roebuck of Bagwell; his parents of Blossom, Texas; a son, Gary Don Roebuck and wife Tasha of Kilgore; a daughter, Sherry René Graham and husband Daryl of Kilgore; four grandchildren; three brothers, Jerry of Memphis, Tennessee, Duane of Blossom, Texas, and Lee of Burleson, Texas.

## Leonard C. Johnson

Leonard C. Johnson, 80, passed away April 15, 2008, in Tulsa. He was born October 23, 1927, in Summerfield to Ernest Johnson and Myra Coker Johnson. Leonard worked for Yeager Wholesale and Lake Shore Food.



He was preceded in death by his parents; two brothers, Carmel and Orval Johnson; and a sister, Wathina Newman.

Survivors include a son, Orville Wayne "Stub" Johnson and wife Michelle; daughter, Karol "Kasey" Rideout and husband Mark; and brother, J.D. Johnson.

## Danny Dean Billy

Danny Dean Billy, 45, passed away April 11, 2008, in Fort Towson. He was born February 23, 1963, in Talihina to Versa Billy.



Danny had resided in the Fort Towson area all of his life and was of the Methodist faith. He was a member of the National Rifle Association and the Handyman Club of America. His hobbies included fishing, hunting, collecting Indian artifacts, and coin collecting.

He was preceded in death by his stepfather, Ronald Crow; grandparents, Wesley Billy, Nellie Billy and Philliston Billy; uncles, Edwin Billy and Byington Billy; and an aunt, Delois Taylor.

Survivors include his dog and faithful companion, Buck; his mother, Versa Billy Crow of Sobol; brothers, Donald Billy, Ronald Crow and wife Leah of Sobol and Timmy Thomas of Rattan; sister, Alice Crow and husband Lyndon of Sobol; nephews, Elijah Crow, Paul Crow and Silas Crow; nieces, Amy Bean, Emily Crow, Melinda Crow, Stephanie Nicholson, Heather Billy, Bethany Batson and Brandi Billy; grandnieces and grandnephews, Logan Crow, Eli Crow, Allison Crow, Kayden Bean, Hannah Batson, Curtis Miles and Brianna Billy; as well as other relatives and friends.

# Events enjoyed at Choctaw Community Centers



Chief Gregory E. Pyle and Assistant Chief Gary Batton are presented with gifts of appreciation during a dinner at Spiro on April 3 from Councilpersons Delton Cox and Charlotte Jackson and the senior citizens of District 4.5, represented by Bill Coleman.



Practicing to sing Choctaw hymns are Victoria Baker Gonzalez and granddaughter Juanita Rose Gonzalez of Stigler.



Mary C. Kelly and Linda Maxwell are ready for some bar-b-cue.



The festive opening of the new Choctaw Center in Stigler was enjoyed by the community on April 3. At top, Assistant Chief Gary Batton, Marsha Barnes of The Cake Place, Councilperson Charlotte Jackson and Chief Greg Pyle. At left, Councilperson Jackson visits with friends Towanna Kerklin and Louise Lafave.



At left, District 5 Little Miss Brandy Sockeye helps give out door prizes, and at right, Ruth Cooper and Martha Kelly find a spot to enjoy the luncheon at Stigler.





Calendar of Events

Will preparation

Oklahoma Indian Legal Services Inc. (OILS) will be holding a FREE Wills Clinic 9 a.m. to 2 p.m. May 16 at the Choctaw Nation Community Center, 2408 E. Lincoln Road, Idabel. Call 800-658-1497 to register. Registration is limited so call as soon as possible. For information regarding other legal services, call 800-658-1497.

Gospel Singing

Annual Memorial Gospel Singing will be at 7 p.m. May 25 at the Mitchell Memorial UMC, 221 W. 7th, Ada. Emcee is the Rev. Mel Gaines. Concession sales start at 6 p.m.

Nail, Henington reunion

The late Dock Nail and Henington reunion will be May 29-31 and June 1 at Cardinal Point. Come and camp out with us or come and go as you please. Some of us will be out on May 27-28. Please come, we would love to see you there. For more information, call Lillie Henington at 918-429-3382 or Benjamin Henington at 918-470-5885 or 918-470-3997.

Yandell reunion

The Yandell family reunion will be June 6 and 7 at the Best Western Traders Inn in Poteau. We have a room for meeting and visiting on Friday night, June 6. On June 7, we will have a come-and-go visiting time at Bethel Baptist Church in Red Oak. No meal will be served. You may bring drinks and snacks for your family. Contact Carolyn Howell at 580-335-3452 for more information.

Gibson, Pope reunion

The Gibson, Pope family reunion will be June 21 at the Choctaw Community Center in McAlester, 1636 S. George Nigh Expwy. Doors will be open at 9:30. For more information contact Clara Blevins at 918-423-4766 or 918-424-0908.

Ritter reunion

Relatives of Issac “Ike” and Georgie Ritter, Frank and Tennie Ritter, Spears, McCoys and friends are invited to a reunion June 14 at Quarry Island, Wister Lake. Please bring a covered dish and something to drink or send any donation to help. For more information contact Imogene McCoy Odell, 507 Chickasaw St., Poteau, OK 74953, or 918-647-3791 or 918-647-7596.

Williams reunion

The family of the late Emma Jean and Dennis Williams Jr. would like to invite all relatives and friends to a 10th annual family reunion June 28 at the Stagren “W” Ranch, home of Nathan and Donna Williams of Idabel, one mile east of Road Runner off Hwy. 3 on Williams Way. Enjoy a day of fun, games and activities for all ages with cash prize drawings and good American Indian cuisine. There will also be live music by South Bound. For more information, call Nathan Williams or Bertha Bason at 214-748-6167 or Donna Williams at 580-286-5276.

Choctaws attend McAlester Appreciation Dinner



Chief Greg Pyle is all smiles with Ariana Byington at the Appreciation Dinner held April 8 in McAlester.



Councilman Bob Pate is pictured with District 11 royalty – Sr. Miss Tabitha July, Little Miss Adriana Byington and Jr. Miss Stephanie Beshears.



Walter Amos leads the flag salute.



Miss Choktaw Nation Kandace Folsom signs the Lord’s Prayer.



Eugene Sweet, Vivian Sweet, Charlene Samuels, Martha Gujda and Bruno Gujda.



Bill and Margaret Richardson are enjoying the festivities at McAlester’s Expo Center.



Chief Pyle says hello to Melvin Albertson of McAlester.

Traditional Bow Shoot

– Results –  
April 12, 2008

Tushka Homma, Oklahoma

**Men 20 & over** – 1st: Justin Jackson; 2nd: Leo Garvin; 3rd: Randall Wilson; 4th: Jake Houser; 5th: Alton Gurganus.

**Women 20 & over** – 1st: Brenda Wilson; 2nd: Sue Folsom; 3rd: Sarah Folsom; 4th: Beloved Sharp; 5th: Pam Waugh.

**Women 17-19** – 1st: Chelsea Upton.

**Youth 14-16** – 1st: Brandon Cook; 2nd: Joseph Folsom; 3rd: Thomas Coon; 4th: Malinda Steve.

**Youth 9-13** – 1st: Cainen Littrell; 2nd: Justin Marshall; 3rd: Jason Bugos; 4th: Morgan Steve; 5th: Dylan Anderson.

**Youth 6-8** – 1st: Blane Bonham; 2nd: Brennen Coon.

**Youth 5 & under** – 1st: Taloa Raven; 2nd: Haskell Wilson.

Com and join the fun at the next bow shoot on May 10 at the Choctaw Village at Tushka Homma.

Choctaw Nation Youth Fitness Camp 2008

Attention 7- to 12-year-old boys & girls!

Are you interested in having fun and learning how to have a healthy lifestyle to prevent diabetes? If so, the Choctaw Nation would like to invite you to participate in one of their free one-day wellness camps to be held on the Choctaw Nation Tribal Grounds at Tushka Homma.

– June 5th –  
McCurtain, Pushmataha, Choctaw & Bryan County youth

– June 6th –  
LeFlore, Latimer, Haskell, Pittsburg, Hughes, Coal & Atoka County youth

Children are to wear casual play clothes and appropriate shoes for indoor and outdoor activities.

– Schedule –  
Registration: 9 a.m.  
Welcome: 9:30 a.m.  
Morning Sessions: 10 a.m.-12 p.m.  
Lunch: 12 p.m.-12:45 p.m.  
Afternoon Sessions: 1 p.m.-2:30 p.m.  
Adjourn: 3:30 p.m.

Activities will include Health Promotion and Disease Prevention Education; 5 components of physical activity, and outdoor games. Camp participants must be 7 to 12 years of age, must live in the 10 1/2-county area of the Choctaw Nation and must fully complete the registration form along with parent or legal guardian signature.

For more information, contact Wellness Education 918-567-7000 or 800-349-7026, ext. 6044

Youth Fitness Camp 2008 Registration Form  
Deadline May 28, 2008

Name \_\_\_\_\_

Age \_\_\_\_\_ Sex: M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_

City/County/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Birth date \_\_\_\_\_

Tribe(s) \_\_\_\_\_

**Authorization for emergency care to minor**  
We the undersigned parent(s) or legal guardian of the minor listed above, do hereby authorize any emergency care required by the minor while attending the wellness camp. This includes general first aid care or transport to medical facility if required. The undersigned further agrees that Choctaw Nation will not be held liable for injuries sustained while at the camp.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

Allergies or medical problems of minor: \_\_\_\_\_

**Permission Form:**  
Must be signed by parent or legal guardian. I hereby release the Choctaw Nation, their agents, employees, and representatives from any damages or liabilities brought in litigation by other persons or parties on behalf of participants, including, but not limited to, liability or illness, injury or accident lost, stolen or damaged property, or other risks that are not specifically foreseeable which may occur during my child’s participation in the Choctaw Youth Fitness Camp. I also give my permission for any photos taken at the camp of my child to use for Bishinik or other Choctaw Nation newsletter articles or physical activity promotion materials.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

My child will need transportation> Yes \_\_\_\_\_ No \_\_\_\_\_

Mail registration and permission form to:  
**Choctaw Nation Wellness Ed./REACH US**  
**One Choctaw Way, Talihina, OK 74571**

Helping Miss Annie’s brother



Stigler’s Choctaw Nation Head Start staff, students and parents are seeing to it that Miss Annie’s box is filled. Teacher Assistant Annie Dixon is sending the box to her brother, Sgt. Terry Wise, who is in Iraq. By the time the box is mailed it will be full of snacks and miscellaneous items – a care package from everyone back home who is missing him.

The Choctaw Nation also sends care packages to our troops overseas. If you have a family member or acquaintance in active duty, please send the name and address to our Veterans Advocacy Department, Attn: Brent Oakes, P.O. Box 1210, Durant, OK 74702 or e-mail boakes@choctawnation.com.

In photo at left, Head Start students Lacy Bumpers, Joy Rhoades and Jagger Mantooh help Miss Annie place items in Sgt. Wise’s care package.