

## Council continues Head Starts

In Regular Session July 8th, the Choctaw Council approved re-contracting the Choctaw Nation Head Start Program. The tribe currently has centers in 14 locations, Antlers, Atoka, Bennington, Bethel, Broken Bow, Coalgate, Durant, Hugo, Idabel, McAlester, Poteau, Stigler, Wilburton and Wright City. A proposal for continuation of Head Start is submitted to the Council for approval each year.

Council members also voted their approval to apply for several federal grants, in the areas of job training, health services and tribal management.

The Heavener Travel Plaza will benefit from a contract approved by the Council to connect the business to the city sewer system.

Hay baling agreements were given in Choctaw, LeFlore and Bryan counties.

## Tribal Membership Department at festival

Staff members of the Choctaw Nation Tribal Membership Department will be on hand throughout the Labor Day Festival, September 1-4. They will be set up to take photographs for the Choctaw photo ID cards, but the cards will not be printed there.

In order to release your Choctaw photo ID card, they must know that a copy of a person's state full-form birth certificate is on file in the office.

If anyone had their picture made last year and hasn't received a card, it is because a copy of the full-form birth certificate is not on file.

Please bring a copy of your state birth certificate with you and a card will gladly be sent to you. If applying for a new baby or a duplicate CDIB card, please bring all copies of the state birth or death certificates in your lineage so they can be sure to have all the documents in your records.

Have a safe and wonderful trip to the festival. Looking forward to seeing you there.

## Photos needed of early Choctaw schools

The BISHINIK department is looking for copies of pictures of any of the Choctaw schools that were built in the 10 1/2 counties during the 1800s or very early 1900s.

Many of our tribal members would love to see where their parents, grandparents or great-grandparents went to school.

Please share your memories with us.

Contact Brenda Wilson, Technical Assistant, BISHINIK, P.O. Drawer 1210, Durant, OK 74702; blwilson@choctawnation.com; 1-800-522-6170, ext. 2138.

# Pageant to open Choctaw Festival Thursday night

The Choctaw Festival held each year during the Labor Day weekend opens one day earlier than usual this summer! The Princess Pageant will be held Thursday evening to kick off the festival with a true gala event. Young ladies competing for the titles of Miss Choctaw Nation, Jr. Miss Choctaw Nation and Little Miss Choctaw Nation will cross the amphitheater stage in handmade traditional clothing as they vie to win the judges' approval.

Eligibility for the Princess Pageant at Tushka Homma is determined by previous selections at the district level. Each of the 12 Council districts hold area pageants

where girls are crowned in the three divisions of Sr., Jr. and Little Miss.

While the youngest competitors are judged solely on dress and interview, Miss Choctaw Nation and Jr. Miss will each have to perform a talent in addition to visiting with the judges and wearing their Choctaw dress.

The pageant is one of the most-loved features of the festival, showcasing culture, beauty and personality. Open to the public, this year's pageant will be at the amphitheater on Thursday evening, August 31, at 7 p.m. Ladies winning the top spots will represent the tribe at various events throughout the year.



Young men gather at Silo for the annual Choctaw Nation Baseball Camp.

## Summer programs benefit youth

What better way to spend the summer than by polishing life skills? The Choctaw Nation offers several summer programs for youth of all ages, from basketball camps to cultural enrichment to work programs.

Throughout the months of June, July and August, young athletes have been able to work at improving their abilities in a variety of different sports.

Basketball camps were held in all 12 districts this year. Coaches are able to start early teaching basic techniques and shooting skills so that the players can be better equipped for the high school and collegiate levels.

A football camp held in McAlester featuring former OU quarterback Josh Heupel was host to many young men as they participated in drills taught and supervised by Day of Champions football staff. Campers received instruction in offense, defense and strength and conditioning.

Silo Baseball Coach Billy Jack Bowen once again instructed the Choctaw Nation Baseball Camps. He and his coaching staff focus on self-discipline, basic skills and



A day of hoops at Jones Academy.

sportsmanship.

Softball girls also showed just how much talent they have and how competitive they can be in the three camps held for them in Wilburton, Durant and Broken Bow.

Another popular sports camp is held at Nashoba Golf Course where beginner, intermediate and advanced golfers learn what it takes to compete.

On the cultural side, this is the first year that a camp was held to learn all about how our ancestors lived. Everyone experienced the culture, history, stories, games and

songs and participated in many hands-on activities.

As a further lesson in preparing for adulthood, the Choctaw Nation offers a summer program to prepare youth for entry into the labor force and to provide job training.

This year, the tribe provided jobs for 1,250 young people from the age of 14 through 21. They filled a wide scope of positions in offices, day cares, maintenance and with many workforce partners throughout the 10 1/2 counties.

■ More photos on Page 7

## An ounce of prevention ...

Like the old saying goes, "An ounce of prevention is worth a pound of cure." That is a major message you will receive if you visit the Healthy Living tent this year at the annual Labor Day festival.

The burden of diabetes, heart disease, cancer and obesity is growing at an alarming rate and it is not limited to places outside the Choctaw Nation. In the year 2005, 72.1 percent of those who received services from Choctaw Nation health facilities were overweight or obese, 11.4 percent had a diagnosis of Type 2 diabetes, 28.4 percent had a diagnosis of heart disease, and 7.3 percent had a diagnosis of some type of cancer.

The concern is that each of these rates has risen every year since 2002. The good news is that these diseases are very preventable! If we are going to win the fight against these diseases we are going to have to have help from everyone.

We will be giving out information on these and other diseases and conditions as well as providing cholesterol and asthma screening under the tent, so please come by the Healthy Living tent and arm yourself with information you need to fight these deadly diseases. Tent hours for this year are Friday 12 noon to 4 p.m.; Saturday 8 a.m. to 8 p.m.; Sunday 1 to 5 p.m.

As an added bonus, if you visit the tent, are 18 or older, and receive information from the required number of booths, you are eligible to be entered into a drawing for a new Kawasaki MULE utility vehicle. Bring children to visit the pediatric booths and they will be entered to win one of four bicycles or a radio flyer wagon. Please join us for a weekend of fun and help us to continue to make the Choctaw Nation a healthy nation.



## Judge Juanita Jefferson lays down her gavel

Tribal Judge Juanita Jefferson has retired after almost 23 years of service in the judicial system. Mrs. Jefferson took the oath of office November of 1983 to support, obey and defend the Constitution of the Choctaw Nation of Oklahoma.

"The effort toward the preservation of the heritage and tradition of the Choctaw Nation will always be one of my life's treasures," she said.

A retirement party was held for Mrs. Jefferson on June 21, which was also her 80th birthday. Chief Gregory E. Pyle and Tribal Council members were among those coming to wish her a blessed retirement and happy birthday.

"It has been a great honor to serve the Choctaw Nation of Oklahoma as one of the tribal judges, and particularly being the first woman judge," said Mrs. Jefferson.

Chief Pyle thanked Mrs. Jefferson for her many years of dedication and service. He held up a copy of a book, "Chahta! Remembering Our Roots," that she recently published that contains history of the tribe. He also voiced his appreciation that she has decided to remain an active member of the Hospital Board.

Surrounded by family and friends at the party in her honor, Mrs. Jefferson spoke of her love for the Choctaw Nation. Her retirement announcement ended with the comment, "May the Choctaw people continue to enjoy its brilliant future."



Summer youth gather early in the morning for a break from their jobs throughout the Choctaw Nation. The groups were bused to Six Flags for a day of fun.

## NOTES TO THE NATION

## Looking for Hampton Campala family

Dear Editor,

I am interested in finding and contacting anyone, either friends or family, of the Hampton Campala family. Christy J. Jones, P.O. Box 1975, Idaho Springs CO 80452 or call 303-567-4211. Thank you.

## Proud to be a part of the tribe

Dear Chief Pyle and the Choctaw Nation of Oklahoma,

I would like to extend my greatest appreciation for the Choctaw Nation scholarship money that provided my education at the University of Central Oklahoma. I am pleased to announce that in May, I graduated Magna Cum Laude with a degree in education. I'm looking forward to my first year of teaching, and having my own classroom. I know the Choctaw Nation values education and I will carry those values with me to instill into the lives of students for years to come. Your support over the last four years has been exceptionally helpful and beneficial to not only me, but also my family. With that, please let me extend their gratitude as well. I am very proud to be part of a tribe that has a commitment to higher education.

Kelli J. Packnett  
Edmond, Oklahoma

## Hampton commended for excellent work

Dear Choctaw Nation,

I want to take the time to commend Brenda Hampton for the excellent work she does for the Choctaw Nation. I was honored to attend a genealogy workshop given by Mrs. Hampton and Robbie Todd on behalf of TALX Corp., and the information we gathered was very useful and informative.

The knowledge that Mrs. Hampton is able to share with the public is priceless, and it is evident that she is dedicated to educating not only the general public about tribal enrollment, but also about the history and future of the Choctaw Nation of Oklahoma. Thank you.

Amy D. Henderson  
Indian Employment Credit Genealogist

## Searching for Blackwell descendants

Dear Editor,

I am the granddaughter of Joseph M. Blackwell searching for any of his descendants. He was the son of John Blackwell and Nancy J. McCarroll and brother or relative of Ottus, Abe, Berney, Lilly, Stilla, and Leona Blackwell, Oda D. Blackwell, wife Ollie Foley, John Blackwell, wife Sarah Dean, Bertha (Bertie) Blackwell, husband last name of Morgan. Joseph Blackwell died on July 15, 1911, in Millerton, Oklahoma. He was the husband of Mary Elizabeth McKinney and they had one daughter, Nora Pearl Blackwell. They were residents of Lynn, Arkansas, in 1900. Joseph (Joe) worked as a teamster in 1911 near Wheelock and is buried in Wheelock Cemetery (near Millerton, Oklahoma) along with his wife that died in April of 1911. My mother, Nora Pearl Blackwell, stayed with J.B. Miller after the death of her father in July of 1911. She was 11 years old at the time and lost track of her father's family. My mother said she was more Indian than anything else and was not sure if she was sick and also took care of her. She was baptized in the creek near the church at Wheelock. I have a postcard stating that the family owned a sawmill in Cargil, Arkansas. I also have pictures of the sawmill. Any help that you would be able to give me would be greatly appreciated. Nora P. McCann, 318 Diamond Oaks Road, Roseville, CA 95678 or email me at nora@quicknet.com. Thank you.

## Placing priority on education

Dear Mr. Anthony Dillard,

The students and faculty of Atoka Elementary would like to say a great big Thank You for coordinating the Native American station for the "History Alive" day celebration! Thanks to businesses and organizations such as yours, it was a huge success.

Your contribution is appreciated not only in meeting a need, but also in expressing to our students that you believe they are of value. Such acts of kindness and consideration model the life principles of generosity and giving that will affect a child for years to come.

We wish to express our sincere gratitude for your assistance in placing priority on the education of our youth, particularly in the area of reading. Through your giving, you have made an investment into the lives of the students of this community. Thank you for your part in making history truly come alive for Atoka Elementary students! Together we all make a difference.

Becky Richards, Librarian

## A big thank you

Dear Choctaw Nation,

Several months ago my granddaughter, Mahali Watson, now 3 years old, was diagnosed with cancer on both kidneys and they had to be removed. At the present, she is taking dialysis four times a week at the Oklahoma City Children's Hospital, awaiting a possible transplant in the very near future. Also, I had a stroke in September 2005 and had a setback concerning my working career.

I truly appreciated the help during this time of crisis and special thanks to the office of Charlene Grunstad, Councilman Mike Amos, Vickie Amos, and Mr. Paul Roberts for their help.

Randall Watson family of Broken Bow

<p><i>Gregory E. Pyle</i> Chief</p>	<p><b>The Official Monthly Publication of the Choctaw Nation of Oklahoma</b></p> <p><b>Judy Allen, Editor</b> <b>Lisa Reed, Assistant Editor</b> <b>Vonna Shults, Webmaster</b> <b>Brenda Wilson, Technical Assistant</b> <b>Melissa Stevens, Circulation Manager</b> <b>Janine Dills, Administrative Assistant</b></p> <p><b>P.O. Drawer 1210</b> <b>Durant, OK 74702</b> <b>(580) 924-8280 • (800) 522-6170</b> <b>Fax (580) 924-4148</b> <b>www.choctawnation.com</b> <b>e-mail: bishinik@choctawnation.com</b></p>	<p><i>Mike Bailey</i> Assistant Chief</p>
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The BISHINIK is printed each month as a service to Tribal Members. The BISHINIK reserves the right to edit submitted material which it finds inaccurate, profane, offensive or morally unacceptable. Copy may be edited for proper grammar and punctuation. Copy will be accepted in any readable form, but where possible, it is requested that material be typewritten and double spaced. You must include an address or phone number where you may be reached.

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

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BISHINIK® 2006



son and Kallie are the daughters of Allen and Karla Chapman of Coalgate.

## Special thanks

Dear Choctaw Nation,

Alyson Chapman would like to thank the Choctaw Nation and District 12 Councilman James Frazier for supporting her 4-H sheep project and the Coal County Junior Livestock Show Premium Sale. Kallie Chapman would like to say a special thanks to all the ladies at the Choctaw Day Care Center in Coalgate for taking such good care of her this past year. Aly-

## Researching heritage

Dear Editor,

I am looking for any information I can get pertaining to my great-great-grandfather and great-great-grandmother, Rube (Ruben) and Hortissia (Hortensia) Anderson. They were either Choctaw or Chickasaw. According to the census in 1896 they were both deceased. Rube (Ruben) Anderson was residing in Gaines County at the time of his death. Hortissia (Hortensia) was residing in Wade County at the time of her death. They had a daughter, Easter Lewis, full-blood Choctaw. She passed away in 1949. She was my great-grandmother. If anyone has any information, please contact me at P.O. Box 467, Muskogee, OK 74402 or e-mail me at midnite\_granny@yahoo.com. Thank you.

Rose Carney

## Pankowski grateful for experience

Dear Chief Pyle,

I would like to express my thanks for the generous support of you and the Choctaw Nation. Your sponsorship helped me to compete and attend the Miss Teenage California Scholarship Pageant in April 2006 in Los Angeles. I had a wonderful experience and learned a great deal. Although I was not a top ten contender, this opportunity made it possible for me to meet many wonderful people, and inspired me to continue my efforts towards my educational goals. When I returned home, I learned that I had been accepted to the Corning Police Department's Police Cadet program, which is a huge honor, and another step towards obtaining my goals. At 15 years old, I have a long way to go, but I am certain, with the support of my family and the Choctaw Nation, I will be able to obtain these goals and represent my family and my heritage with dignity, pride and honor.



Tara Marie Pankowski  
Miss Teen Tehama County  
Corning, California

## Researching heritage

Dear Editor,

My brothers and I have been trying for quite a while to learn more about our ancestors. My father didn't say much about his parents. He believed he was born on August 31, 1930, was given the name of Solomon D. Henry, and that he was full-blooded Choctaw. He did know that he was born out of wedlock, possibly in McAlester, and then sent to an orphanage. He did mention a man with surname of Jack of Broken Bow, once. One time I stayed with my Aunt Elvey Monk (unsure of spelling) which I am not certain if she really was my aunt. What I do remember about her is that she had about four daughters and made great Indian bread and beans. If anyone knows anything about my father or his relatives, I would definitely like to hear about them. I am not sure how to continue in my search, since I have so little to go on.

John (Gable) Paul Henry  
P.O. Box 2200, El Cajon, CA 92021  
Ph: 619-258-8538 or e-mail jandjh2@juno.com

## First Miss Indian Territory in Atoka

Dear Editor,

My great-aunt, whose name was Earl Smiser (married Bryant) was the first Miss Indian Territory (Choctaw) in Atoka, Oklahoma, and I have been trying to find out where the clothes might be that she wore in the ceremony. I have her picture and she is just beautiful. I am sure they are in a museum somewhere here in Oklahoma but have not been successful in finding them. Aunt Earl taught piano and voice for many, many years to people in Atoka. Also, my great-grandmother "Granny" Norma Smiser was the editor on the Indian Citizen here in Atoka for quite some time, along with Bopma, my great-grandfather. If anyone has any information I would greatly appreciate hearing from you as I would love to have anything I could get regarding the Smiser family that I am part of. You can contact me at c.shaver@sbcglobal.net or call 918-481-5236.

Rita Brown Shaver

## Does anyone remember this story?

Dear Editor,

Please help if anyone remembers a story Myrtle Henson's step-brother, Luther Singletary, told me:

Grandma told me that Grandpa had gone to the grocery store, heard some gossip that an Indian man had a baby he didn't want since his wife had died. Grandpa went home, talked to Grandma, and they loaded up the wagon and went down on Red River to get the baby.

Myrtle Mae Henson, October 31, 1906, Colbert, Oklahoma. Mother died giving birth. There is also a story that she was taken to visit relatives in Tyler, Texas, when she was 5 years old. I was told before that her father had died shortly after her birth; now I found out it is not true. I was always told Myrtle was born to Choctaw parents and adopted by the Singletary who were Cherokee. Thank you.

Ken Gaston  
2514 Sweeney Ln., Austin, TX 78723  
kennydiamond@juno.com

## CARES Project Labor Day

## CARES CAMPGROUND

The Choctaw Nation CARES Project would like to invite you to their CARES CAMPGROUND at the annual Labor Day Festival on Saturday, September 2, from 9-11 and from 1-3. The CARES CAMPGROUND will have a camping theme in which children and their families can enjoy different fun activities that will focus on self-esteem building, team building, drug/alcohol prevention and Native American culture. You can find the CARES CAMPGROUND at the playground on the capitol grounds. It is free to the public.

## Thank you ... Thank you ... Thank you

Dear Choctaw Nation,

It was awesome to see the wonderful people that came to help celebrate my Retirement-Birthday Party at Talihina Choctaw Community Center on June 21. It was an honor to serve as Choctaw Nation Tribal Judge. It was an humbling experience and I served with loyalty not only to our Nation but I felt that I represented the Choctaw people.

I received many flowers, both bouquets and plants, and unique gifts that were selected with care. They are a treasure and are displayed throughout the house.

I am sorry that I have not been able to send a THANK YOU card for this embarrassing reason – the name tags were separated from the gifts and I don't have a clue as to who remembered me so graciously and generously on some of the flowers and gifts. Please accept my humble apology for not acknowledging your gifts.

I don't have a "green thumb" but I've been trying for months to start a collection of house plants. Now I have many. The petals from the bouquets were carefully plucked by my granddaughters and placed on their mother's grave, bringing some comfort because they knew she would be there.

Some of the gifts that I have not acknowledged are pictures of Indian art, floppy hat, Pendleton blanket, PJs, key chain.

Priceless were the words of praise from our leaders and singing of a birthday song in Choctaw by the Joyful Singers.

To the Choctaw Nation, thank you for a wonderful Farewell Party! I do not wish to say goodbye to the many friends, but it was an opportunity to add more unforgettable memories we made through the years.

I am truly blessed. Thanks to all!

Juanita Jefferson, Ret. Choctaw Nation Judge

## Searching for relatives

Dear Editor,

I am searching for Overstreet, Moran and Moseley relatives. Father is Vester Frazier and mother is Dolly May Moseley. Grandparents are William Newton and Addie A. Moran. Have no records back to Thomas Sr. in 1710. I need his wife, Agnes, surname and any information anyone has.

Dalton C. Overstreet  
1900 W. Relation St., Safford, AZ 85546  
okiestreet@gilavalley.com

## Outstanding example of leadership

Dear Chief Pyle,

I would like to express my grateful thanks to you, Chief Pyle, for expounding on the responsibilities on leadership. Our theme for the meeting of Goodland Alumni Association of 2006 was "Leadership." Your remarks were enlightening and uplifting to everyone. We enjoyed your speech as our principal speaker. We were delighted to have your lovely wife, Pat, who accompanied you, and your staff member, Vonna Shults.

Our thanks to Mr. David Deringer, Director of Goodland Academy, who allowed us to continue meeting on the campus. He, too, updated his goals and progress.

Both of you presenters are an outstanding example of leadership. I would like to thank the Alumni, former students, and friends who were present to complete the success of our meeting.

H.J. Willis, President, Goodland Alumni Association



## Horse and hay barn completed

For a group of men who had little or no experience in the construction field, the task of completing a horse and hay barn was completed in the shortest amount of time possible. The barn, located near the old Talihina hospital, took an enormous amount of teamwork, initiative, pride, flexibility and quality workmanship. Genuine and sincere gratitude from the group goes out to Mr. Dave Davis for taking care of them at lunchtime by providing extremely delicious meals.

Further rewarding was the fact that, there to visit the construction site, Chief Pyle and Assistant Chief Bailey expressed their appreciation of the work. Representing Choctaw Manufacturing Development Corporation are the men of the Hugo crew, Carliss A. Oakes Jr., Darrell Pistabee, David Thompson, Dicky Langston, Jermaine Williams, Dorsey Myers and Josh Hammons.

## Notice of intent to pool

Notice is hereby given to: Wesley Ott, Johnnie Ott, Ola Ott Potts and Emaline Ott Huff, if living and if deceased, the known and unknown heirs, representatives, successor and assigns, immediate and remote of said persons.

Take notice that Newfield Exploration Mid-Continent Inc. is requesting that the Corporation Commission enter an Order pooling and adjudicating the rights and equities of the above named owners in Lot 1 and Lot 2 and the NE NW of Section 30, Township 2 North, Range 11E, Coal County, Oklahoma.

Take further notice that Newfield Exploration Mid-Continent Inc believes that the above named persons were heirs of Green Ott, a full-blood Choctaw. It is further believed that the above named persons or their estates or heirs own a mineral interest in the above described property as follows:

Wesley Ott: 1/14 interest or 7.67429 net mineral acres  
Johnnie Ott: 2/21 interest or 10.23238 net mineral acres  
Emmaline Ott Huff: 2/21 interest or 10.23238 net mineral acres  
Ola Ott Potts: 1/42 interest or 2.55810 net mineral acres

Newfield Exploration Mid-Continent Inc. has with due diligence attempted to locate the above named persons, their heirs or assigns, but has been unable to locate the same.

Any interested party may contact Newfield Exploration Mid-Continent Inc. at 100 West 7th St., Suite 1300, Tulsa, OK 74119 or call Greg Boggs at 918-582-2690 or 806-891-1976.

D. Clay Mowdy, OBA #10912  
Mowdy & Youngblood  
P.O. Box 33, Coalgate, OK 74538  
580-927-2314 telephone; 580-927-2315 fax  
Attorneys for applicant

**CHOCTAW NATION LABOR DAY FESTIVAL  
HORSESHOE TOURNAMENT**  
Mens & Womens – Singles & Doubles  
Youth Singles  
Saturday, Spetember 2, at Tushka Homma  
For more information call Nika at 580-931-3100

From desk of Chief Gregory E. Pyle ...

## Choctaw Nation offers the best rural health care in America



Chief Gregory E. Pyle

### CHOCTAW NATION GED CLASSES

– Choctaw County –  
Beginning July 17, 2006

Mondays and Wednesdays from 1:30 p.m. to 4:30 p.m.  
Choctaw Nation Community Center, Hugo

– Latimer County –  
Beginning July 17, 2006

Mondays and Wednesdays from 1 p.m. to 4 p.m.  
Choctaw Nation Community Center, Wilburton

– McCurtain County –  
Beginning July 18, 2006

Tuesdays and Thursdays from 1 p.m. to 4 p.m.  
Choctaw Nation Family Investment Center, Broken Bow

– North LeFlore County –  
Beginning July 18, 2006

Tuesdays and Thursdays from 1 p.m. to 4 p.m.  
Choctaw Nation Family Investment Center, Poteau

The class will meet two days each week for approximately three months. Books, supplies and testing fees are provided. In addition, a \$10 (per day) transportation stipend is paid to those who attend classes on a regular basis and attempt the GED test. If you have turned in an application with our Adult Education Program for GED classes and wish to attend the upcoming class, please contact our office. If you have not applied and wish to attend these or future classes, please contact Linda Tyler or Kathy Springfield at the Durant office, 800-522-6170 or 580-924-8280, ext. 2319. Also, you may register at the first class. A Certificate of Degree of Indian Blood (CDIB) is required.

Increasing needs of tribal members has prompted the Choctaw Nation to grow the health care opportunities offered to individuals. Comprehensive health care for Indian people has expanded in recent years to include more than just a hospital and clinics. The Diabetes Center in Talihiina offers clinical care as well as an exercise center and education in lifestyle changes in the way people cook and eat.

Youth activity camps have been held all summer in the Choctaw Nation. Young people who are Native American can learn skills for basketball, football, softball and baseball. In addition to sports camps promoting physical activity, wellness camps are held which have a goal of providing health education for the prevention of heart disease and diabetes, which are the two leading causes of death in Native Americans. Tribal health care specialists also provide education to schools in the tribal boundaries, presenting enjoyable programs on the learning level of students to show them fun ways to exercise, good treats to fix and eat, and how to recognize signs of diabetes.

To help counteract some of the choices in life that can contribute to obesity and high blood sugars, the Choctaw Nation has sponsored exercise classes, constructed a workout center, placed exercise equipment in all of the tribal community centers, and even installed playground gear at some tribal facilities to encourage children to get physical activity rather than spend sedentary hours in front of the tele-

vision or computer. These are all ways the tribe is working to combat diseases that affect tribal members – especially the three top problems of heart, diabetes and cancer. This battle plan includes intervention and reduction of complications.

Improved and expanded facilities continue to be an important aspect in the mission to better the health of Choctaw people as well as make care more accessible. In addition to the new clinics that have opened in Stigler and Idabel in the past couple of years, McAlester is in the process of building a clinic that will more than double the number of health providers there.

Atoka is getting a clinic and Poteau is being expanded to add a pharmacy refill center, another provider, and pediatric services bringing us to a total of five providers. A new clinic being built in Broken Bow near the Family Investment Center will be a same-day appointment facility.

In keeping with the mission for wide-ranging health care, more counselors are being added to assist with Behavioral Health Services and equine therapy and a ropes course is being offered. Next year we hope to have a cardiologist on board at the Talihiina hospital. The Tribal Council has approved to put in \$3.5 million to help provide specialty services through contract health. The Choctaw Nation really does offer the best rural health care in America.

From the desk of Assistant Chief Mike Bailey ...

## Choctaw festival showcases heritage

The annual festival event hosted by the Choctaw Nation of Oklahoma at the Tribal Capitol in Tushka Homma will be held Thursday, August 31, through Monday, September 4. There is no admission charge to the festival and all events are open to the public. The Princess Pageant kicks off the weekend at 7 p.m. on Thursday and festival events continue through Monday afternoon.

Great concert entertainment begins Friday at 6 p.m. with Craig Morgan, followed by Chris Cagle and Charley Pride. Saturday concerts also begin at 6 p.m., featuring the Nashville Star Tour '06, Miranda Lambert and Clint Black. Sunday's gospel singing begins at 1 p.m. and is highlighted with Mercy Me at 8 p.m.

The Labor Day weekend events include tournaments in fast-pitch softball, basketball, volleyball, horseshoes, dominoes and checkers, a 5k Fun Run, Pow Wow, free carnival, terrapin race, magician, racing pigs, rock climbing, bow shoot, and a "living village" to experience what life was once like for tribal people.

Demonstrations at the village include stickball making, bow making, basketry, silversmithing, and cooking. This is a unique experience for the family, and I recommend that everyone attend at least one of the storytelling sessions by Tim Tingle.

The village is an opportunity to see clothing and tools that resemble those used by our ancestors after removal along the Trail of Tears.



Assistant Chief Mike Bailey

This is your chance to see a kiti (mortar and pestle) used to prepare corn for cooking. If you arrive in the village during a cooking session, you may even get to sample some traditional food.

I encourage everyone to attend this year's Labor Day Festival and experience our culture through the village, the dance exhibitions and stickball games. The concerts and carnival are wonderful, but a chance to learn about Choctaw heritage is exceptional.

## From the war zone ...

By SSG Stan Hampton Sr.

Hello. Allow me to introduce myself.

I am a 52-year-old full-blood Choctaw, a divorced father of three children and grandfather to three wonderful grandchildren – two boys and a girl. I never suspected before my grandchildren were born, but being a grandfather is great.

I am a member of the Nevada Army National Guard and hold the rank of Staff Sergeant. I am temporarily assigned to A Company, 1-121st Field Artillery Battalion (SECFOR) (Wisconsin ARNG).

My real home (said with pride) is Delta Troop, 1st Squadron 221st Cavalry, based in Las Vegas, Nevada. In the early 1990s, 1-221 Cavalry was assigned to the 11th Armored Cavalry Regiment, "Blackhorse Regiment," as their "round-out" unit. Due to 1-221 Cavalry's demonstrated technical and operational skills, the 11th ACR asked for them as the regimental round-out unit.

In the summer of 2004 I discovered I was eligible to join the Nevada ARNG, so I bicycled six to ten miles a day until September when I passed the entrance physical. I enlisted in October and in November I was mobilized for active duty at the National Training Center, Fort Ir-

*Michael Davis Jr.*

Sergeant Michael Davis Jr. of Las Vegas recently completed deployment training in Mississippi and is serving in Kuwait/Iraq. SGT Davis, a long-time member of 1-221 Cavalry, Nevada Army National Guard, and home-based in Las Vegas, is currently attached to Wisconsin's A Company, 1-121 Field Artillery Battalion (SECFOR) (WI ARNG). His parents, Michael Sr. and Bajema Davis live in Las Vegas.

*Stanley S. Hampton Sr.*

Staff Sergeant Stan Hampton Sr. of Las Vegas recently completed deployment training in Mississippi and is serving in Kuwait/Iraq. SSG Hampton Sr., a member of 1-221 Cavalry, Nevada Army National Guard and home-based in Las Vegas, is currently attached to Wisconsin's A Company, 1-121 Field Artillery Battalion (SECFOR) (WI ARNG). His parents, Robert and Wauhilla Griffin, live in Yukon, Oklahoma.

win, California. I was supposed to be in Human Resources but I worked as a Troop Clerk, which was fine with me.

By then, 1-221 Cavalry had assumed the 11th ACR training role so the regiment could deploy to Iraq. I spent November 2004 through April 2006 on active duty at Fort Irwin; in the spring of 2006 I volunteered for overseas deployment with an eastern ARNG unit.

In May 2006, as 1-221 Cavalry returned to Las Vegas, I joined some 100+ cavalymen reporting to Camp Shelby, Mississippi, for mobilization training.

By the time you read this, our

training will have ended in late June and we went on a brief leave. (Just in case, I'll be visiting family around the country – my 70-year-old mother who lives in Yukon, Oklahoma, was less than happy to learn I volunteered.) And we will have already left for Kuwait.

Once we arrive overseas, our mission will be to escort supply convoys from Kuwait through-out Iraq.

Thus, during the coming year I hope to share with you some of our experiences as Native and non-Native soldiers, as American soldiers, stationed in a war zone. Take care.



## Walk a new road

I am thankful for the privilege of sharing with you something from God's Word each month. May God bless you in a very special way is my prayer.

The Gospel is the Good News of Salvation that can take you out of darkness and bring you into His marvelous Light. (Acts 26:18; 1 Peter 2:9).

Our message today begins with this question. Do you want to be made whole?

Jesus can make people whole. Jesus made the blind to see, the deaf to hear, the lame to walk. He fed 5,000 people with five loaves and two fishes. He spoke with authority and He spoke with simplicity. He never said, "I think," or "I hope," or "I suppose." He always said, "I know!"

When Jesus was in Jerusalem for a feast of the Jews, He went to a pool called Bethesda. We read in the Gospel of John 5:4 that at a certain time an Angel went down and troubled the water, and then whoever was the first to step into the water was healed. People came to this pool from all around because they thought it was magical water. Jesus saw the misery of the people by the pool.

In John 5:3 we read, "In these lay a great multitude of impotent folk, of blind, halt, withered, waiting for the moving of the water." The spiritually impotent were at the pool. They had the Law, but they did not have the power to obey the Law. They had the ten commandments but they couldn't keep them. They had no power. The blind were there, people who couldn't see, but there are a lot of people who are spiritually blind, too. A person can have a 20-20 vision but be spiritually blind.

We read in 1 Corinthians 2:14, "But the natural man receiveth not the things of the Spirit of God for they are foolishness unto him: neither can he know them, because they are spiritually discerned."

And we read in John 5:3, the "halt" were there. These were the lame people. We can be spiritually lame if our conscious is dead. And what a terrible thing it is to have a dead and seared conscious.

The Bible again tells us, the "withered" were there, those who were shriveled and paralyzed. And our wills can become paralyzed by sin – materialism

and worldliness, lust, greed, the love of money can take the place of God in our lives and paralyze our will to obey God.

Maybe you really want to serve God but you don't have the power to do it. You want to take a stand for Jesus, you want to live for Christ but you cannot do it. Your will is paralyzed. That's the reason you need to come like a little child and say, "Lord Jesus, come in to my heart."

Now, a certain man had an infirmity for 38 years and he wanted to be healed. He had lain by the pool of Bethesda for a long time trying to be the first to get into the water and every time he failed. He had no one to help him into the pool. And other people got into the pool before he could. What a pitiful person he must have been.

Jesus went to him and asked, "Do you want to be made whole? Do you want to be healed?" and the man answered, "Sir, I have no man when the water is troubled to put me into the pool."

The man was saying, "Yes, I want to be whole but there is none to help me." And that's what we have to do. We have to say, "Yes, I want to be whole" and not love my sins and love the things of this world so that I don't really want to be rid of them. We must want Jesus Christ to come and change our lives. Notice what happened.

First, Jesus said, "Rise!" The man had tried to do that many times on his own and failed. He knew he couldn't do it. But by faith in the word of the Lord Jesus Christ he stood up.

By faith we too can be made whole. We can know our sins are forgiven. By faith we can know that we are going to heaven. "But as many as received him, to them gave he power to become the sons of God, even to them that believe on his name." (John 1:12).

The Apostle Paul wrote to the Romans in Romans 10:9, "That if thou confess with thy mouth the Lord Jesus, and shalt believe in thine heart that God hath raised him from the dead, thou shalt be saved."

Second, there must be the acceptance of responsibility. Jesus said, "Take up your bed and walk." Walk a new road. Walk the narrow road with Christ. Walk in discipleship. That's what is needed for so many of us right



Chaplain's Corner

The Rev. Bertram Bobb

now. The man got up and began walking. His life was changed.

Every person who came to Christ in the New Testament had a definite moment when he received Jesus Christ and his life was changed.

He was going in one direction and suddenly was turned by the Holy Spirit and he went in a new direction. That doesn't mean that he became a full mature Christian at that moment. It means that he started in a new direction. That first step must be taken. That first step for you may be right now. You need to take a step with Jesus Christ.

Later, Jesus told that man something interesting. When He saw him in the temple, Jesus said, "Sin no more!" And then Jesus added, "lest a worse thing come unto thee." In other words there is something worse than having an infirmity for 38 years. Jesus said there is a worse thing. He was talking about hell. He said, "Sin no more lest a worse thing happen to you."

Jesus told this man to do something. He tells you to do something, too. You may be a good person who goes to church every Sunday or you may not go to church at all, but you want to know your sins are forgiven. You want to know you are going to heaven. Maybe you have not been sure where you stand with God. But now you want to be sure. What do you have to do?

You have to repent of your sins. That means you have to change your mind, change your heart, change your attitude. Instead of loving yourself, loving self first, you love God first. You come to the cross and agree with God that you are a sinner (Romans 3:23) and ask Jesus to forgive you of your sins. Receive Jesus Christ as your own personal Savior. You can do that even right now and claim Romans 6:23.

Jesus is the answer to the world's need today. Pray!

## Tips to keep your children safe this summer

Each year in the U.S. approximately 9,400 children under 18 receive emergency care for lawn mower-related injuries. Of these about 1/4 are under 5 years of age.

When is my child old enough to mow the lawn? The American Academy of Pediatrics recommends children be at least 12 years of age to operate a walk-behind power mower and at least 16 to operate a riding lawn mower safely.

Before mowing the lawn: Make sure children are indoors or at a safe distance from the area you plan to mow, check lawn mower's protective guards, shields and other safety equipment before use, clear the mowing area of any objects (twigs, toys and rocks) that can be picked up and thrown by the blades.

While mowing: Wear closed-toe shoes, close fitting clothes,

safety goggles, and hearing protection. Watch for objects that can be thrown by the blades as well as holes or bumps. Do not mow backwards unless absolutely necessary. Remain aware of where children are and do not allow them near the area where you are working.

Always turn off the mower and wait for the blades to stop completely before: crossing gravel paths, removing the grass catchers, unclogging the discharge chute, or walking away from the mower. **Never allow children to be passengers on a riding lawn-mower.**

Drowning is the second-leading cause of injury-related death for children ages 1-14.

Never leave a child unattended with a body of water present. Drowning is a quick and silent killer. A submerged child can

## Top 9 summer activities for kids and adults

People think that summer fun activities take some big event and lots of money. However the opposite is the truth. Just spending 15 minutes a day having quality time doing fun summer activities can make a lifetime of memories. The entire family would flourish from the interaction that the family is experiencing. It is these precious times that bond a family together so that when trouble comes, the family is able to combat the battle due to having life skills of good communication and a closeknit bond with siblings. So think about what 15 minutes could do for your family and put a plan into place today. Is it worth your time to protect your family from incoming hidden dangers in the upcoming future? If so here are nine summer fun activity ideas for kids and adults:

1. **Bike riding:** Great for the entire family. Helmets are a must. Experts suggest children under 10 ride on paths and sidewalks. When riding in the dark, use a bike light and wear reflective clothing, and remember that children should always be accompanied by an adult.
2. **Swimming:** Beat the heat and get a full-body workout. Make sure all family members know how to swim or wear a life vest and never swim alone.
3. **Martial arts:** Involve strength, coordination, and mental discipline. Check recreation centers for classes.
4. **Basketball:** Whether it's a summer league or a game of HORSE, basketball develops hand/eye coordination and teamwork.
5. **Soccer and volleyball:** Require agility and teamwork.
6. **Obstacle courses:** Use jump ropes, balls, and cones to challenge different skills.
7. **Dancing:** From ballet to hip-hop, dancing is a good workout.
8. **In-line skating and skate-boarding:** Lots of fun, but kids should always wear helmets as well as wrist guards, elbow pads, and kneepads.
9. **Jumping rope:** Playground favorite builds coordination and stamina.

## Substance Awareness Training held recently

Choctaw Nation Healthy Lifestyles Program recently held a Substance Awareness Training in Idabel. Several topics were covered, including "Alcohol Abuse," presented by Todd Baughman, Choctaw Nation Project Child; "Methamphetamine," presented by Bucky Ensey, Choctaw Nation Elder Care; and "Tobacco Abuse," presented by Gina Barnett, Oklahoma Department of Health.

Virginia Sanders, District Attorney for District 17 which covers McCurtain, Choctaw and Pushmataha counties, was the opening speaker, giving an informative speech on "How Drugs are Affecting our Community." Sanders began by telling the group that the drug problem was marijuana along with production of marijuana and now methamphetamine labs have taken our community and surrounding communities over, leaving massive destruction behind. According to statistics, Sanders quoted, 90 percent of those who try meth get addicted the first time and it is important to educate our community and children on the dangers of substance abuse.

Sanders went on to say how extremely proud of the work and progress that the Drug Task Force has made in working towards a safer drug-free environment for our District 17 counties. Their effects are apparent in a number of arrests in this year alone, from July 2005 to June 2006. She emphasized helping drug offenders begin a recovery process that has been implemented in the McCurtain County area for the past three years called "Drug Court." Drug Court is a two-year program consisting of daily supervision, going in front of a judge twice a month and giving a report back to the judge on progress being made on the individual substance abuse treatment, substance abuse counseling on a weekly basis and following any recommendations that may be requested of them, and maintaining employment.

If a person completes the two-year Drug Court Program, the sentence of the charged offense will be dropped. If they fail to complete the course at any time in the program, the charge will be taken back to the presiding judge and they will be given the original sentence. Sanders stated she feels that the Drug Court Program has been very beneficial for individuals who are willing to get help on their substance abuse addictions and hopes to take the Drug Court Program to Choctaw County in the near future. She went on to say how proud of all of the people who came to the substance abuse awareness training today and that education on this topic is critical to the health and welfare of this community. Virginia praised the Choctaw Nation for all that they are doing to assist her district with the drug abuse issue and hopes to continue their great working relationship.

The training was completed with an open forum session where the community shared ideas on what the substance abuse problems are in their immediate neighborhoods and what resources are available along with recommendations on how to build a stronger drug-free community.

## Child and Adult Care Food Program

The Choctaw Nation Head Start announces its participation in the Child and Adult Care Food Program (CACFP). All participants in attendance are served meals, at no extra charge to the parents and without regard to race, color, national origin, sex, age, or disability. In accordance with federal law and United States Department of Agriculture (USDA) policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC, 20250-9410, or call 202-720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

This statement applies to the center(s) listed below: Antlers, Atoka, Bennington, Bethel, Broken Bow, Coalgate, Durant, Hugo, Idabel, McAlester, Poteau, Stigler, Wilburton, Wright City.

# Ready to run?

You see them pounding the pavement at lunch or after work, sweating away the cares of the world. They make it look so easy, as if nothing could be more natural than running for miles or minutes on end.

But the last time you tried it, all you received were blisters and shin splints for your troubles.

Sound familiar? Running (or jogging, which some see as simply a slower form of running) is one of the most effective, time-efficient workouts around, but if you, well, get off on the wrong foot, it's hard to stay motivated and easy to get discouraged.

But starting — and sticking with — a running program doesn't have to be difficult. It's simply a matter of doing the right things at the right time.

### Step by step

First things first: check with your doctor to be sure that running is the right activity for you. Individuals who should probably bypass running in favor of walking include those with orthopedic or heart problems, or those who are more than 20 percent overweight.

Nothing can derail a running program faster than sore feet. Though they often carry a hefty price tag, good-fitting running shoes can help prevent shin splints, blisters and sore muscles. Aside from comfortable clothing, little else is required.

Once you're suited up, simply head out your front door or take a drive to a nearby park. Asphalt or dirt surfaces are preferable to concrete; be sure that where you run is safe and well lit.

### Jog your memory

As a child, you probably didn't think about how you ran. You just did it. Your muscles took over while your brain concentrated on more important things, like hopscotch or baseball cards.

But as you've grown older, your muscles may have forgotten how to run effortlessly. To help jog both you and your muscles' memories, here are a few tips:

- Keep your head level, avoid bouncing and lean forward slightly from the ankles, not the waist.
- Keep your shoulders down and relaxed.
- Strike the ground first with your heel, then roll to the ball of the foot, pushing off from the toes.

### FIT tip

Frequency, Intensity and Time (FIT) are the elements you need to put together an effective beginning running program. The accompanying table offers a program for those who are less fit, but may be adapted for those who have been exercising aerobically for some time.

The best way to halt a running program in its tracks is to do too much too soon. A minimum of 20 to 30 minutes, three days per week (with days off in between) at an intensity of 50 percent to 85 percent of maximum heart rate is the standard recommendation, but may be manipulated to suit individual speed or endurance goals.


Here are a few more things to keep in mind:

- Take time to warm up before, and cool down after, a run.
- Never increase mileage more than 10 percent per week.
- If anything hurts, take time off until it feels better.
- Follow a strength-training program on alternate days to help reduce upper-body fatigue.

## Bigfoot

### 5 k Run

Honobia, Ok.  
Saturday, October 7, 2006  
NO REGISTRATION FEE!!!

- ▣ 5 k run or 1 mile fun run/walk
- ▣ Race day registration begins at 9:00 am by the Honobia Community Center. Race Begins at 10:00 am.
- ▣ Pre-registered participants will receive a T-shirt.
- ▣ On-site participants will receive a T-shirt based on availability.
- ▣ Awards for 5 k participants only — 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> place overall male and overall female. (no age brackets)
- ▣ Register by mail no later than September 22, 2006
- ▣ Contact: Choctaw Nation (800) 349 7026 ext 6044 or 6958

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Name: \_\_\_\_\_ Race day age \_\_\_\_\_ Date of birth \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_  
 Zip: \_\_\_\_\_ Phone: \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_


T-Shirt Adult: Sn. Med. Lg. XL 2X 3X Category: 5 k run 1 mile fun run/walk  
 T-Shirt Youth: Sn. Med. Lg. XL

Waiver of Liability: I know that the event is held on a road that is traveled on by vehicles and may be hazardous. I assume the risk and responsibility for my safety. I hereby waive all claims that I or my estate may have against any persons or entities involved in organizing, conducting or supporting this event for any injury of loss I might suffer even if injury or loss was caused by the negligence of those parties. I attest that I am physically fit and prepared for this event. I grant full permission for organizers to use photograph of me or my child in the Bishinik or other Choctaw Nation promotional posters, brochures and newspaper articles.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_  
Every Footstep... (without me) Parent or Guardian if under 18 yrs.



Mail registration form to:  
Choctaw Nation REACH 2010  
One Choctaw Way  
Talihina, Ok. 74571  
Fax # 918-667-7144  
Sponsored by Choctaw Nation  
REACH 2010 program




• Like any activity, running isn't for everybody: If you don't enjoy it, don't do it. But if you do, take your time, progress slowly and allow your muscles to adapt to the rigors of running.

Week	Time	Intensity
1	20	Walk
2	22	Walk
3	22	30-60 sec jog 5 min walk
4	24	Same as #3
5	24	30-60 sec jog 4 min walk
6	26	Same as #5
7	26	30-60 sec jog 3 min walk
8	28	Same as #7
9	28	30-60 sec jog 2 min walk
10	30	Same as #8
11	30	Jog 2 min walk 1 minute
12+	30	12+ 30 gradually progress to continuous jogging

\* Individuals who are in good shape may progress at a faster rate by increasing time and intensity simultaneously, while those who are less fit may opt to progress more gradually.

For more information call Wellness Education / REACH 2010 at 800-349-7026, ext. 6044.

## Healthy Marriages/Healthy Kids Project

We are still excited about teaching the PREP/C-PREP program to couples interested in building a stronger relationship with their spouse and family. So please take advantage of this program and call 918-567-3065 to set up a class for your community or call to enroll in a class listed at right:

*We will have a Marriage Retreat for couples September 22 and 23, 2006, at Beavers Bend State Park. Call 918-567-3065 to inquire about this event!*

### Romancing the roost ... from the office

*In today's world of long work hours and demanding schedules, it's challenging to find quality time for your marriage. These eight tips will help you and your spouse stay connected when you must spend many hours apart:*

1. **Take a break to call your spouse just to share some laughs.** Allot time daily to call your spouse and share a fun, light-hearted conversation. Talk about bills, appointments, children, chores, etc., is off-limits.
2. **Make the "homecoming" irresistible.** Upon arrival home, embrace your spouse for 30 seconds. You'll be amazed at how well a generous hug melts away stress and fatigue of the work day.
3. **Plan now for the one big thing you've been wanting to do together.** Murmuring "Honey, we should do thus-and-so" when you're in bed and half asleep does nothing to enhance your relationship. Stop procrastinating ... set a date today and start saving and planning.
4. **Be prepared for rare moments when "free" time arises.** When together at last, you may look at each other and wonder "What should we do?" Couples typically share casual suggestions day to day (i.e., try a new restaurant, go to a certain movie, take a day trip to an interesting locale) but, when put on the spot, neither person can recall them. Prevent brain cramp: Tape paper next to a home phone and an office phone to write down ideas. Then, when an opportunity presents itself, you'll have a ready list of options.
5. **Send humorous or romantic cards to the office.** Buy a funny or sentimental card, write a personal message, and mail it to your spouse's business address. If your spouse travels, hide

special cards in his/her suitcase.

### 6. Tuck a love note in his pocket or her pocketbook.

Jot down a few meaningful words on a piece of paper and tuck it in a place certain to be discovered during the day. Surprise!

### 7. Establish a "tradition" to celebrate the end of the work week together.

Devise a ritual for Fridays after work (or the best day/time for both of you). Examples: Meet up for lattés at a gourmet coffee shop, work out together at the gym followed by dinner out, enroll in a couples cooking class. Treat the occasion like an "important business meeting," making it a top priority.

8. **Apply the "3-Compliments System" daily.** It's easy to find things "wrong" with each other. Do the opposite. Three times every day, make it a point to tell your spouse something flattering, convey your appreciation, or show admiration. Spread compliments throughout the day.

By Sheryl P. Kurland, author of "Everlasting Matrimony: Pearls Of Wisdom From Couples Married 50 Years or More" — www.EverlastingMatrimony.com. Contact Sheryl: 407-786-7747; Sheryl@EverlastingMatrimony.com.

### Healthy Marriages/Healthy Kids Partners Meeting

**11 a.m. on August 29 in the Finance Conference Room Choctaw Nation Headquarters**

To attend or for more information, please call 918-567-3065.

PREP (Prevention and Relationship Enhancement Program)  
C-PREP (Christian PREP)

To the youth  
of the nation ...

## Career, college, planning the future

By Danielle Adams

One of the biggest dilemmas today for teenagers is becoming aware of future options and questions that are vital to our future adult livelihood. It is a big dilemma that you are making as a teen and consequences can carry a lifetime of successful accomplishments as well as demanding harmful consequences. The choice begins by knowing who you are and knowing the correct questions to be asking yourself in these fun but difficult times.

Here are some questions that you should ask yourself or your teenager when preparing for future plans.

- \* What do I want to make of myself?
- \* Will I have a career?
- \* Will I have children early?
- \* Will I be a stay-at-home mom?
- \* What do I like to do?
- \* What makes me feel good about myself?
- \* What makes me feel bad?
- \* What do I want to accomplish in my lifetime?
- \* What makes me happy?
- \* Will I go to college?
- \* What will my career be?
- \* Will I abuse drugs and alcohol?

Figuring out your true needs and what motivates you is the key to success in life. First, someone has to know themselves and what they stand for before learning what makes them happy.

Knowing how to answer these five questions in every situation is vital before you can make your plans for the future:

- (1) Who? Who you are and what you stand for;
- (2) When? Learn to identify when you are happy or sad;
- (3) Where? Where is safety or acceptable settings – learning to avoid bad situations can be a vital tool;
- (4) How? How you feel and the ability to express these feelings; and
- (5) Why? Understanding why you behave the way you do is the key to change if desired to do so.

Armed with this information you are more likely to make good decisions for your future including family considerations, education, and future career moves.

This is a big dilemma for teenagers and also probably the most misunderstood subject, but teenagers need to understand that this is normal and a vital step to becoming independent.

I believe that as long as you are making a plan towards the future, even if it's only thinking of what you may do tomorrow, then you are promoting lifelong integrity and self-awareness.

## WIC How parents mold their children's weight

By Debi Currie, Nutritionist  
Choctaw Nation WIC

As concerned parents we want to start and keep our children on the right track when we are establishing their eating patterns. Ellyn Satter and others have long been stating that the way to keep children's weight healthy in childhood is really, at the core, all about parenting at feeding time.

### Study basics in a nutshell

An article published in Pediatrics studies the relationship between parenting style, as assessed when children were 4 1/2 and the children's weight status two years later. Parenting style was assessed on a scale from authoritarian to authoritative to permissive. Some definitions: "As defined by the study, au-

thoritative mothers – the child-rearing style associated with the lowest risk of weight problems in children – typically use a give-and-take approach with their children; they acknowledge their children's worth and opinions, but they maintain certain limits.


On the other hand: "Authoritarian parents ... Are more dictatorial ... strict disciplinarians ... little emotional support ... overly permissive ... characterized by low expectation for self-control and discipline ... children fail to learn limits.

"The children of authoritarian mothers were nearly five times as likely to be overweight as those of authoritative mothers, and those of permissive or neglectful mothers were at nearly three times the risk of becoming overweight."

In explaining their findings, the researchers pointed out that

an overly strict upbringing can "have a negative impact" on weight because children may fail to learn to eat on the basis of internal cues of hunger and satisfaction. Similarly, in overly permissive families in which clearly defined limits are found lacking, the children may fail to develop "effective self-regulation of eating behaviors."

Children eat better with the authoritative style of parenting – with a degree of flexible give-and-take but clear limits – because it results in a healthy way of relating to food, less emotion linked to food and eating, more inner awareness of how much is enough – and in the long run, healthy weight. We in WIC strive to help parents make good decisions on how to parent at mealtime. We want to help parents experience success at feeding their children.



## Choctaw Nation WIC

### WOMEN, INFANT AND CHILDREN

*Serving the Choctaw Nation at 14 sites*

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. & 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	8:30-4:00	2nd & 4th Tues., every Wed. & Thurs.
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	Mon., Wed., Thurs., 3rd & 4th Fri.
Idabel	580-286-2510	8:00-4:30	Monday and Friday
McAlester	918-423-6335	8:00-4:30	1st & 2nd week - Tues., Wed., Fri. 3rd & 4th week - every day
Poteau	918-647-4585	8:00-4:30	1st, 3rd, 4th wk - Mon., Wed., Thurs., Fri. 2nd wk - Monday, Wednesday, Friday
Smithville	580-244-3289	8:45-3:45	2nd Thursday
Stigler	918-967-4211	8:30-4:00	1st & 2nd Monday
Talihina	918-567-7000 x 6792	8:00-4:30	Every Tuesday
Wilburton	918-465-5641	8:30-4:00	1st & 2nd Thursday

## Durant demonstrates importance of helping out

By Teresa Atkerson  
Family Editor, McAlester News-Capital

Volunteer work at church and in the community is an integral part of Faye Durant's life.

"I've always been very active in church, no matter where I've lived," she said. And she's lived a lot of places.

Born in Indianola, she was raised in McAlester. She married another McAlester High School graduate, Jess. They lived in different countries because of his job. Those included Egypt, Australia, Singapore and the Persian Gulf. They returned to McAlester in 1976 and their daughters, Sherri and Joni, graduated from MHS as well.

A member of First Baptist Church, she teaches a girls' Bible study, serves on the pastor search and finance committees and teaches English as a second language.

She's also gone on mission trips around the United States as well as to Singapore, Indonesia and Central Asia.

It's not just her church work that keeps her busy. "I was always very active in (my daughters') school events, sponsoring and chaperoning numerous trips and camps," she said.

And she's active in the community as well.

"I believe that it's a privilege as well as a responsibility to be the best citizen I can be in my community, state and country."

She's been a member of the board of directors for Hospice of McAlester, taken part in March of Dimes fund-raisers and the American Cancer Society's Relay of Life.

"The greatest joy in my life apart from serving God and enjoying my children and grandchildren, is being part of the organization Chuck Colson originated in 1975, Prison Fellowship," she added.

She began tutoring literacy and GED students at both Jackie Brannon Correctional Center and the Oklahoma State Penitentiary in 1984. Although she no longer is a tutor, she still takes part in prison seminars and special events.

She also has coordinated the Angel Tree project for 20 years. This project provides Christmas gifts to inmates' children.

"This is more than just another Christmas give-away," Durant said. "It gives us opportunities to come into the homes of inmate families, assess needs and find ways to meet them."

The Prison Fellowship also has a camping program and is in the process of offering training for Angel Tree mentoring.

"My experiences in these 21 years defy description and, though not every one is a success story, if only one child is helped, it will have been worth it all," she said.

Durant is one of the four Women of the Year honorees for 2006. She said she was humbled to be honored.

"I sincerely believe there are many who do much more and are never recognized," she said. "They go quietly about each day doing their best to serve others, meet the needs of family, neighbors and even strangers, simply because it's the right thing to do. Those are the real heroes and if it were in my power, I'd be the first to applaud them."

Durant was honored in March along with Maureen Harrison, Beth McClain and Jane Woodliff at a noon luncheon at the McAlester Country Club. A reception followed that night at The Little Chapel.

## Choctaw members attend Little Dixie Head Start training day

The Little Dixie Community Action Agency's Head Start Program held its year-end In-Service Training on May 25 at Beavers Bend State Park, north of Broken Bow, Oklahoma.

This is a time that the Head Start program celebrates accomplishments and successes.

This year three very special guests who are members of the Choctaw tribe were a part of the celebration.

Stephen Moffitt entertained Head Start staff as he sang songs from the 1960s. Some of his songs included "Sitting on the Dock of the Bay" and "My Girl."

Stephen also shared some excerpts from his book, "Red Neck Ethnology."

Courtney Baker was so gracious, attending the In-Service Training to recite the Lord's Prayer in sign language.

Richard Hamill gave Head Start staff a thrill with his impersonation of the "King of Rock & Roll," Elvis. He arrived in style and in full costume, ready to break some hearts.

The Little Dixie Action Agency Head Start program wishes to say thank you to Stephen, Courtney and Richard for bringing great entertainment, talent and enjoyment to training day.

## NURSERY NEWS

### Isaiah Curtis Meashintubby



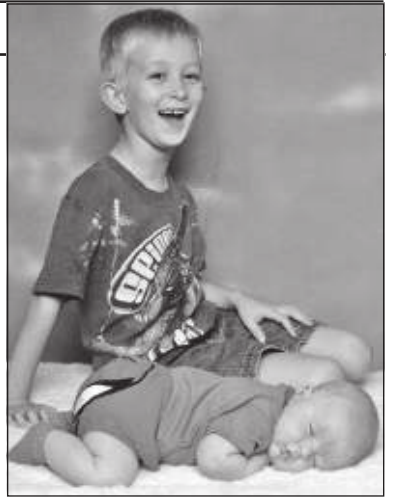
Anissa Meashintubby is pleased to announce the birth of her first-born child, Isaiah Curtis Meashintubby. Isaiah was born at 9 p.m. on December 12, 2005, at McKenzie-Williamette Hospital in Springfield, Oregon. Isaiah weighed in at 8 pounds 14 ounces and was 22 inches long. Proud grandparents are Norval and Deleese Meashintubby of Eugene, Oregon. Great-grandparents are Emma and Arthur Smith and the late Curtis Feimster of Huntington, Arkansas, Mary Lou Meashintubby and the late Norman Meashintubby of Talihina; an uncle, Brandon Meashintubby of Springfield, and an aunt, Melanee Meashintubby of Cleveland, Ohio.

### Talia Fichik Nelson



Mandy and Maleah Ward of Bethel, Oklahoma, would like to announce the birth of their baby sister, Talia Fichik Nelson. Talia was born at 1:50 a.m. on January 28, 2006, at the Choctaw Nation Health Care Center in Talihina. She weighed 10 pounds 2 ounces and was 21.5 inches long. Parents are Janelle Ward and Gene Nelson of Bethel. Grandparents are Sheila and Jesse Washington of Longview, Texas, and Bill and Georgia DeSautels of Lakeside, California. Charles Ward of Bethel is her great-grandfather.

### Conner Craig Janway



Jordan Janway would like to announce the birth of his baby brother, whom he named Conner after the Power Rangers. Conner Craig was born at 8:46 a.m. on April 1, 2006, at St. Edwards Mercy Medical Center, Fort Smith, Arkansas. He weighed 9 pounds 3 ounces and was 21 inches long. Proud parents are Brian and Tereasa Janway of Cameron, Oklahoma. Grandparents are Raymond and Mary Johnson of Cameron, Barbara Flanary of Springdale, Arkansas, and Vernon and Liz Janway of Wellston, Oklahoma.

### Kaitlin Marie Ditmore



Proud aunt Jessica Luper and proud cousin Wesley Luper would like to introduce the newest addition to the family, Kaitlin Marie Ditmore. Kaitlin was born at 12:57 a.m. April 19, 2006, at Oklahoma City to proud parents Christina Marie Luper and Josh Ditmore of Edmond. She is the first granddaughter of proud grandparents Greg and Marjorie Luper Henn. Kent and Carmen Hines of Edmond also welcome their first grandchild. Lois Brown of Henn, Oklahoma, is Kaitlin's great-grandmother.

### SophiaMari Abbott



Kenny, Marcus, Joshua, Heather, Elisabeth, Jesse and Michal would like to announce the birth of their sister, SophiaMari Abbott, born on April 23, 2006, in Tulsa. Parents are Mark and Lucille Abbott of Tulsa. Grandparents are Houston and Shirley Cusher and Kenneth and Virginia Abbott, all of Tulsa, and Bob Williams of Hugo.

### Kailyn Laneé Harp-Harlow

Kenny and Candace Harp-Harlow are proud to announce the birth of their daughter, Kailyn Laneé Harp-Harlow. She was born May 1, 2006, at W.W. Hastings Hospital in Tahlequah. She weighed 7 pounds 9 ounces and was 20 inches long. Kailyn's big sister is Micah. Kailyn is the great-great-granddaughter of the late Eliza Loman, an original enrollee. Her great-great-grandma is the late Dora Corinne Holder. Anita Holder-Harlow-Lemans is her great-grandma. Grandparents are Dean Harp and Glenda Harlow and Dick Drywater and Leighanne Quinton.

### Eduardo Warren deAssis



Eduardo Warren was born to Paul and Brandi deAssis on May 19, 2006, in Walnut Creek, California, weighing 8 pounds 6 ounces and measuring 21 inches long. Eduardo has a sister, Jennine, 16, and a brother, Oliver, 2. He also has proud grandparents, Eduardo and Pauline deAssis of Walnut Creek, Warren Skrifvars of Pacifica, California, and Virginia Glynn of Sacramento, California. He also has two step-grandparents, Bill Glynn and Linda Skrifvars. He is the great-grandson of the late James and Margaret Anderson and the great-nephew of Davey and Mary Wilkett, Billy Anderson, Patricia Mitchel, and Pete and Estella Anderson of McAlester and lots of uncles and aunts in California.

## WIC Breastfeeding Classes

### McALESTER

**Class Two: Tuesday, August 15, 10 a.m. to 12 noon**  
Choctaw Community Center, McAlester

**Class Two: Tuesday, August 22, 10 a.m. to 12 noon**  
Choctaw WIC Office, Durant

**Class One: Tuesday, August 29, 10 a.m. to 12 noon**  
**Class Two: Tuesday, September 26, 10 a.m. to 12 noon**  
Choctaw Community Center, Talihina

**Class One: Tuesday, September 5, 10 a.m. to 12 noon**  
**Class Two: Tuesday, October 3, 10 a.m. to 12 noon**  
Choctaw Community Center, Idabel

**Class One: Tuesday, September 12, 10 a.m. to 12 noon**  
**Class Two: Tuesday, October 10, 10 a.m. to 12 noon**  
Choctaw Community Center, Poteau

# PEOPLE YOU KNOW



### Stricklands visit tribal headquarters

Edmond James Strickland of Livingston, California, son Wesley Strickland and grandson Justin Strickland visited the Choctaw Nation Tribal Headquarters in Durant on June 12. The three spent a month in the area traveling by RV. Edmond also attended a class reunion at Madill where he once attended school. The Stricklands are Chief David Gardner's great-nephew, great-great-nephew and great-great-great-nephew, respectively.

### Happy first birthday

Happy birthday to Isaac Cortez from Mom and Dad, Johnny Cortez and Mary Glover-Cortez. He celebrated his first birthday on June 5. He loves to swim so his party had to be at the pool. Isaac is the center of attention with everyone and very much loved!



### Guess who's 3!

Happy birthday to Craig S. Brown who turned 3 on July 23. He is the son of Courtney Brown of Oklahoma City. He has a little brother, Dylan, of the home. His proud grandparents are Francis and Lucretia Brown of Oklahoma City. Uncles and aunt are Steven and Kariann of Marlton, New Jersey, and Sim Bear of Shawnee, Oklahoma. Also, his cousin, Elizabeth, wishes him a happy birthday.



### Look who's 1

Cadence Marisue James turned 1 on May 8. She is the daughter of Crystal Hampton James of Talihina. Her grandparents are Pamela Beddo, Talihina, and Ronnie and Bunnye Hampton, Boswell. She is the great-granddaughter of Grace Hampton of Boswell, the late Mary Sue Owen, Dewayne James and the late Ginger James, Boswell. Marisue celebrated her birthday with family at Uncle Israel and Aunt Krista's.



### Simpson turns 5

Happy fifth birthday to Billy Jack Simpson of Golden, Oklahoma. He is the son of Malinda Simpson of Golden and grandson of Mary Carterby and the late John Amos Carterby of Golden. Happy birthday wishes are also being sent from Uncle Charles and Bud Simpson, Linda, Bruce and Bristina Noah and great-uncle and aunt, Ray and Fay Carterby.



### Look who's 21

Bob and Margaret Legg of Oklahoma City would like to wish their daughter, Cassandra "Casey" Legg a very happy 21st birthday on July 8. Casey will graduate in December with her associate's in pre-education to continue at OU majoring in elementary education. We are extremely proud of you and wish only the best. Casey is the sister of SrA Emerson Legg, stationed at Elmendorf AFB, Alaska, and the granddaughter of Ruth Carshall of Leflore, Oklahoma, and the late Lee Carshall Sr. She is also the granddaughter of Robert and Margy Legg, formerly of Midwest City, both of whom are now deceased.



### Delores celebrates July birthday

Happy birthday To Delores Plumlee Fennell of Houston, Texas, who turned 72 on July 8. Her grandchildren took her to Chuckee Cheese and had a cake presented to her for her birthday. Delores was born and raised in Oklahoma City. She is the great-granddaughter of J.H. Stidham and Mary Durant who were married at Armstrong Academy. Delores attended the grand opening of the Choctaw Casino in Durant, spending the night in the Choctaw Hotel, and had a great time.



### Congratulations!

Congratulations to Ethan Bigfeather who competed in April, winning the state title for Sunburst Tiny King. Ethan is the son of Mitchell and Cindy Bigfeather and the grandson of Lap and Joyce Tran. He would like to thank the Choctaw Nation of Oklahoma for its assistance.



### Marc celebrates 20th birthday

Happy 20th birthday on July 10 to Marc Hill, with love from Mom, Marlo and Marcellous. Keep up the good work!

### Happy first birthday

Happy birthday to Damarion from your Mama and Daddy and all your grandparents, great-grandparents, aunts, uncles, great-aunts, great-uncles and cousins. Damarion celebrated his first birthday on July 19.



### Look who turned 3!!!

Jessica Marie Hyland turned 3 years old on June 16. She celebrated her special day at the lake with a Dora party and lots of friends and family. The daughter of Frank and Janice Hyland, she has two big brothers, Joshua and Dustin. She is the granddaughter of Janet Phillips "Gan-Gan" of Boswell and the great-granddaughter of the late Alma J. Phillips.



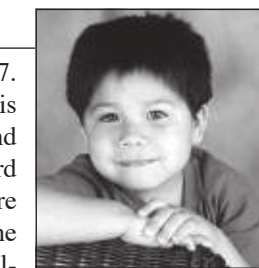
### Happy birthday, Eli

We would like to wish happy birthday to Eli Thomas Mayer. He will be 12 years old on August 28. Eli goes to school at Hartshorne and will be in the seventh grade. His parents are Eddie Mayer of Coalgate and Misty Payne of Hartshorne. Grandparents are Edward and Pat Mayer of Coalgate and Shelia Sallee of Stringtown. Eli enjoys riding his four-wheeler, fishing, drawing and his family.



### Happy birthday, Alex

Alex will turn 5 years old on August 27. He will also start Kindergarten earlier this month. He is the son of Roger Gibson and Jeana Sewell of Durant; grandson of Clifford Gibson of Durant, Barbra Ruggles of Elmore City and Velma Martin of Wewoka; and the great-grandson of Irene Gibson of Pauls Valley. You've grown up too fast! Happy birthday from Mom, Dad, and your brother, Matt.



### Happy birthday, Pa-Pa Clifford

Matt and Alex Gibson would like to wish their Pa-Pa a happy birthday on August 12.

### Happy birthday

We would like to wish our wonderful husband and father, Dorsey Myers, a happy birthday on August 27 - from your family, mom, April, Derrick, Emily, Kayla, Shianni and Sarah. We wish you the best!



### Look who's 4!

Tyler and Brittany Ward would like to wish their little brother, Jayse Hunter Ward, a happy fourth birthday on July 8. Their parents are Hoss and Sherry Ward of Talihina. Tyler, Brittany and Jayse would also like to wish their dad a happy birthday on July 12.



### Rhonda Harris, Reuben Marris marry in May ceremony

Rhonda Kaye Harris and Reuben Jan Marris were united in marriage at 2 p.m. on May 20, 2006, at White Sand Methodist Church in Bennington. The Rev. Ruth Harris Jacob performed the candlelight, double-ring ceremony. The bride is the daughter of Brenda Kidd of Idabel and the granddaughter of the late Silas Parker of Angels Camp, California. The groom is the son of Eldina Marris of Calera and Thomas Marris of Durant. He is the grandson of the late Noah Parrish of Antlers and Juanita Johnson of Bennington and Mr. and Mrs. Gilbert Marris of Achille. The bride is a graduate of Idabel High School. She is employed by Choctaw Casino and Resort in Durant. The groom is a graduate of Baldwin Park High School in California. He is employed by the Choctaw Travel Plaza in Durant as a customer service trainer.



### Smallwood-McKee Cemetery Reunion

Descendants of Dave and Mary McKee gathered on May 27 at the Smallwood-McKee cemetery to catch up on news and to put fresh flowers on all the graves. There was a short meeting followed by some great food. Thanks to the ladies for the delicious meal.

Attending were Larry and Judy Chaney, Mary Brunet, Nelda McKee, Kenneth and Juanita Smith, Burl and Barbara McKee, J.D., Preston and Shania Todd, Patrick and Becky McKee, Reaphl Sanchez, Rosa and P.J. McKee, Chris, Dawn, Mia, Tanner, Tyna and Harley McKee, George McKee, Oletta Smith, and Charley and Elizabeth McKee, all of Soper; Dannie and Daley McKee, Howe, Texas; Mike Riley, Durant; Troy and Pat McKee, Jan and Stacy McKee, Carla and Virginia Segler, Hudson Plow, Virginia Hammons, Mammie Bruce, Danny, Debbie, Dusty, Donnie, Alexie and Olivia Gregg, Randy, Christi, Sophie, Carson and Jaden Hammons, and Jr. and Ruth Blann, all of Antlers; Ashley Ayres of Kingston.

Also, Wilburn and June McKee, Farris, Donnie Gregg, Paris, Texas; Jane Marshall and Judy Godfrey, both of Ardmore; Helen Jordan, James and Marilyn Pebsworth, Marila Pebsworth, all of Boswell; Misty McKee, Enrique, Alex and Reque Martinez, all of Ryan; Lanning and Charlene Ishmail, Powderly, Texas; Jay and Judy McKee, Mesquite, Texas; Don and Mary Lou Smith, Canton, Texas; and Candice, Makala, Brittany, Alexis and Lanney Holley, Wilburton.

All the McKees and Smallwoods are invited to the annual reunion to be held September 2 at the Boswell Cafeteria. There is a playground for the children. For more information on the reunion, please e-mail brunet1941@wmconnect.com or call 580-345-2756.

### Sisters are forever

When Nancy John Denton's four siblings learned of their sister's need of a kidney transplant, each immediately offered words of reassurance, but, more importantly, one offered to give her one of her own kidneys. Kimberly John Blundell of Valliant underwent all types of blood tests and physical exams, which required many trips to medical facilities in Dallas and Talihina. During the full year of testing, Nancy's health began to deteriorate and she had to begin dialysis. Finally, the transplant was scheduled for April 18.



"The longest day of my life was the day I spent in the waiting room knowing I had two daughters in surgery - one giving life to the other," Teresa John recalled. "Sometimes I would forget that God was with me. I knew He was, because everyone had prayers for the girls, and for me, and I knew that God can do miracles."

Both girls came through the surgery and have recovered. All of Nancy's family were there for when she needed them most. That's what being a family is all about.

Teresa gives much of the credit for her daughters' speedy recovery to the medical staff at Medical City Hospital in Dallas. But she gives more credit to God.

### Happy 18th birthday to Marco Maturino

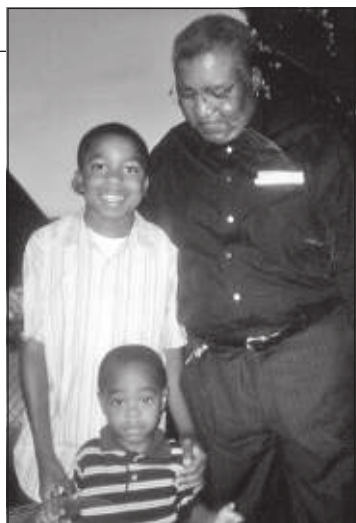
Grandparents Cleta and Lole Mata would like to wish Marco Maturino a very happy birthday on August 30. Marco will be 18 years old. He is a senior this fall at Joplin High School. He is a varsity letterman, playing baseball and football for the Joplin Eagles. Marco is also a switchhitter and plays centerfield. He is the son of Jeanett Martinez.



Also, happy birthday to Marco's little brother, Sequoyah Fixico, who celebrates his 12th birthday on August 30.

### Happy birthday

Happy birthday to Charles Marquett Burton Jr. who turns 11 years old on August 31 and Darius Ables who turned 3 on August 6. They are pictured with their grandfather and great-grandfather, Joseph Tyson, who will celebrate his birthday on August 29. Charles is the son of Josephine and Charles Burton of Oklahoma City. Charles' grandmother, Billy Smith of Kansas City, will have her birthday on August 23. Darius is the son of Latasha and Chris Ables of Talihina. His grandfather is M.R. Ables of Talihina.



### Birthday Gospel Singing at Red Oak

A Birthday Gospel Singing will be held August 19 at Lodi Christian Fellowship Church, Red Oak, Oklahoma. Watch for signs. Supper will be at 5 p.m. with singing at 7 p.m.

Also, happy birthday to Paul Carney, Sue Jefferson and Houston Baker from your wife, your niece and a friend - B. Carney.

### Pottsboro All Star

Hannah Marcum, 8, is a member of the Pottsboro All Stars. She likes soccer, basketball, softball, piano and wants to learn to play the electric guitar. Hannah is the daughter of Russell and Denise Marcum of Pottsboro. She is the granddaughter of Armita and Marce Buckner of Colbert.



### Grace turns 2

Belated wishes for a happy birthday are sent to Grace Michaela Spencer. Grace turned 2 years old on June. Her parents are Boone and Sally of Hanscom AFB, Massachusetts.



### Browns celebrate golden anniversary

Happy anniversary to Joe and LaVada West Brown of Colorado Springs, Colorado, who celebrated their 50th wedding anniversary July 15, 2006, at the Pikes Peak United Methodist Church with a reception for family and friends.



They were married July 20, 1956, in Raton, New Mexico. Joe is in the coin laundry business and LaVada worked for a local savings and loan association for many years.

They have three children, Mitchell Brown, Kimberly Wetzel and Lori Sarena Brown, and five grandchildren, Jessica Brown, Aaron Brown, Brad Wetzel, Waylon Barr and Robin Barr.



### Elmores celebrate 53rd wedding anniversary

Happy anniversary to Van and Sara Elmore of McKinney, Texas. The couple celebrated their 53rd wedding anniversary on July 3, 2006. Congratulations.



Durant Jr. and Sr. High School group

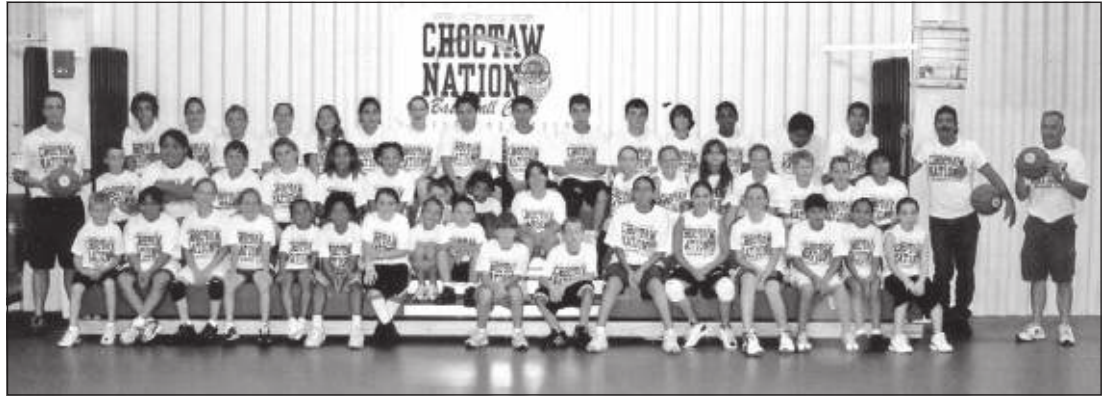


Durant Elementary group

## Choctaw Nation Basketball Camps



Tushka



McAlester



Broken Bow



Coalgate



Talihina



Antlers



Idabel



Carl Albert



Soper



Keota



Councilmen Joe Coley and Jack Austin, coaches and youth on the campus of Eastern Oklahoma State College, Wilburton.



Youth gather at Idabel for this year's baseball camp.



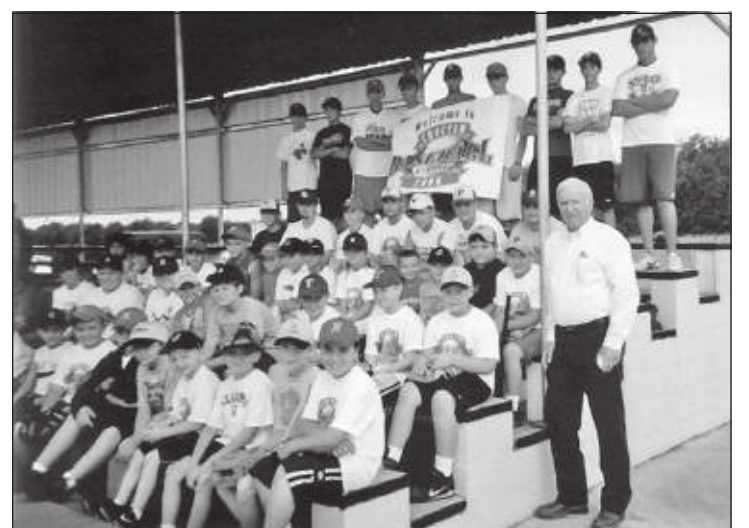
Joining in some of the exercises at the baseball camps while Coach Bowen looks on are Councilmen Delton Cox, Joe Coley and Jack Austin.



## Choctaw Nation Baseball Camps

The Choctaw Nation hosted its third annual free baseball camps during the month of June at four locations – Silo, Wilburton, Cameron and Idabel. Over 500 Choctaw youth ages 8 to 18 participated in this year's camps.

Each camper received free lunch, free camp T-shirt, Choctaw Nation Seal baseball, and free glove or bat bag. Campers received instruction from Silo High School Coach Billy Jack Bowen on the fundamentals of baseball with fun competing in games.



Councilman Delton Cox is pictured with camp participants at Cameron.



Rep. Jerry Ellis stands alongside the Wright City JOM Leadership group who recently visited the Oklahoma State Capitol. Also taking time to visit with the students are Rep. Lisa J. Billy,

whose husband, Phillip, is a 1984 Broken Bow graduate; Rep. Jett; Rep. McCarter; Rep. Wesselhoft; and Rep. Glenn, representing the newly formed Native American caucus.

**Ward accepts appointment to U.S. Air Force Academy**

Darren James Ward of Edmond, Oklahoma, graduated with honors from Edmond North High School on May 20. He reported to the U.S. Air Force Academy near Colorado Springs, Colorado, for Basic Cadet Training on June 29. Darren also received congressional appointments to the U.S. Military Academy in West Point, New York, and the U.S. Naval Academy in Annapolis, Maryland. Darren selected the Air Force Academy because he wants to become a career Air Force officer and fly fighter aircraft. Upon graduation from the Academy, Darren will earn a Bachelor of Science degree and a commission as a second lieutenant in the U.S. Air Force. Darren's father and both grandfathers served in the Air Force.



Darren is an Eagle Scout and participated in the Edmond North High School Air Force JROTC program for four years. Darren lettered in cross-country and plays ice hockey. He is a member of the Oklahoma Indian Student Honor Society, the National Honor Society, and is an Oklahoma Academic Scholar. He earned his private pilot's license in June 2006, which he expects will help him prepare to be an Air Force pilot. Darren Ward descends from the Choctaw Folsom family of Haskell County, Oklahoma, and is proud to join the long line of Choctaw Indians in the service of our great nation.

**Crow earns LL.M. in Taxation**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Adam H. Crow. He was awarded a Master of Law in Taxation degree from New York University School of Law at New York City, New York, in May. Crow holds a Juris Doctor degree with honors from the University of Arkansas School of Law, where he was a member of the Arkansas Law Review. While enrolled in law school, he completed a course in Indian Law. He also received a Bachelor of Science in finance from the University of Arkansas Walton School of Business.



He and his wife, Julia, reside in Little Rock, Arkansas, where he is employed as a tax attorney by the Rose Law Firm.

Crow is the son of Carl and Lynne Crow of Hot Springs, Arkansas, and he is the grandson of Mrs. Denyse S. Killgore of Fayetteville, Arkansas, and the late Kenneth J. Killgore. He is the great-grandson of the late William G. and Ona Stigler of Stigler, Oklahoma. A member of the Choctaw Nation of Oklahoma, Stigler served as city attorney of Stigler from 1920 to 1924, state senator for the 27th district from 1924 to 1932 and president pro tempore in 1931. He was attorney for the Choctaw Nation. He represented Oklahoma's Second District in the U.S. House of Representatives from 1944 until 1952, serving on the Indian Affairs Committee. He sponsored numerous bills important to Indians and to the Choctaw Nation in particular.

**LaNoy awarded degree in elementary education**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Jennifer Paige LaNoy who graduated in May with a degree in Elementary Education from East Central University in Ada. Jennifer will be relocating to Denton, Texas, to pursue a career either in teaching or as a juvenile justice specialist.



**Keys graduates from Cameron University**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Crystal L. Keys who graduated from Cameron University on May 6 with a Bachelor's of Science in Chemistry, minor in physics. Crystal has decided to continue college to pursue her master's degree.

**Elgin honor student graduates in top 10**

Shonda R. Gengnagel is a 2006 graduate of Elgin High School. Shonda graduated with honors in the top 10 of her class with a 4.0 gpa. Other honors earned are Superintendent Honor Roll, Oklahoma High School Honor Roll, All American Scholar, Who's Who Among American Scholars and Athletes, National Honor Society, Health Occupations Students of America, National Technological Honor Society, All Region and All State Alternate softball player. Other school activities her senior year included Vice President of Key Club, Senior Class Secretary, Varsity Softball Team, Fall Homecoming Queen Candidate, Prom Queen, and voted most popular by her senior class. Scholarships were awarded to her from the Comanche County Bar Association, Lawton Community Foundation, American Legion Auxiliary, Liberty National Bank, and the Choctaw Nation Higher Education Program.



Shonda also attended Great Plains Vo-Tech studying pre-nursing part-time and earned her license as an Oklahoma Certified Nursing Assistant in May. She has been accepted and will attend the University of Central Oklahoma to continue her studies in nursing to become a registered nurse.

Shonda is the daughter of David and Susan Moser of Elgin and the granddaughter of Doyle and Dorie Denney of Kingston.

**Smith-Reece earns master's**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Miranda Dawn Smith-Reece of Whitefield, Oklahoma. Miranda graduated Northeastern State University in May with a Master's Degree in Speech-Language Pathology.



**OU student earns journalism degree**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Rachel Renae Horn-Bailey. She graduated from the University of Oklahoma in December 2005 with a journalism degree with an emphasis in public relations.

**Moran is Texas Tech graduate**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Ryan Neal Moran on his graduation in May from Texas Tech University with an International Master's of Business Administration.

**Renfrow is Doctor of Osteopathic Medicine**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Miranda Kirstin Renfrow on her accomplishments. Miranda graduated Oklahoma State University College of Medicine in May with a Doctor of Osteopathic Medicine Degree.

**Miller receives degree from OU**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Jerry Lee Miller on graduating the University of Oklahoma in May with a Bachelor of Business Administration Degree in Finance.



**Taylor completes law school**

Cheryl Ann Taylor graduated Willamette University College of Law in Salem, Oregon, receiving a Doctor of Jurisprudence. During her time in law school, Cheryl focused on alternative dispute resolution (mediation) and employment law. She plans to pursue a career practicing employment law and hopefully with the local Indian tribes. In 2003, Cheryl received a BA in history from Willamette University. She is the daughter of Thomas and Wanda Lingo Wilson of Salem and the granddaughter of the late Sarah Wilson of Idabel.



**Congratulations, Donna**

Donna Crowder was named New Castle valedictorian and a recipient of several scholarships. She maintained a 4.0 gpa, was a member of the National Honor Society, SADD, Science Club, Spanish Club and was named among Who's Who Among American High School Students and the Governor's and Principal's Honor Rolls. Donna will attend Oklahoma University to study law and psychology. She is the daughter of Tommy and Robin Crowder and the granddaughter of Eddie and Johnnie Crowder.



**Anderson awarded BA in Business Administration**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Shawna R. Anderson on earning a BA in Business Administration (General Management/Human Resource Management) from Eastern Washington University.

**Long completes degree in Early Childhood Education**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Melanie Charlene Long who graduated in May from East Central University with a Bachelor of Science in Early Childhood Education.



**Koontz graduates from Texas A&M**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Sabrina Gale Koontz on her graduation in May from Texas A&M University, Commerce. Sabrina earned a Bachelor of Science in Interdisciplinary Studies.

**Davis earns Master's of Education**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Kathleen Rietta Davis. She graduated summa cum laude from Concordia University of Austin in May with a Master's of Education in Education Administration and Curriculum and Instruction.



**Moore completes studies in criminal justice**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Jennifer Lynn Moore. She graduated from California State University in June with a degree in criminal justice and a minor in forensics.

**Scarton awarded nursing degree**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Lisa J. Scarton on her graduation in May from Indiana University. She earned a Bachelor of Science in Nursing.



**Pang to teach English in Korea**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Cara U.J. Pang who graduated in June from the University of Oregon with an International Business degree. Cara will be teaching English in Korea for one year.

**Walker begins residency training**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Jonathan Bayless Walker. He graduated from Oklahoma State University with the degree of Doctor of Osteopathy (D.O.). Jonathan is doing his residency training in the specialty of emergency medicine in York, Pennsylvania. Upon completion of his residency training in 2009, Jonathan will begin working for the Indian Health Service.



**VOCATIONAL REHABILITATION**

SEPTEMBER 2006	SUN	MON	TUE	WED	THU	FRI	SAT	
	A Vocational Rehabilitation representative will be available at the locations listed. A representative is available Monday thru Friday 8-4:30 except for holidays at the Hugo office.						1	2
	3	4	5 Stigler by appt only McAlester 10 am-2 pm	6 Talihina 10 am-2 pm	7	8 Idabel 10 am-2 pm	9	
	10	11 Durant 10 am-12 pm	12 Bethel by appt only	13 Atoka 10 am-2 pm Coalgate 10:30-1:30	14	15 Broken Bow 10 am-2 pm	16	
	17	18 Antlers by appt only	19 Crowder and McAlester by appt only	20 Wright City by appt only	21	22 Poteau 11:30 am-1 pm	23	
	24	25 Durant by appt	26	27 Wilburton 10:30 am-2 pm	28	29	30	

**Domestic Violence Prevention Project shared with the Irish people**

Tribal member Claire Richard of Oklahoma City is continuing a friendship begun years ago between the people of the Choctaw Nation and the people of the Republic of Ireland.

In 1847, the Choctaw Nation reached out to the people of Ireland who were starving from the famine. Goodhearted, caring Choctaws collected \$170 to send to their Irish brothers and sisters. In 1995, Ireland President Mary Robinson visited tribal headquarters to thank the tribe for their support, delivering part of her remarks in Chahta Anumpa.

Claire Richard is the creator of the domestic violence prevention project operating in ten counties in southern Oklahoma and known as Project Falumichechi. It is managed by the Choctaw Youth Advisory Board and is supported by the Healthy Lifestyles Program directed by Joyce Wells. The project consists of monthly sessions provid-

ed to second-graders by trained teen mentors. Each session has a simple theme such as, "It isn't cool to hit." The skit's theme is reinforced by a craft, game or other activity that follows. In explaining her interest in sharing the goodwill of the Choctaw people with the people of Ireland, Richard explained, "I am both Choctaw and Irish. This seemed like the logical next step because the project has been so successful and well received in the Choctaw Nation. Ireland is newly facing its domestic violence issues.

"While the shelters are established, it is difficult for women and children in need to access them in this primarily rural country. In addition, more funds are needed for expansion of all kinds of domestic violence services. The professionals working in that area are becoming very interested in programs aimed at preventing domestic

violence for the next generation," she said.

Claire met with 15 members of County Mayo Women's Support Services in Castlebar in the northeastern part of the Republic of Ireland on March 15. She presented her curriculum and classroom materials and answered questions about the training of mentors, evaluation of the project and project funding. She encouraged them to actively adapt the program for the Irish children and families and for the Irish educational system in order to ensure its effectiveness.

Claire also will travel to Belfast, Northern Ireland, this summer to share the curriculum and materials. She will meet with teachers and aid workers who hope to institute such a program in their classrooms.

Richard graduates from high school this year and will attend Harvard University. She is considering a career in law.



**Sellers training to become Army intelligence specialist**

Garrett Keith Sellers graduated from Cypress Ridge High School on May 26 in Cypress, Texas. Between his junior and senior years of high school he entered the U.S. Army and completed basic training during the summer break. He qualified as an expert with his rifle, grenade and other weapons. He graduated from basic at Fort Jackson, South Carolina, that summer at the age of 17. He then returned to high school and completed his senior year. Garrett was accepted to the University of Texas at San Antonio and was enrolled in the Army ROTC program. He has forgone that based on his desire to serve his country and entered the full-time service in the U.S. Army as of June 12, 2005. He will be finishing his training at Fort Huachuca, Arizona, where he will be training to learn four different languages and become an intelligence specialist.



**Power graduates from Sam Houston State University**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Kristen Janette Power on her graduation in May from Sam Houston State University with a Bachelor of Science in Academic Studies.



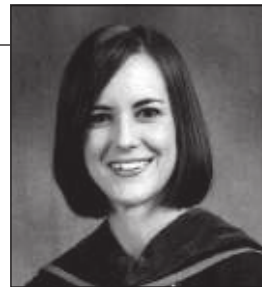
**Peters earns master's degree**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Stacy Dawn Peters who graduated from Texas Tech University in May with a Master's of Science in Food and Nutrition.

"Thank you to the Choctaw Nation of Oklahoma for your financial assistance in helping me reach my educational goals. Your help allowed me to obtain my master's degree as well as my Bachelor's of Science degree in Family and Consumer Sciences from New Mexico State University. I am proud to be the great-granddaughter of original enrollee Pearl Rose Odum."

**Marshall has pharmacy degree**

Lindsey Renae Marshall graduated from the University of Oklahoma College of Pharmacy, June 3, 2006, with her Doctor of Pharmacy degree. While attending the college, Lindsey was a member of Students' National Pharmaceutical Association and served as student chapter secretary for the National Community Pharmacists' Association. She was also the historian for the Gamma Chapter of the Rho Chi Honor Society. Lindsey received several scholarships including two CVS scholarships and was named a Roy Sanford Scholar and Mosier Scholar all four years. She graduated with special distinction, an honor reserved for graduates with a 3.75 minimum gpa. Notably, only eight other graduates out of 114 received this honor. Lindsey's husband is Lance Marshall, who received his Master's in Adult and Higher Education with an emphasis in University Administration, also from the University of Oklahoma on May 12. Lindsey is the daughter of Hugh and Pamela McNeal of Bennington and the granddaughter of John and Mona B. Andrews of Bennington and Opal McNeal of Idabel. Lindsey was selected for a pharmacy practice residency with Indian Health Services at W.W. Hastings Indian Hospital in Tahlequah.



**Lerch receives nursing degree**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Stacey Lynn Lerch. She was awarded an Associate of Applied Science of Nursing degree from Carl Albert State College in May.

"Thank you to the Choctaw Nation Higher Education Department. I couldn't have done it without your assistance. Also, thanks to all my family and friends for all of your encouragement and support!"

**Garrison plans to specialize in Native American law**

The family of Jocelyn A. Garrison is proud to announce her graduation from New Mexico State University on May 13. Jocelyn received a Bachelor of Criminal Justice, a Bachelor of Arts in Government, and a Supplementary Major in Law and Society. She graduated with university honors, holding a 3.94 gpa, and as a Crimson Scholar and Alpha Phi Sigma graduate. She is a recipient of a Choctaw Scholarship. Jocelyn is involved in numerous extracurricular activities and volunteers much of her time towards helping the community. She plans to attend the University of New Mexico School of Law, where she will specialize in Native American law. She hopes to eventually work for the Choctaw Nation of Oklahoma. Congratulations, Jocelyn!



**Jaber graduates from SOSU**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Sabrina Sabah Jaber on her graduation in May from Southeastern Oklahoma State University, Durant. She earned a bachelor's degree in psychology.



**Duvall earns BS in Nuclear Medicine**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Jenny Rebecca Duvall who graduated this month with a BS in Nuclear Medicine from the University of Arkansas for Medical Sciences - College of Health Related Professions.

**Withers is Columbia University graduate**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Sarah Katherine Withers. She graduated in May from Columbia University with a BA in English and a BA in German.



"I cannot tell you how helpful the Choctaw HEP scholarship has been to me these past four years. The support of the Choctaw Nation has meant the world to me and has enabled me to achieve my goal of obtaining a great education while graduating with a manageable debt. Thank you so very much."

**Hutchinson family congratulates graduates**

Lucas Shawn Hutchinson graduated from Iowa Park High School in Iowa Park, Texas, on May 26. He is the son of Tim and Angie Hutchinson. His grandparents include the late Louis and Temple Hutchinson, Vernita Martinez and Tom Dickson, and great-grandfather, Vernon Dean. Shawn received a medal for the Texas Scholars program with a distinction in math and science. Shawn plans to attend Vernon College in Wichita Falls, Texas, in the fall and major in business administration. In two years he plans on pursuing his ministry degree as well.

Janie Frances Hutchinson graduated on May 25 from City View High School in Wichita Falls. She is the daughter of Louis Jr. and Georgia Hutchinson. Her grandparents include the late Louis and Temple Hutchinson and George and Gennieve Gallaher.

The whole family would like to let both of them know how proud we are!

**Rought graduates from University of Phoenix**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Laura Jane Rought of Las Vegas, Nevada, on her graduation in May with a Master of Arts in Education from the University of Phoenix.



**Anderson is named Administrator of Year**

Kathy Anderson recently received the prestigious honor of being named the Administrator of the Year for the McAlester Public School District. She was presented the "Flying Buffalo," an award for excellence in leadership by Dr. Lucy Smith, MPS Superintendent of Schools. Anderson was recognized not only for her outstanding leadership ability but her innovative development of the Indian Education Program, teamwork, and assistance with other programs within the school district.



Anderson has served the past two years in the capacity of Director of Indian Education and as a Grant Writer for the district. She was recently responsible for the MPS District receiving a Comprehensive School Reform grant in excess of \$140,000 per year for a three-year period and an Advanced Placement Physical Science Grant.

Anderson has been in education for 25 years. She served in the capacity of math/computer science instructor-coach for 17 years and superintendent of schools for six years. She served as superintendent of schools at Tom Public Schools and Antlers Public Schools. During her superintendency at Tom Public Schools, Anderson received statewide and regional recognition with the implementation of innovative academic programs that increased test performance from 24 percent to 97 percent and 98 percent within a three-year period. She was recognized by SEDL (Southwest Educational Developmental Laboratory), a regional education group that evaluated school district for five regional states, Oklahoma, Texas, Kansas, Missouri and Iowa, as an innovative leader by being the first school in Oklahoma to implement an interactive educational technology program in the home designed for students to increase academic performance.

Ms. Anderson is a 1977 graduate of Stringtown Public Schools. She received her BS in Education from Southeastern Oklahoma State University, and her Master's in Educational Administration from Texas A&M, Commerce, and her Administrative Certifications from the University of Texas, Tyler.

Kathy is the granddaughter of the late Alice Billy Bacon, an original enrollee, and the late Bethel Anderson. She is the daughter of Kenneth and Ruthie Anderson of Daisy.

**Achieving important milestone**

Dear Editor,

I would like to take this opportunity to thank Larry Wade and the Department of Higher Education, Chief Pyle, and the entire Choctaw Nation for helping me with my college education.

A special, heartfelt thank you goes to my family – parents Frank and Marilyn Frederickson, Uncle Ray O'Dell, and the entire O'Dell family. Without all of your help, emotional and financial support, and encouragement, I could not have achieved this important milestone.

I graduated June 17 from California State University San Bernardino with a Bachelor of Arts degree in Psychology (concentrating on Industrial and Organizational Psychology) and minors in Human Resource Management and Computer Science. I was also inducted as a lifetime member into Psi Chi, the National Honor Society for Psychology; President of the CSUSB Psychology Club; Founder and President of Psychology Research Oriented Students; graduated from the CSUSB Student Leadership and Development's Leadership Academy; CSUSB Student Representative for American Psychological Society; and a current member of the CSUSB Alumni Association. I am currently employed as a beverage supervisor by Morongo Casino, Resort, and Spa in Cabazon, California. This facility is run by the Morongo Band of Mission Indians. I would like to use my education and experience in the restaurant and beverage industry to help their operation be as successful as possible. In the future, with the experience gained in all facets (and at all levels) of the restaurant industry, I would like to own a successful restaurant of my own.

My professional memberships include the National Restaurant Association, California Restaurant Association, Flair Bartenders Association, Society of Industrial and Organizational Psychology, American Psychological Association, Western Psychological Association, and American Psychological Society.

Again, thank you, everyone, for your support, love and encouragement.

Christopher S. Lotton



**Cannon chosen state scholar**

Rachel Cannon of Braman has been named an Oklahoma Academic Scholar. She was honored at the State Superintendents' Academic Scholar Celebration at the Cox Convention Center on April 19. The daughter of Cathy Grell and Joe Berry Cannon II, Rachel attends the Oklahoma School of Science and mathematics in Oklahoma City. She is the granddaughter of Beverly Ray Breece Cannon, great-granddaughter of Helen Maddox, great-great-granddaughter of original enrollee Juanita Brock. Her great-great-aunt is Marie Maddox Keeling.



**Champion Lady Tigers**

The Talihina Lady Tigers 10 and under Fastpitch Softball Team competed recently in the ASA 10 and under State Tournament in Muskogee. The Lady Tigers came home with the championship trophy sweeping through the tournament undefeated. The Lady Tigers defeated the following teams: Fort Gibson Lightning 8-4, Pond Creek Blasters 10-0, Meeker Bulldogs 4-3, Apache Lady Warriors 7-6, and the Kiamichi Thunder 9-2 in the final game to win it all. The Lady Tigers would like to thank everyone who supported them this season and say a special thank you to the Choctaw Nation for their support. Pictured are, front row, Bailey Scarberry, Tara Hawkins, Malacha Austin, Faith Bohanan, Brittany Ward, Breanna Gibson and Kaelin Boren; middle, Miriam McCurtain, Heidi Toliver, Robin Gonzalez, Taylor Bowers and Kareesa Kennedy; and back row, Coaches Daniel Toliver and Brenda Kennedy, Talihina Superintendent Ray Henson and Head Coach Hoss Ward.

**Campbell to assume state office in Texas**

The Texas State Council of Epsilon Sigma Alpha International installed Sharon Campbell of Seabrook, Texas, recently at their annual meeting in Plano at the South Fork Hotel in May 2006. As state president, Campbell will conduct all state meetings and will preside at the annual state convention May 2007 in South Shore Harbor, League City. She represented the State of Texas at ESA's International Convention in Palm Desert, California, in July. A member since 1986, Campbell joined ESA as a member of the Epsilon Mu chapter based in Baytown, Texas. She has served in all of the elected offices and many appointed positions on the chapter, district and state levels. Sharon is the daughter of Walt and Madeline Unruh of Park Hill, Oklahoma.



**Storm graduates high school with honors**

Philip Storm has graduated from Bishop Denis J. O'Connell High School in Arlington, Virginia, and has been accepted to the University of Virginia in Charlottesville. Philip hopes to major in chemistry and biology and has an interest in genetics. Last year, he achieved the rank of Eagle Scout. He is very proud of his Choctaw heritage and looks forward to meeting other Native American students at U. Va. While in high school, Philip was a member of the National Honor Society and the National Spanish Honor Society. He is also part of a team competing in the Bot-boll robotics competition in July at the University of Oklahoma in Norman. He is the son of Dean and Dorothy Storm of Fairfax, Virginia, the great-grandson of Maud Della Channel Wooden and great-great-grandson of Maude Channel.



**Lowrey earns master's in social work**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Mona Colleen Lowrey who graduated from the University of Oklahoma, Norman, in May with a master's in social work.

**McCoy receives marketing degree**

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Amanda Jeane McCoy. She earned a marketing degree at Robert H. Smith School of Business, University of Maryland, graduating in May.

**FOOD DISTRIBUTION**

- September 1**  
Stigler 9 a.m.-12 noon  
Poteau (A-L) 9 a.m.-2 p.m.
- September 5**  
Idabel 9-11 a.m.  
Broken Bow 12 noon-2 p.m.
- September 6**  
Bethel 9-10:30 a.m.  
Smithville 12 noon-2 p.m.
- September 7**  
Poteau (M-Z) 9 a.m.-2 p.m.
- September 11**  
Warehouses open
- September 27**  
Last day for warehouses
- September 28 & 29**  
Closed for inventory

Food Distribution Program workers will take a 30-minute lunch break from 11:30 to 12 noon. Please bring boxes with you to pick up your commodities. If you cannot pick up commodities when you are scheduled, please notify the Food Distribution Office at 800-522-6170 so they can tell you where you need to go.

- ANTLERS:** Choctaw Community Center, 306 S.W. "O" St.
- BETHEL:** Choctaw Community Building.
- BROKEN BOW:** Choctaw Family Investment Center.
- DURANT:** Choctaw Commodity Warehouse, 100 Waldron Dr.
- IDABEL:** Choctaw Village Shopping Center.
- McALESTER:** Choctaw Commodity Warehouse, 1212 S. Main.
- POTEAU:** Choctaw Family Investment Center.
- SMITHVILLE:** Big Lick Church.
- STIGLER:** Choctaw Community Building.

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**61st Annual Gospel Singing**  
MC: Al Brown  
**August 25-26 • 7 p.m. nightly • Johnson Chapel UMC**  
5 miles South, 3 miles East, 1 mile South of Allen, OK on Hwy 48  
Friday - featuring The Freemans of Nashville, TN  
Saturday - featuring The Hoskin Family, Ohio  
Plus many more!!! Bring your lawn chairs. Concession available.

## OBITUARIES

### Ima Lorene Sirmans Barnes

Ima Lorene Sirmans Barnes, 82, of Hartshorne, Oklahoma, passed away June 24, 2006, at her home. Born August 7, 1923, in Brooken, Oklahoma, she was the daughter of Daniel W. and Elpha Criner Sirmans. She married Arvil L. Barnes on September 1, 1940, in McAlester.

She was a member of First Baptist Church and the Roundup Club of Hartshorne.

She was preceded in death by her parents; a grandson, John D. Adams in 1999; granddaughter-in-law, Sandra Adams, in 1993; son-in-law, Gene B. Adams, in 1980; and three brothers, W.T., W.O. and Vernon Sirmans.

Survivors include her husband of the home; three daughters and sons-in-law, Roena and Jim O'Kelley of Hartshorne, Louise and Farrell Brown of Hartshorne, and Jeannie and Ed Wright of Tulsa; five grandchildren and their families, Buddy O'Kelley and wife Janelle, their children, Amber and Robert Armstrong, Lindsey O'Kelley and Eric O'Kelley, and his grandchildren, Hunter and Gage Eastteam; Brenda Martin and husband Johnnie Dale, children, Krystal and Justin Nimrod, Jennifer Martin and grandchild, Rowdy Nimrod; ReJeani Wilson and husband Gary, children, Lori Lorene Trimm, Hunter and Scarlett Wilson; Kenny Adams and children, Jarrod, Blane, Seth and Emily Adams; and Michael O'Kelly and wife Kay, children, Dusty and Austin Wilson and Michael O'Kelley; and two sisters, Uvonne Gianini of Hartshorne and Laverne Melendy of Tulsa.

### Vernon Edward Spradlin Jr.

Vernon Edward Spradlin Jr., 50, of Jefferson, Texas, passed away June 22, 2006, at his home. He was born August 24, 1955, in Longview, Texas, to Vernon and Leila Spradlin.

He was retired from Southwestern Bell, where he worked as a lineman. Mr. Spradlin had been a resident of Jefferson for the past 16 years.

He was preceded in death by his father, Vernon Edward Spradlin Sr.

Survivors include his wife, Violet Spradlin; children, Matthew Edward Spradlin, J.J. Powell, Troy Powell and Tracy Powell; mother, Leila G. Spradlin; grandmother, Laura Carney of Smithville; uncle, Elton Carney; great-uncle, Allen Cusher; one brother, Gene L. Spradlin; three sisters, Alta LaVone Jesters, Janice Kay Leach and Anita L. Shirey; and nieces and nephews, Sheree Matthews, Kris Spradlin, Alta Jesters and Alton Dean Jesters.



### Nelson Wayne Roberts Jr.

Nelson Wayne Roberts Jr., 57, a lifelong resident of Coalgate, passed away May 24, 2006, in Coalgate. He was born June 27, 1948, in Centrahoma, the son of Nelson Wayne Roberts Sr. and Marie Bohannon Roberts. He attended Carter Seminary Boarding School in Ardmore and worked for many years for Sonny's Grocery Store.

Mr. Roberts was a member of the Cornerstone Praise and Worship Center in Coalgate. He married Mary Anderson on April 30, 1971, in Coalgate.

Preceding him in death were his parents; two brothers, Lowell Roberts and Steven Roberts; three sisters, Thelma Roberts, Corrine Roberts and Claudine Bowman.

Survivors include his wife of the home; two brothers, Don Roberts of Coalgate and Leslie Roberts of Del City; five sisters, Christine Scott of Atoka, Louise Gore of Ada, Wilma Jenkins of Falls Church, Virginia, Ollie Hook of Seattle, Washington, and Liz Hughes of Tehula, Mississippi; along with numerous nieces, nephews, other relatives and many dear and loved friends.

### Charles William Harmon Sr.

Charles William Harmon Sr., 63, passed away June 24, 2006, in Wichita Falls. He was born August 15, 1942, in Hugo to Sonny and Theda Aileen Harmon.

Charles spent part of his childhood in the Goodland Indian Orphanage. He served his country in the U.S. Marines. He was on the Board of Directors for the Boys and Girls Clubs of Wichita Falls and coached football, basketball and baseball for over 55 years and the YMCA and the Boys and Girls Clubs. He was a national member of the Joint Training Partnership Act. Charles organized the North Texas Indian Council and was instrumental in helping others obtain their degree of Indian blood, thereby helping them with medical and educational needs. Charles was the first National Professional Putter and won many tournaments and represented Wichita Falls well. Charles loved kids – his own and everyone else's.

Survivors include his wife, Janet, of Wichita Falls; four children, Charles William Harmon II and his wife, Rachael, of Wichita Falls, and their children, Christopher and William; Robert Harmon and his wife, Stacey, of Wichita Falls, and their children, Alex, Cali, Avery and Sean; Kelly Darity and her husband, Dan, of Wichita Falls, and their children, Ashley, Payton, and Elizabeth, and Robin Mental and her husband, Michael, of Wichita Falls, and their children, Celeste and Corli; three brothers, Freddy Harmon of Orlando, Florida, Larry Harmon of Grand Prairie, Texas, and Ricky Harmon of Illinois; two sisters, Shirley Adams of Byers, Texas, and Sandra Brouhard of Dallas.

### Amos Sorrels

Amos Sorrells passed away June 19, 2006. He was born December 11, 1932.

The Sorrells family wishes to extend their heartfelt thanks to Chief Gregory E. Pyle and Assistant Chief Mike Bailey as we were extremely honored by the participation of the Choctaw Nation Color Guard honoring us at the funeral of Amos Sorrells. Amos was a veteran of the U.S. Air Force and served this great nation during the Korean War. He was very proud of his Choctaw heritage.



### Opal Goggins

Opal Goggins, 81, of Jonesboro, Arkansas, passed away July 5, 2006, at St. Bernard's Medical Center. Born at Wister, Oklahoma, she lived in Jonesboro most of her life and was a homemaker. She was a descendant of Chief Jackson Frazier McCurtain.

She was a member of Revival Tabernacle Church.

Preceding her in death were her parents and two brothers.

Survivors include her husband, John T. Goggins, of the home; three sons, Donald, Richard and Larry Goggins, all of Jonesboro; one daughter, Ann Freeman of Jonesboro; three brothers, Debert Brown of Paragould, Kenneth Brown of Rochelle, Illinois, and Ronnie Brown of Oklahoma; two sisters, Ellen Smith of Paragould and Nadine Long of Little Rock; eight grandchildren and ten great-grandchildren.

### Ola Pauline Owens

Ola Pauline Owens passed away June 19, 2006. She was born March 12, 1910, in Purdy, Oklahoma, to John Candy Farris and Martha Elizabeth Freney. Her family moved to Phoenix, Arizona, in 1919 and she had been a resident of Gila Valley since 1962.

She was endowed with many talents, capabilities and abilities so that she would be a blessing to her family and friends. As a natural homemaker, she was a loving wife, mother, grandmother to three generations and a wonderful friend.

She was preceded in death by her devoted husband of 59 years, Lloyd Swenton Owens; her son, Jerry Lee; grandsons, Vince, Travis and Monte, and granddaughter, Bunny.

Survivors include two sons, Ben and Steve, and two daughters, Norma and Linda, as well as her 15 grandchildren, 31 great-grandchildren and her 21 great-great-grandchildren.



### James Frederick "Sarge" Choate

James Frederick "Sarge" Choate, 77, of Drain, Oregon, passed away April 18, 2006, from age-related causes. He was born January 2, 1929, in Indianola, Oklahoma, to George R. Sr. and Lois Edens Choate.

He became an Eagle Scout in 1946. He graduated from high school in Watonga, Oklahoma, in 1947 and he served in the U.S. Marine Corps from 1948 to 1968, serving at Chosin Reservoir, Korea, in 1950. He received a Marine commendation for bravery under fire in Korea. During his life, he traveled around the world.

He married Connie Dickenson in Drain. He enjoyed being outdoors, hunting and fishing.

He was preceded in death by his wife and one brother, George R. Choate Jr. who was killed in World War II.

Survivors include three sisters, Jerry C. Colby of Ashville, North Carolina, Ramona Schrader of Knoxville, Tennessee, and Kay C. Johnson of Santa Rosa, California; one brother, David E. Choate of Williamsburg, Virginia, and numerous nieces and nephews.

### Bennie Adams

Bennie Adams, 84, passed away July 5, 2006, at his home in Albany. He was born January 25, 1922, in Albany to Grover and Auralla Loretta Garland Adams.

He married Rufene McGee on May 17, 1947, in Albany. He later married Ezza Cowger in October 1991 in Hugo after Rufene passed away April 27, 1989. He was also preceded in death by his second wife, Ezza, on December 19, 2004; his parents; one sister, Nora Kathryn Brown; and five brothers-in-law.

Bennie was in the Army National Guard 45th Division, 180th Infantry. He was a veteran of World War II and received many military medals and honors including the Purple Heart, American Defense Service Ribbon, Good Conduct Medal, EAME Service Ribbon, one Silver Star, and Distinguished Unit Badge. He was also in France and Italy. His most memorable experience was when he was wounded in Sicily and received the Purple Heart Award. His favorite activities included fishing, going to auctions and traveling, but his favorite pastime was spending time with his grandkids and great-grandkids.

Survivors include a son, Bennie C. Adams and his wife, Connie, of Albany; daughters, Laura Henderson and husband Dusty of Calera and Kim Robinson and husband Gary of Albany; grandsons, Curtis Henderson and wife Laura of Utica, Eugene Henderson of Calera, and Tim Adams of Dallas, Texas; granddaughters, Shelly Henderson of Calera, Ashley Robinson and Jarret Beagle of Albany and Jennifer Henderson of Achille; great-grandsons, Dakota Hammond, Cameron Hammond and Zachary Henderson of Utica and Lariatt Henderson of Achille; great-granddaughters, Marina Henderson of Achille and Karlie Beagle of Albany; brother, G.A. Adams and wife Juanita of Hominy; sisters, Lucretia Burkhead and Noweta Skinner, both of Muskogee; brothers-in-law, Hopper McGee and wife Sue of Albany and Bill McGee and wife Darlene of Durant; sisters-in-law, Imogene Wilson of Albany and Jennie Lynn McGee of Utica; and numerous nephews, nieces and friends.

### Chris Conway Baptiste

Chris Conway Baptiste, 41, passed away June 26, 2006, at a local hospital. He was born September 5, 1964, in Lawton to Robert Lee Baptiste Jr. and Vivian Sue Johnson Baptiste.

Chris graduated from Plainview High School with the class of 1982 and volunteered at Chasity's Chop Shop as a receptionist. He was well-known for his humor and charisma. In recent years, he was a member of the Ossum Possoms, a local pool team. Chris was an avid fisherman who loved to travel. He was also a supporter of the Oklahoma Bucs softball team and an avid OSU fan.

He was preceded in death by grandparents Lee and Luleda Baptiste and Sweeney and Alice Johnson.

Survivors include his father, Robert Baptiste Jr. of Ardmore; mother, Vivian Sue Murray and husband Ronald of Madill; two sisters, Christine Galindo and husband Danny, California, and Chasity Strebeck and husband Donald, Ardmore; two nephews, Brandon Strebeck and Minko Strebeck; his cat, Bubba, and two dogs, Goo and T.T. Bug.

### Hubert Dave Johnson

Hubert Dave Johnson, 59, passed away November 16, 2005, at a local hospital. He was born December 18, 1945, in Talihina to McSweeney Johnson and Alice Taylor Johnson.

Married to Lucretia Johnson on February 22, 1969, in Durwood, Oklahoma, he was a member and senior deacon of Many Nations Baptist Church. He loved spending time with his grandkids.

He was preceded in death by his parents.

Survivors include his wife of the home; a son, Hubert Johnson Jr. and Jackie, Ardmore; daughters, Kim Johnson and Carla Sampson and husband Warren, all of Ardmore; sisters, Vivian Murray and Ronnie, and Wanda Columbus, all of Madill; grandchildren, Madison, Sara, Jordan, Lezlie, Alyson and Cherissa Sampson and Jacy Johnson; and special friend, Lisa Douglas and family.

### George D. Hunt

George D. Hunt, 65, of McAlester passed away July 15, 2006, at St. Francis Heart Center, Tulsa. He was born March 22, 1941, in Lawton to George Leon and Opal Adkins Hunt.

George attended grade school in Sterling before moving to McAlester. He graduated from McAlester High School in 1959. He served three years in the Army then worked out of state before returning to McAlester in 2004.

George was preceded in death by his stepfather, Martin Bohreer.

Survivors include his mother, Opal Bohreer of the home; father and stepmother, George and Renaute Hunt of Everette, Washington; brother and sister-in-law, Jerry and Clare Hunt of Huntington, West Virginia; sister and brother-in-law, Ruth and Gilbert Spurlock of Huntington; nephews, Jerry D. Hunt and wife Vickie and family of McAlester and Jay Hunt and family of Hartshorne; nieces, Jennifer Murray and family of Ada, Carman Swanson and family of Spencer, Nebraska, and Billie Jean Williams and family of Ada.

### Jo Ann Swink

Jo Ann Swink, 77, of Swink, Oklahoma, passed away June 13, 2006, in Hugo. She was born January 9, 1929, in Swink, the daughter of H.M. Mahon and Grace Harkins Mahon and had lived in the Swink community for about eight years. Jo Ann was the granddaughter of original enrollee J.H. "Jim" Harkins who was a member of the Senate of the last Choctaw Council.

She married David Swink on November 25, 1945, in Amarillo, Texas. She liked to dance and play slot machines. She worked as a switchboard operator in McCuistian Hospital in Paris, Texas. She was a member of the VFW Ladies Auxiliary for the Girl Scouts, member of the Eastern Star and a Campfire Girl. She enjoyed people and being with her family and friends.

She was preceded in death by her parents and one grandson, Jeffery Sizemore.

Survivors include her husband of the home; son, David M. Swink of California; daughter, Laura Joan Sizemore of California; one grandson, David Justin Sizemore; two sisters, Barbara Luke of Oklahoma and Kay Hughes of Paris, along with a host of other family and friends.

### Velma Myers

Velma Myers, 63, of Hugo passed away July 2, 2006, at Hugo. She was born March 21, 1943, in Hugo, the daughter of James Lee Couch and Mandy Angeline Fox Couch and had lived in Hugo since 1974.

She married Leroy Myers on November 14, 1959, in Paris, Texas. A homemaker, Velma enjoyed flowers and liked to quilt and embroider. She really loved her family and enjoyed spending time with her grandchildren and great-grandchildren.

She was preceded in death by her parents; one son, Donald Ray Myers on March 29, 1970; three grandchildren, Amy Anderson, Christopher Obert and Heather Obert; and two brothers, Gatus Couch and James Couch.

Survivors include her husband; five sons, James Myers of Rosamond, California, Mike Myers of Wills Point, Texas, Terry Myers of Wills Point, Texas, Jimmy Myers of Honey Grove, Texas, and Richard Myers of Frisco, Texas; six daughters, Belinda Myers of Hugo, Jo Ann Wheeler of Hugo, Mary Ivey of McAlester, Marcie Pettyjohn of Seminole, Wanda Butler of Wills Point and Elaine Mullins of Garland, Texas; one brother, Thomas Couch of Sawyer; one sister, Glenda Young of Hugo; 19 grandchildren and eight great-grandchildren, along with a host of other family and friends.



### Thomas Edward Brokeshoulder

Thomas Edward Brokeshoulder, 90, passed away May 4, 2006, at Mercy Memorial Health Center, Ardmore. He was born October 8, 1915, at Madill to Adam J. and Sweeney Postok.

He married Rena Rasha at Ardmore. She preceded him in death on December 27, 1976. He was also preceded in death by a son, Eugene Brokeshoulder, on January 7, 1995; two brothers and two sisters.

Thomas attended Concord Baptist Church. He served in World War II in the European Theater as a machine gunner in the U.S. Army and received an honorable discharge.

Survivors include a son, Floyd Brokeshoulder and his wife, Delores, Dallas; two daughters, Pat Walters and her husband, Dave, Norman, and Serena Underwood, McAlester; eight grandchildren; nine great-grandchildren; and two great-great-grandchildren.

### Kirby Dean Harley

Kirby Dean Harley, 31, of Idabel passed away June 11, 2006, at his residence. He was born February 6, 1975, in Fort Smith, Arkansas, the son of Charlene Harley.

Kirby and Tonya Marie John were married March 18, 2000, at Las Vegas, Nevada.

He was a truck driver for Schneider Inc., a member of Bok Chito United Methodist Church and was a lifetime resident of the community. He enjoyed coaching and supporting daughter Lakien in Idabel Summer Baseball; teaching his son, Koy, to fish; babysitting baby dolls for daughter Sloane; watching movies with wife Tonya; camping with family; watching OU football, Major League baseball, playing pool and catfishing.

He was preceded in death by his great-grandparents, Tobias and Rosa Williston; great-grandparents, Leo Harley and Lena Battice, and Aunt Cynthia Harley.

Survivors include his wife of the home; his mother, Charlene Harley, Idabel; mother- and father-in-law; Marilyn and Frank Vancil; one son, Koy Dean Harley of the home; two daughters, Lakien C'Leeste Harley and Sloane Kyria Harley, both of the home; grandparents, Charles Roy and Effieline Harley, Idabel; three brothers, Jason Tisho, Nicholas John and wife Raquel, all of Idabel, and Patrick John and wife Karie, Tucson, Arizona; three sisters, JoAnn Battiest, Betsy Frunk and husband Matt and Sonja John, all of Idabel; special aunt, Sandra "Deebo" Harris, Idabel; four aunts, six uncles, two nieces, 10 nephews, a special friend, Willie Gragg, and a host of cousins, great-aunts and friends.

### Earl J. Adams

Earl Junior Adams, 73, of Manteca, California, passed away June 9, 2006, at his home. Born January 24, 1933, he was a native of Quinton, Oklahoma. He lived in Manteca one year and previously lived in Oakdale, California, for 30 years. He was a letter carrier for the U.S. Postal Service for 18 years.

Earl graduated from Quinton High School in 1951. He was an avid sports fan and played on the Quinton High School football team for four years. He was named captain of the team his senior year. He joined the U.S. Air Force in 1952 and served for 20 years in several locations in the lower United States, two tours in Alaska and one tour in Thailand.

Earl married JoAnn Williams in 1952. They had three sons and one daughter together.

Survivors include his children, Joy Combs of Castlerock, Washington, John Earl Adams of Beaverton, Oregon, Mark Anthony Adams of Anchorage, Alaska, and Michael Lynn Adams of Manteca; sister, Inez Frisk of Oxy, Missouri; brothers, James Adams of Oakdale, California, J.L. Quinton and Dean Quinton of Rocksprings, Wyoming; 10 grandchildren and three great-grandchildren.

