

## Testing for osteoporosis now available at Talihina

*What is osteoporosis?*  
Osteoporosis, or porous bone, is a silent disease in which bones become more fragile and more likely to break. If not prevented or if left untreated, osteoporosis can progress painlessly until a bone breaks. People may not know that they have osteoporosis until their bones become so weak that a sudden strain, bump or fall causes a fracture or a vertebra to simply collapse.

A hip fracture almost always requires hospitalization and a major surgery. It can impair a person's ability to walk unassisted and may cause prolonged or permanent disability, or even death. Spinal or vertebral fractures also have serious consequences, including loss of height, severe back pain and deformity.

*Who is at risk?*  
All women who are past menopause are at risk. Men can also be at risk for osteoporosis, but women are four times more likely to have osteoporosis than men.

*Who should be tested for osteoporosis?*  
According to the National Osteoporosis Foundation, "All women over the age of 65 should have a bone mineral density screening." Also any woman past menopause with loss of height or any bone fracture should also be tested. Other risk factors for osteoporosis include having a family history of osteoporosis, taking steroids on a daily basis for a prolonged period of time, being thin, certain thyroid diseases, smoking cigarettes, drinking alcohol, lack of exercise and low testosterone in men.

*How can you tell if you have osteoporosis?*  
Specialized testing that measures bone mineral density (BMD) can measure bone density at various sites of the body. A BMD test can: (1) Detect osteoporosis before a fracture occurs; (2) Predict chances of fracturing in the future; (3) Determine the rate of bone loss and/or monitor the effects of treatment for osteoporosis.

*How can you be tested for osteoporosis?*  
Only your doctor can order testing for osteoporosis. Bone mineral testing is available at the Choctaw Nation Health Care Center in Talihina. The test is quick and painless.

## Health services tobacco-free

The Choctaw Nation Health Services began the new year with a new policy – as of January 1, all health services will be tobacco-free facilities.

# REACH 2010 leading the way



REACH 2010 Projects in Oklahoma tribal representatives include, standing, third from right, Teresa Frederick, Choctaw Nation REACH 2010 Coordinator, and fourth from right, Doris Ward, Choctaw Nation REACH 2010 Program Assistant.

## American Council for Fitness and Nutrition honors the Oklahoma program

The American Council for Fitness and Nutrition (ACFN) along with the National Association for Health and Fitness has recognized the Oklahoma REACH 2010 Project for leading the way in Native American communities in the fight against obesity and raising awareness about health disparities. The awards event was held November 16 in Oklahoma City.

According to public health officials at the Oklahoma State Department of Health (OSDH) Chronic Disease Service, the REACH 2010 Project focuses on American Indian health in Oklahoma. The strength of the program is in providing tribal communities with information and resources to help develop their own approaches to reduce heart disease and diabetes.

Some of the successful outcomes of the project thus far include an increase

See REACH 2010 on Page 4

## 15th Annual Swine/Beef Show to be held February 4-5 at EOSC

Hurry and get your applications in before the January 25 deadline!

The Choctaw Nation will be holding its 15th Annual Swine/Beef Show Saturday and Sunday, February 4-5, at the Eastern Oklahoma State College Goddard Show Barn. The Swine Show is scheduled to begin at 10 a.m. on Saturday. The Beef Show, with heifers shown first, will start at 1 p.m. on Sunday.

The show is open to all FFA and 4-H members, 9 to 19 years of age, who are of Indian descent with a CDIB and are residents of the 10 1/2 counties of the Choctaw Nation of Oklahoma. If a student doesn't attend school or live within the Choctaw Nation of Oklahoma's 10 1/2-county service area, they will not be eligible to participate in the show.

The Choctaw Nation is very supportive of their youth and their agriculture projects, understanding the importance of the program and the benefits each and every student receives from participating. In consideration of the Choctaw students who support this show by entering their

Entry forms are available from area Ag teachers, County Extension Agents in the 10 1/2 counties; by calling Jones Academy at 918-297-2518 or 888-767-2518; or on the tribe's website, [www.choctawnation.com](http://www.choctawnation.com)

beef or swine, the Choctaw Nation will support those students at their premium sales.

Entry fee is \$10 per head; late fee is \$25 (after January 25). Up to three entries per division are allowed (swine, steers and heifers). All animals must be owned by the 4-H or FFA exhibitor at least 60 days prior to the show and swine must weigh a minimum of 140 pounds. The swine ownership will be verified by the pseudorabies test.

All swine entries will be required to have a weight card turned in. Classes will be divided by weight for each breed. Exhibitors are responsible for weighing in their swine and turning in the weight cards by 8:30 a.m. on the day of the show. There will be a 10-pound weigh back from the weigh-in card. Each 4-H leader or FFA advisor will pick up weight cards in the livestock office.

Two swine are allowed per pen. It is the exhibitor's responsibility to bring panels to separate the pen. Barrows and gilts are eligible, but no boars.

Wood chips or shavings only shall be used for bedding.

The swine barn and beef barn will be open Friday from 3 to 9 p.m., Saturday at 7 a.m., and Sunday at 9 a.m.

The west side of the swine barn will be open to beef after the swine show is over, at approximately 6 p.m. on Saturday. The Beef Superintendent will start weighing steers and AOB heifers at 10 a.m. on Sunday. Steers and heifers can be fitted and groomed.

A photo area will be set up for all breed, reserve breed, and grand champions.



## Marshall Foundation gift

Nat and Evelyn Marshall present Brad Spears, Administrator of Jones Academy, a gift of \$10,000 on behalf of Jon Marshall and the Virginia LeFlore Marshall Scholarship Foundation.

This annual gift benefits each college student who graduates from Jones Academy and the Jones Academy Christmas fund. Christmas is made each year for the students and they are very appreciative of the gift.

## Tribal Council approves budgets, grant applications

The Choctaw Nation Tribal Council met in Regular Session December 10, 2005, to approve a budget for KEDDO Outreach and a closeout of the Jones Academy Operations and Maintenance budget.

The Council also approved applications for two grants – a Rural Domestic Violence and Child Victimization Enforcement grant from the Department of Justice and a Nursing Workforce Diversity grant from the Department of Health and Human Services.

The Tribal Council meets the second Saturday of each month in the Council Chambers at Tushka Homma.

# Choctaw Nation Head Start – good guys doing good things



Fathers, grandfathers, brothers, cousins, friends – men are important in the lives of children. The Head Start program is working to help men realize that all children need positive male role models in their lives. The Head Start Good Guys Project stresses this in the Head Start centers, but wants it to go further than that to include men in their communities at large, as well.

These photos show men of all ages interacting with, and having a good time with the children of the Hugo Head Start center, as they build birdhouses and bird feeders together.

In the past several years, with the increase in out-of-wedlock births, divorce, and co-habiting couples, when couples split up, often the male figure disappears from the family completely, or is rarely present. When asked why, they often say that when the connection to the child's mother is severed they don't really know how to remain connected to the child. In addition, men who do live with their children often think that child interaction is the primary responsibility of the mother. The Good Guys projects want to reach out and find whatever positive male figure a child has and help them to become more comfortable being that child's male role model, and to help them stay connected to their child, for the sake of the child's healthy development.

Contact your local Head Start center, even if you don't have Head Start-age children, to learn about how to reach out and stay connected.





# NOTES TO THE NATION

## Katrina victim moving forward

Dear Choctaw Nation,

I would like to express my gratitude to the Choctaw Nation for helping me during the lowest moment of my life. Your generous assistance has allowed me to take the steps I need to move forward. Now I have a place to stay and I have begun to further my education in nursing. I am forever grateful and proud to be of Choctaw descent.

Kellie Touns  
Louisiana victim of Hurricane Katrina

## Wedding was a great experience

Dear Chief Pyle,

We would like to thank you for allowing us to have our wedding ceremony at Tushka Homma; also, for the ones who helped make it happen. Our thanks go out to Mr. Olin Williams, Pat Baker, Curtis Billy, the singers, dancers, our aunts and our family. It was a great experience for the both of us. Thanks for the calendar, also.

Mr. and Mrs. Dorsey Myers

## Talihina patient grateful for care

Dear Chief Pyle,

For the last three years I’ve had extreme back pain off and on, continually getting worse. P.A. Rhonda Huie at Talihina has been treating me. She then referred me to Tulsa Regional Hospital and Dr. Pasqual. He put an epidural steroid shot in my back and I had immediate relief. This was horrible pain and I’m off pain medication now. Dr. Pasqual had such glowing remarks about the Choctaw Indian Hospital and their updated equipment; he stated it was second to none.

I’m so grateful to you Chief Pyle for putting Choctaw money to such good use. I’m also grateful for the care Rhonda Huie and Dr. Pasqual have given me.

Wanda Smith Chaney

## Luncheon was a success

Dear Choctaw Nation,

The Board of Directors for DFW Native American Chamber of Commerce (DFWNACC) would like to thank you for your generous donation as Corporate Sponsor of our Second Annual Thanksgiving Gathering Luncheon. We couldn’t have had a successful event without your help and participation.

Dien Stout Clarke, Chairwoman  
DFWNACC



Project Child presents “I Died Who’s Next,” a drinking and driving program.

## Tribal program opens eyes of youth

Dear Mrs. Powell,

Thank you for taking the time to bring such a wonderful program to our school – “I Died Who’s Next,” a drinking and driving program sponsored through Project Child. The students at Quinton High School should have been moved in many ways from the two-day experience. I am pleased with some of the comments made by the students. The entire faculty appreciated the professionalism that you and your coworkers showed while at our school.

One of the most moving moments was when a student who had received a DUI this summer felt the need to leave the presentation. It was then I truly saw how reality hit one that otherwise I felt had shown no emotion for their actions.

I hope in the future we can continue to work together for the students at Quinton. I feel that your program has left an impression on at least part of the student body so that they will make better decisions as they are faced with drinking.

Greta Reasnor, Counselor  
Quinton High School

Gregory E. Pyle  
Chief

Mike Bailey  
Assistant Chief

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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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Councilman Kenny Bryant presents a check to the Heavener FFA program at the Reeder Thornton Agriplex to help pay some of the cost for the building. FFA and 4-H students were on hand for the presentation as Superintendent Ed Wilson takes the money. Others representing the Choctaw Tribe included Chief Steelman, Gwenda Taylor, Gail Hudson, Joyce Allstatt, Melba Hall, Jan West and OHP Trooper Eddie Bohannon. The check was presented on behalf of the Choctaw Nation.

## Old Rock Church receiving much-needed work

Dear Chief Pyle,

We would like to thank you as well as the great Choctaw Nation for the help you gave us on the Old Rock Church at Wheelock. A lot has been done on the church, and there is still a lot to be done before completion of the building. Shutters are on the windows and all windows have been replaced. The old door on the left has been restored, because of the beehive. We are now taking bids on fixing the walls. Anyone who would like to donate to this can send to: Wheelock Church Assoc., Box 181, Millerton, OK 74750. Thanks and may God Bless you.

## Seeking information

Dear Editor,

I’m looking for Deanna Billye. I knew her as a small child. I also know her grandmother, Mary Love, in League City, Texas. I would like to talk to her – it’s been so many years.

This year’s calendar has the best photos, heritage information for our people, I’ve ever received. Thank you for sending it. I will enjoy it the whole year.

Jo Ann Wayland  
P.O. Box 123  
Haileyville, OK 74546

## Thank you

To the Choctaw Nation Color Guard,

Thank you for your kindness and sympathy at a time when it was deeply appreciated.

Katherine Thorpe Samuel

## Veteran expresses appreciation

Dear Chief Pyle,

My name is William A. “Bill” Graves and I am an Air Force Veteran of some 24 years of service. I retired from the USAF in 1980. I came back home – Grady County – to be near my family.

I just want to say “thanks.” I thank you for the way our tribe is showing great honor for the veterans that served their country in all wars. I do appreciate the T-shirts I received a few months ago. Also I appreciate the windbreaker jacket. I even received a cap. These small items really mean a lot to an old veteran.

I would also like to express my gratitude to our Continuing Education Department for the needed assistance for my grandson, Bron Deal, and my granddaughter, Kristina Deal. They needed this financial assistance and our family certainly appreciates all your help.

I ask that you keep up the good work as you serve as our Chief.

William A. “Bill” Graves  
Chickasha, Oklahoma

## Accomplishing a dream

Dear Editor,

I recently accomplished a longtime dream. That was to complete a master program in social work, which I did graduate with, on August 13, 2005, at Texas A&M University, Commerce, Texas.

Thank you to the Choctaw Nation for the financial support to help me along the way.

Thank you to the Choctaw Nation Higher Education Department/Larry Wade and especially the staff of professional and very courteous employees.

Thank you Choctaw Nation for the superior health clinic that serves the Idabel and surrounding areas.

Also I wish to express my gratitude to the Choctaw Nation for taking so much interest in the communities that you serve.

Thank you Chief Pyle for the leadership of the Choctaw Nation.

Thank you Choctaw Nation for all of your good works.

Glenda S. Copeland, MSW

## Knowledge, experience gained from internship

Dear Choctaw Nation,

This summer I had the amazing opportunity to live in Washington, D.C., and work as an intern for the United States Department of Health and Human Services, Office for Civil Rights. The internship program sponsor was the Washington Semester American Indian Program, Washington Internships for Native Americans (WINS). My Choctaw Indian heritage qualified me to apply for this program, which pays for all expenses, including airfare. During the three months that I was in Washington, I worked on a variety of issues pertaining to Native Americans and the general public, such as Medicare, Limited English Proficiency Program, mental illness, HIV-AIDS, and child exploitation. I was also a finalist for Outstanding Intern of the Year out of 75 candidates, 10 semi-finalists, and seven finalists from top universities nationwide including Yale, M.I.T., Dartmouth, Cornell, and Brown. I was honored that my supervisor, Ms. Carole L. Brown, Special Assistant to the Principal Deputy, Office of the Secretary Executive, nominated me for this prestigious award.

I also had the privilege of meeting many fine and talented members from other tribes, many of whom I still keep in touch with. The program included living and taking courses at American University; one being Federal Native American Indian Policy, and the other was an internship course, which correlated with our respective internships.

Overall, the internship program provided me with invaluable experience and allowed me to acquire skills to get ahead in the real world. I was happy and proud to represent my tribe and would strongly urge other fellow Choctaw to apply for the WINS internship program that can provide connections and knowledge, and can help us achieve our goals successfully, both for ourselves and for the tribe.

Robert E. Hughes II  
University of Southern California

## The Choctaw Nation Color Guard is needing a Choctaw veteran experienced in playing “Taps” at veteran funerals or tribal functions.

- Must live in the 10 1/2 counties of the Choctaw Nation, have dependable transportation for traveling and have reliable phone for contact purposes. Interested veterans may send resumes of their military experience, rank, and age to:  
**Herbert Jessie, Coordinator**  
P.O. Box 156  
Haworth, OK 74740

## Safe and secure

Dear Chief Pyle,

I would like to take this opportunity to let you know just how much my family and I appreciate you and your staff. A lot of times people will send letters of appreciation for donations or other monetary contributions, that is not my reason for writing you. What you and your staff have given me is much more valuable – it is **Security**. My family and I lived in a two-bedroom mobile home that we would have to leave anytime a storm would come through. I have two young boys and we would have to leave our home and go to my parents when the weather would get bad. My husband works nights so sometimes this was hard for me to do if it was at night.

To begin with, none of this would have ever been possible if it had not been for the support of my councilperson, Charlotte Jackson, who not only advised me on how to begin this process, but showed a genuine concern for our well-being. She told us who to get in contact with and then would follow up with us on how things were going. I then met Mr. Sossamon and he was very friendly and professional. I told him how much I appreciated his staff and all they were doing for us and he told me if we had any problems to feel free to contact him.

We have met some truly wonderful women from Choctaw Home Finance that I would just like to take the opportunity to tell you about: Nancy Kirby was excellent – she answered our questions and told us how long things would take and what to expect; Leah Williams who was very professional and thorough in doing our paperwork; and Shasta Baggs – we were able to call her anytime and find out how our case was progressing, she was always friendly and courteous to us. Another one of the ladies we met was Valerie Powell who helped us with a certain situation in a very professional way and the matter was resolved. Charlene Grundstat came to our aid without hesitation when the need arose and we are eternally grateful.

Chief Pyle, we are now in a brick home on family land that was once allotted to my great-grandfather. This means more to me than I could ever express to you. Although we will have to pay the loan back I just wanted to **Thank You** and the Choctaw Nation for providing us the opportunity to be safe and secure in a home we can someday call our own. May God bless you and the people of the Choctaw Nation.

Bryan, Paula, Dustin and Joshua Lynch

## Students kick off study project

Dear Choctaw Nation,

The Choctaw Nation Head Start in Wilburton kicked off the study project, “Farm Animals,” by visiting the Latimer County Free Fair. The students, staff, and parents would like to say yakoke to Chief Pyle and Tribal Councilman Joe Coley for their continued support of education.

## Tribal member keeping warm

Dear Choctaw Nation,

I want to thank the Choctaw Nation and Chief Pyle for helping with a new furnace. I have a warm home now. Thank you to Renee Loftin for sending Mr. Jerry Gambol from the Housing Authority.

Camilia Luman, Heavener

## Asthma improving

Dear Chief Pyle,

I am thankful to the Choctaw Nation of Oklahoma for helping me with medical equipment to improve my asthma.

Dallis W. Richardson and family



Wilburton Language Class starts Phase III

Phase III of the Choctaw Language Class will begin January 5 at the Choctaw Community Center in Wilburton. The classes, under the instruction of McKinley Taylor Jr., will be held from 6 to 8 p.m. every Thursday. Students have the first three weeks to enroll. For more information please call 918-465-2389 or 918-465-9890.

New Year’s Singing and Indian Taco Sale

OK Choctaw Tribal Alliance is hosting a New Year’s Singing and Indian Taco Sale – everyone is welcome and bring your instruments.

It will be held January 14, 2006, at 5320 S. Youngs Blvd. in Oklahoma City, one block west of Pennsylvania Ave. between S.W. 51<sup>st</sup> and S.W. 59<sup>th</sup>.

The Indian Taco sale will be held 11 a.m. to 4 p.m.; concession 5 p.m.-?; general singing 6 p.m., gospel singing groups 7 p.m. MCs are Mike Watkins and Anthony Williamson. For additional information please call 405-685-8096 or 405-314-6042.

Devon Fobb Birthday Singing

The second annual Devon Fobb Birthday Celebration Singing will be 6 p.m. Saturday, January 28, at Billy Hooton Memorial U.M.C., 2444 N.W. 1st Terrace, Oklahoma City.

The singing will be hosted by The Master’s Touch and will include special guests Native Voice, Michael English, The Jody Brown Indian Family, Faith, Hope and Love, The Harmonettes, The Chosen, and many more.

It is free to the public; concessions will be available. A Love Offering will be taken. Sound provided by “The Sound Shop,” Ronnie Tucker. For more information, call The Master’s Touch, 405-641-5123.

Usry Family Reunion to be held in summer

Descendants of William Henry and Jane Glass Usry are having a Family Reunion at the Lake Texoma Lodge, Oklahoma State Park, near Durant, from Friday, June 30, through Sunday, July 2, 2006.

William’s father was William Usry and grandfather was John Ussery, from Lunenburg County, Virginia. William Henry and Jane Glass Usry had two sons: William Usry, born about 1803, and James Adolphus Usry, born Feb. 1805 in Franklin County, Tennessee.

We are the direct descendants of James Adolphus Usry and his two wives respectfully. Born to James and first wife Elizabeth Poole were John Augustus, Francis (Frank), Jane, William Thaddius, Robert Claudius, Mary Artimissa, James Adolphus, Albert W. Martha, Nancy, Margaret Elizabeth, Amanda, a twin to Amanda is said to have died in South Carolina. Children by his second marriage to Mariah Ann Langley were: Oliver Edwards, Elbert J., Emma F., Zemeriah L. and Henry H. Zemeriah and his wife, Sallie Jane Myrick, married in Alabama and settled in Bennington, Bryan County, Oklahoma, where they are both buried at Old Bennington Church cemetery.

Coordinators of the reunion are: Jeannie Phillips Usry (Mrs. Gerald Edwin Usry), Durant, 580-924-5406, e-mail carmor@communicomm.com; and Debra Cornett Usry (Mrs. Lloyd Neil Usry), Paris, Texas, 903-785-3619, e-mail BBIRDSWIFE@aol.com. Please let one of these folks know if you are planning to attend the reunion and who is attending in order to pre-register and plan adequately for this special event.

All Usry or Ussery families are welcome to attend!

Fires in area burn thousands of acres

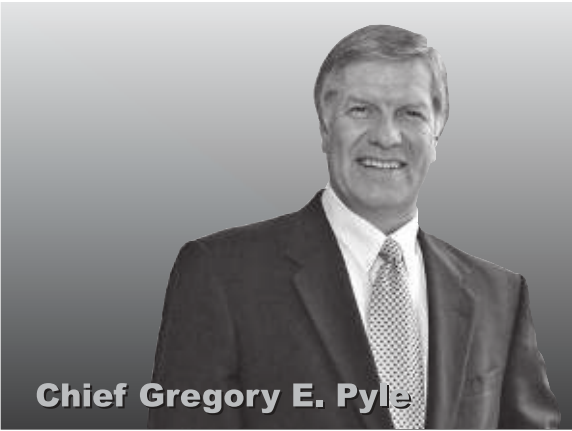
Fires in Oklahoma and north Texas have dominated the local news in the past few weeks. Watching national coverage, we also see floods, heavy snow and high winds across the United States. Because of the long drought, the area of Choctaw Nation here in Oklahoma is especially dry, which results in easily flammable foliage.

Tribal facilities have not been damaged at the time of this writing, thanks in part to employees adhering to advice from professionals in preventing fire. The Choctaw Nation has followed tips put forth by the tribal forestry program and safety program such as cutting grass very

short, removing leaves from around foundations, and plowing fire lines where possible. Taking these measures at the senior citizen Independent Living Communities, business facilities, hospital and clinics, offices and other properties were steps we could take in order to protect tribal properties.

of firefighters and the tribe wants to help them be able to respond to the need. Fire departments have reacted with gratitude, telling us that filling up their fire trucks for free at the travel plazas will help substantially with their expenses.

Please remember the Choctaw Nation and Choctaw people everywhere in your prayers.



Chief Gregory E. Pyle

I realize resources of local fire departments are stretched to the limit with all of the emergencies they are currently responding to. The tribe assisted these fire departments with free fuel, food supplies, Gatorade and water from the Choctaw Nation Travel Plazas. People everywhere

Stock shows exemplify support for youth programs

The Choctaw Nation of Oklahoma has consistently supported youth programs. One great example is the swine/beef show that is held the first weekend in February each year.

February 4 and 5 mark the 15th annual livestock show sponsored by the tribe and as always, I look forward to personally cheering on each and every entry.

The annual show has grown from a one-day event at the Hugo Agri-Plex to a full weekend of activities at the Eastern Oklahoma State College God-



Assistant Chief Mike Bailey

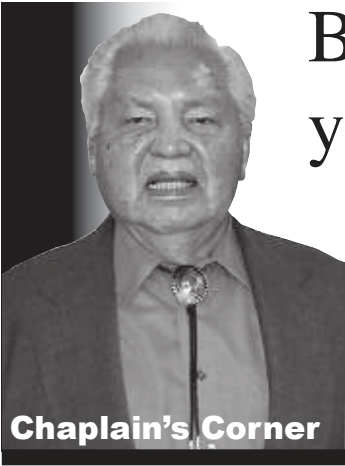
dard Show Barn. Students prepare for months in advance, and the tribe makes sure that every entrant receives a monetary award. In addition to skills in dependability and responsibility, the youth build self-esteem and

confidence through their participation.

I am very proud of all of the students who care for these show animals. The work is hard and many hours are spent feeding, grooming and training.

Olympic gymnast Kurt Thomas voiced a thought that all youth should hear. He said, “I feel that

the most important step in any major accomplishment is setting a specific goal. This enables you to keep your mind focused on your goal and off the many obstacles that will arise while you’re striving to do your best.”



Chaplain’s Corner

The Rev. Bertram Bobb

As we begin the New Year 2006 we reminisce on the love of God. How wonderful He is and what He has done and what He can do.

Yes, God loves you and He loves me. There has never been a man who has lived that has ever fully understood the love of God. Why? Because we cannot measure His love for us. The love of God just cannot be measured.

The Apostle Paul sought to give us the measurement of God’s love in Ephesians 3:17-19:

“That Christ may dwell in your hearts by faith; that ye, being rooted and grounded in love, may be able to comprehend with all saints what is the breadth, the length, and depth, and height. These are the four dimensions of the love of God in Christ. It is in Jesus Christ and only in Him that we can see these four dimensions, for He came from the highest Heaven, stooped to the lowest agonies of Hell, in order that He might embrace a world in the length and breadth of His compassion.

Paul says that this love cannot be understood, it cannot be understood until all the saints are in glory, and even then it will be a love which “passeth knowledge.”

The first dimension Paul mentions is the breadth. Just how wide is the love of God? It cannot be measured, for it is infinite. Men have tried to express it in various ways, but all come short.

Let’s look at David’s description of God’s love for us – he says in Psalm 103:12, “As far as the east is from the west, ...” Why didn’t David say, as far as the south is from the north? Because there is a south pole and a

Beginning the new year with God’s love

north pole. If you travel south, when you pass south pole you will be traveling toward north. But there is no east or west pole, when you go west you will always go west. You will never reach the west.

The second dimension Paul mentions is the length of the love of God. How long is the love of God in Christ? It can only be measured by eternity. Since God is love, and God has no beginning and has no ending, His love too has no beginning and no end. It is eternal.

Eternal life is the gift of God’s love to every believer. When a person trusts Jesus Christ as his or her personal Savior, he or she receives eternal life. (John 3:16; Romans 6:23).

The third dimension of the love of God is its depth. Like the other measurements, it is indescribable. His love was so deep that it can only be measured by the distance the Son of God came to redeem a lost world.

Science tells us that space is endless, and there are stars which are millions and millions of light-years away. Light travels 186,000 miles a second, and the light from these stars took a billion years or more to reach us. Somewhere up above these stars we believe is Heaven, and Jesus came all that distance to save us.

The depth of this love of God is seen at Calvary – at the cross – when the perfect, sinless, eternal Son of God took our sin and our curse upon Himself when He died on the cross.

My dear friend, can you see this? Jesus died for all of us, (Romans 3:23), and there is not a man or woman who has sunk so low, so deep in sin, filth and shameless degradation that cannot be saved by accepting the gift of God’s love – the Lord Jesus Christ. He stooped low enough to save the lowest, meanest, drunken bum in the gutter, as well as the most cultural, moral religious church going professor.

We come to the very climax of the love of God in our Lord Jesus Christ – the fourth dimension; that is, its height. We can

never appreciate the height of His love until we have tried to measure its depth first, and only those who have been saved from the depths of sin can really value the height of His love.

David said, “He brought me up also out of a horrible pit, out of the miry clay, and set my feet upon a rock, and established my goings.” (Psalms 40:2).

In His love, God reached down into the garbage dump to save us, and exalted us, He lifted us up to sit at the King’s banquet table in a spotless robe of righteousness. Oh, the breadth, the length, the depth, and the height of God’s love.

We cannot fully understand this love of God, and we cannot in our feeble efforts begin to express His love. So many times I am afraid there are people who are singing,

“Oh, the love that drew salvation’s plan!

“Oh, the grace that brought it down to man!

“Oh, the mighty gulf that God did span at Calvary.”

And still, they do not know the love of God in our Lord Jesus Christ. It was God’s love that has given to us a plan of salvation. Salvation means to be rescued or salvaged – and this is just what Jesus has done.

“For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.” (John 3:16).

Jesus Christ has paid the penalty for sin, and in Him we are delivered – saved from the penalty of sin which is death. If you have never trusted Jesus Christ as your own personal Savior, will you accept Him now? “... behold, now is the accepted time; behold, now is the day of salvation.” (II Corinthians 6:2).

When you know Jesus Christ as your Savior you will have a Happy New Year. Let me know, I will pray for you. My mailing address is P.O. Box 9, Antlers, OK 74523.

Continue to pray for America! “Blessed is the nation whose God is the LORD ...” (Psalms 33:12).

Choctaws gather in Plano



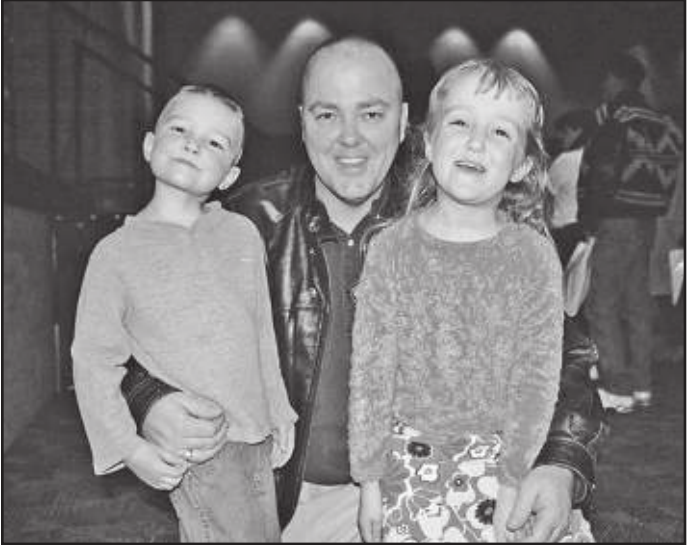
Lisa Ammons and two-year-old Boomer Ammons.



Choctaw Princess Erica McMillan lets Maryvon Folsom look at her crown.



Peggy Larney, Director of Dallas Independent School District Indian Education Program; Chief Gregory E. Pyle and Larry Larney.



Allan Folsom with four-year-old Ben and six-year-old Maryvon.



Chief Pyle with Jimmy Barcus.



Lauren Gudgeon, four years old, assists in the door prize giveaway. She is pictured with Sue Folsom and Oneida Winship.



Chief Pyle presents a donation to Angela Young, executive assistant for the Urban Inter-Tribal Center of Texas, to help with Christmas presents for area youth.



HEALTHY LIFESTYLES

Building stronger families for a better tomorrow

Parenting is an extremely hard task in today’s time and children are faced with an epidemic problem of substance abuse. Parents, our advice to you is to get active with your children and stay active, continue to be engaged in the children’s many activities, and know their “where-abouts” at all times. Develop open communication with your children and help them establish their morals, values, and standards early in life. Parents, take time to ask yourself the questions listed at right and answer them honestly. They could provide a guide in assisting you if your child is at-risk, displaying self-destructive behaviors, and needing your help and intervention.

The decision to seek help for your child can be difficult and painful. You may know that your child has a problem with emotions or behavior. However, many parents refuse to look honestly at their child’s behavior or deny that there is a problem. These parents may be making excuses for their child, blaming the school, teachers, family, friends, or society. They may be covering up for their child by lying or fixing any problems that the child may encounter. They may be giving in to their child’s demands and compromising their own values just to keep peace. They may feel that their child’s rebelliousness is just a normal part of adolescence. As their child’s behavior continues to spiral downward, there will come a time when they realize that their child’s behavior is not getting better. Hopefully the decision on how best to intervene will still be in the hands of the parents and not with the juvenile justice system. Hopefully, the child will have not taken self-destruction to the extreme.

Even when parents know they must do something to save their child’s life, it is difficult. Parents and other family members often do not agree on what is best to do. Siblings, affected by the tension-filled home, may become withdrawn or also act out, and par-

- \*Is your child angry?
- \*Does your child become belligerent when he or she does not get his or her own way?
- \*Is your child secretive, or have an unusual desire for privacy?
- \*Does your child use abusive language to you and other family members?
- \*Have there been problems in school attendance or tardiness?
- \*Is your child failing at school or have grades gone down?
- \*Is your child frequently out late, without your permission?
- \*Does your child have friends who are also making poor decisions?
- \*Does your child have new friends and do you know who they are?
- \*Has your child withdrawn from family activities and family involvement?
- \*Have there been abrupt changes in your child’s personality and behavior?
- \*Have your child eating and sleeping habits changed?
- \*Has your child stolen money from you or someone else close to you?
- \*Does your child have unexplained cash, new clothes, or material items?

or other respected adults, but their counsel brought little or no resolved solution. Parents may have taken their child for psychiatric evaluation or for counseling and therapy, but the child would not cooperate and resisted this help.

The situation may seem hopeless but we want you to know that you can help your child and heal your family. The first step is to take an honest look at your child’s behavior. Then listen to professionals who have experience working with youth, become informed of your child’s issues, be involved by following through on professional advise and treatment plans even if it is the hardest thing you do as a parent, and build a support system for you and your child from family, friends, and self-help groups.

A highly recommended book today for families in need is “The 7 Habits of Highly Effective Families” by Stephen R. Covey. Parenting is ongoing until adulthood and parents have to be plugged in all the way through life.

Stay active with your children – it will pay off.

ents feel torn in all directions. Sometimes there are guilty feelings for family situations, such as separation, divorce, or past family issues.

Parents may also feel isolated, without support from friends or family, and think they have the only family whose child is making poor and life-threatening decisions. It is difficult and lonely to parents who are dealing with an angry and manipulative child. Family and friends do not seem to understand this, and parents often conceal the extent of their problems from others. Even when parents attempt to connect with their child through open and honest communication, the child shuts them out. There may have been meetings with the child’s teachers and other educational professionals.

There may have been consultations with doctors, ministers

To the youth of the nation...

Teen Depression

By Erica Martinez

Depression is a serious medical condition. Depression can be defined as the following sustained irritability, moodiness, appetite changes, sleep dysfunctions, and restricts the ability to enjoy oneself for a short period of time or even longer. Depression may be especially painful for teens due to they are constantly surround by teens who are socializing and taking part in activities while they are battling sadness. Teenage depression can surface for many teens by risky type behaviors such as drinking alcohol, taking drugs and participating in sexual activities. Under the best circumstances, it’s hard to detect teen depression. Only 1 in 5 teens who suffer from this illness gets identified. What adults know from talking to teens is that there are a lot of teens who are in a lot of pain and don’t show it. Research done by the New York University Child Study Center found that 54% of depressed teen girls feel more depressed during the holidays and 19% of depressed teen boys say the holidays negatively affect their mood.

Warning signs of depression in teens include:

- Irritability or depressed mood
- Change in appetite
- Difficulty in concentration
- Social isolation
- Deterioration in academic performance

Here are four steps to understand and get help for teen depression:

- Look for signs of depression
- Understand that depression is a real illness
- See your doctor – Get a check-up for teens and talk about feelings with others
- Get treatment for the depression (don’t suffer in silence)

Although there are different types of teenage depression, the symptoms are similar. If you think you might be depressed or know someone who shows the signs of depression during the holiday season or in everyday life discuss this with a qualified health care/behavior health professional, or with someone whom you trust. The decision to seek help for a teenage depression can provide some relief of symptoms and result in the teen feeling better about themselves. Realize the holidays can be a stress period for teens who suffer with depression and reach out to help your fellow teens that are struggling. Teens who are suffering – don’t suffer alone, talk with someone and get help.

New grant to improve well-being of children

By Brandon Wardell, MA, LPC  
Program Coordinator  
Choctaw Nation Health Care Authority

Choctaw Nation Behavioral Health is proud to announce a new grant award that will allow us to do some exciting work in the area of prevention. The U.S. Department of Health and Human Services, Administration for Children and Families, has awarded \$150,000 for the implementation of the Healthy Marriages/Healthy Kids Project. The primary purpose of this project is to improve the well-being of children in Native communities by fostering healthy marriages.

Two staff members will be hired full-time to spread the message throughout the Choctaw Nation on the importance of strong families and healthy marriages. A major emphasis of the program will be to reach as many people as we can with relationship enhancement skills. A curriculum called PREP (Prevention and Relationship Enhancement Program) will be used as we partner with the rest of the state to promote the Oklahoma Marriage Initiative and its goal of reducing the divorce rate in our state. The devastating impact of divorce on children is well-known, and research has shown the PREP curriculum to be very effective in teaching couples how to reduce conflict and improve communication.

In addition to PREP classes throughout our communities, other behavioral health programs will begin integrating relationship enhancement skills into their current intervention approaches. Outreach activities and educational articles about the importance of healthy marriages will be promoted in every way possible through tribal media, school poster contests, church bulletin inserts, speaking engagements, and representation at health fairs and cultural events. Existing community coalitions will be invited to participate in the healthy marriage/healthy kid’s campaign by spreading the word and making referrals to scheduled classes and activities.

We are all excited about the opportunities in front of us to improve the health and well-being of our children by strengthening and supporting parents and families.

Mentoring: a positive influence in a not-so-positive situation

By Jeremy Bull  
Choctaw Nation  
CARES Media Specialist

A pat on the back or a high-five for a job well done. A phone call on a rainy day or Saturday afternoon at the mall. Though these may seem like random acts of kindness, to a child experiencing emotional disharmony in his or her life these are actually motivators and rays of hope when life is otherwise dark and cloudy. A mentor can be just the individual to be the light at the end of a child’s long tunnel of darkness.

Society today exalts influential figures to the forefront of the media spotlight for the negative choices they make. Children see these figures as role models and in turn model the choices they make after what society has deemed “acceptable behavior.”

In turn these children often find harsh reality when they see and experience the consequences for the bad decisions that they make. Many children and adolescents who find themselves in these type of situations are often simply in need of a POSITIVE influence in their lives.

Mentoring is not a job, it is a God-given opportunity to be that

If you would be interested in becoming a mentor, feel free to call the Choctaw Nation CARES Project Office at 918-567-4128



Jack Austin Jr., CARES Clinical Coordinator/Youth Director; Kathryn Pitchford, CARES Project Coordinator; Sandra Twaddle, CARES Case Manager/Counselor; Renee Baughman, CARES Project Director; and Gary Nunley, Choctaw Nation Behavioral Health Director.

CARES Project employee receives national award

Sandra K. Twaddle, Case Manager/Counselor for the Choctaw Nation CARES Project, was awarded the Local Impact Award from the National Indian Health Board at the board’s 22<sup>nd</sup> Annual Consumer Conference, held October 16-19 in Phoenix, Arizona. The award recognizes organizations who offer outstanding contributions to the improvement of health care for American Indian and Alaskan Native people. Sandra was recognized for contributions to Native American families within the 10 ½ counties of the Choctaw Nation, who have children who are experiencing temporary emotional disharmony within the home. Her willingness to “go the extra mile” with Native American families, her advocacy to the families, and her warm personality has made Sandra a priceless resource to the CARES Project and to the families within the Choctaw Nation. Congratulations to Sandra on her accomplishments, as she works to help the CARES Project pave the way to healthier lives for future generations.

Motor vehicle accidents and drinking and driving

Injuries, from both unintentional and intentional causes, are the third leading cause of death among all American Indians followed by heart disease and cancer. Of the top eight listed injuries, motor vehicle accidents are the leading cause of death among Native Americans as studied by the CDC (Center for Disease Center). Native Americans have the highest alcohol-related motor vehicle death rates of all racial groups, putting our children and youth at an elevated risk when they ride with an impaired driver. Sixty-five percent of motor vehicle-related deaths among Native Americans involve alcohol. Young drivers are at particular risk because of inexperience, nighttime driving, too many passengers in the car,

and patterns of alcohol use. Every 30 minutes, nearly 50 times a day, someone in America dies in an alcohol-related crash. This means you, your friends, your family are regularly at risk. Too many people still don’t understand that alcohol, drugs and driving don’t mix. Impaired driving is no accident – nor is it a victimless crime. Drivers can save a lot of heartache with a few simple precautions:

- Plan ahead and always designate a sober driver before the party or festivities begin;
- Don’t even think about getting behind the wheel of your vehicle if you’ve been out drinking;
- If you are impaired, call a taxi or get a sober friend or family member to come and get

- you;
  - Or just stay where you are and sleep it off until you are sober;
  - Remember: Friends Don’t Let Friends Drive Drunk. Take the keys and never let a friend leave your sight if you think they are about to drive while impaired; and
  - If you are hosting the event, remind your guests to plan ahead and designate their sober driver, always offer alcohol-free beverages during the event, and make sure all of your guests leave with a sober driver.
- Driving impaired or riding with someone who is impaired is not worth the risk. The consequences are serious and real. Not only do you risk killing yourself or someone else, but there is the

trauma and financial costs of a crash or an arrest for driving while impaired. Violators often face jail time, the loss of their driver’s license, higher insurance rates, and dozens of other unanticipated expenses from attorney fees, other fines and court costs, car towing and repairs, lost time at work, and the list can go on.

As we begin a new year, in order to save lives of this generation and the next and to promote healthy families and communities, let’s campaign together and spread the message, “Native Americans don’t let other Native Americans Drink and Drive.”

Article sponsored by the Choctaw Nation Injury Prevention Program. For more information call 1-877-285-6893 Jennifer Davidson.

REACH 2010 continued from Page 1

in staff who are trained in physical fitness in each of the tribal communities, increased access to physical activity opportunities, tribal worksite policies encouraging physical activity, a successful state/tribal collaboration, and an overall decrease in body mass index among participating adults.

“We are excited that the ACFN is recognizing the Oklahoma REACH 2010 Project as an exceptional program. Through this program we have been able to build new partnerships, expand established ones, and open the door to better understanding of cultural differences that impact diet, nutrition and health care,” said Dr. Janis Campbell, principal investigator for the project.

The partners representing the Oklahoma Native American REACH 2010 Project are: Absentee Shawnee Tribe of Oklahoma, Cherokee Nation, Cheyenne-Arapaho Tribe of Oklahoma, Chickasaw Nation, Choctaw Nation of Oklahoma, Indian Health Care Resource Center of Tulsa, Pawnee Nation of Oklahoma, Seminole Nation of Oklahoma, Wichita and Affiliated Tribes, and the Oklahoma State Department of Health.

For more information about the Oklahoma REACH 2010 Project, contact the OSHD Chronic Disease Service, Tribal Program Consultant Mary Massey-Douglas at 405-271-4072 or the Choctaw Nation REACH 2010 Coordinator Teresa Frederick at 918-567-7000, ext. 6044.



## Tips for teens with type 2 diabetes

Dealing with the ups and downs of diabetes can be done. Try to involve your family and your health care team. Take action to control your diabetes one step at a time.

**FEELINGS:** Everyone feels down sometimes. You’re not alone. Reach out for help. Talk to someone in your family or where you worship, an older friend, a school counselor, or your doctor or diabetes educator. It might help to write down your feelings in a journal. If you still feel down or sad, ask your parents to help you find a counselor. *It’s okay to ask for help.*

**STAY COOL:** There are many people who care about you and who want to help you stay healthy and happy. Your health care team can help you learn how to eat right, be more active, and feel good about yourself. Stay in touch with them. *It’s all about you! Let your health care team know how you feel and what you need.*

**MOM, DAD, GET WITH IT!** It’s easier to manage diabetes when the whole family works at it with you. Get everyone eating well. Ask your family to eat the same healthy foods you eat. Ask them not to tempt you with unhealthy foods. Get everyone moving by being more active. Play hard, shoot hoops, play ball, ride bikes, and go for a walk together. *What’s healthy for you is healthy for everyone in your family!*

**LET YOUR SCHOOL KNOW WHAT’S UP:** Let people at your school know you have type 2 diabetes and that you need to eat healthy foods, take your meals or medicine on time, and be active. Include teachers, nurses, bus drivers, counselors, coach and cafeteria lunch room staff. *Don’t let diabetes stop you! You can do the things everyone else does.*

**STILL MY FRIEND?** Ever worry that your friends get wrong ideas about diabetes? Tell them that you have diabetes. You don’t have to keep it a secret. The more people know about diabetes the more they will understand. Explain that your body needs help to use the food you eat. Be sure everyone knows that no one can catch diabetes from you. Good friends help each other out. If you have friends who help you choose healthy foods when you’re all eating out, hang on to them.

All information was collected from the website [www.ndep.nih.gov](http://www.ndep.nih.gov). For more information regarding this topic go to [www.ndep.nih.gov](http://www.ndep.nih.gov). If you need further assistance contact Raina Sparks, Dietitian, 800-349-7026.

— — — Featured Recipe — — —

ALL-DAY  
APPLESAUCE  
WITH FROZEN YOGURT

2 lbs. Granny Smith apples,  
cored and cut into 1/2-inch  
thick slices

1/4 cup sugar or Splenda

1/2 tsp. ground cinnamon

2 Tbsp. fresh lemon juice

6 - 1/4-cup scoops fat-free, no-sugar  
added vanilla frozen yogurt

Grated nutmeg

Lay apple slices in a 3-quart or larger  
crockery slow cooker. Combine sugar  
and cinnamon. Sprinkle over apples and  
drizzle with lemon juice.

Cover and cook on low for 6 1/2 to 8  
hours.

To serve, spoon hot apples into 6  
dessert dishes. Top each with a scoop  
of frozen yogurt. Lightly sprinkle with  
nutmeg and serve.

Makes 6 servings.

Nutrition per serving: 150 calories (3%  
calories from fat; 2g protein; 1g total fat  
(0.1 saturated fat); 40g carbohydrates;  
4g dietary fiber; 0 cholesterol; 25mg  
sodium.

Diabetic exchanges: 2 1/2 carbohy-  
drate (1 bread/starch, 1 1/2 fruit)

©diabetic-recipes.com

## Protect your home during dry conditions

Extended dry conditions and high winds have increased the fire danger in all Oklahoma counties. On November 15, 2005, Gov. Henry issued a ban on outdoor burning for all counties in Oklahoma. Dry vegetation will ignite easily and will burn with surprising intensity.

**Beware and prepare...**

- Keep lawns and surrounding pastures mowed even if vegetation is dead. Shorter grasses carry fire at a slower pace than taller grasses.
- Clear brush and dead fuels within 30 feet of all structures.
- Keep roofs and gutters clear of needles, leaves, and other debris.
- Clear exterior window sills of leaves, needles, and other debris.
- Clear dead fuels and other debris from around decks, under porches, and from around foundations.
- Have water hoses and sprinklers accessible in case they’re needed. Ensure hoses will reach all perimeter boundaries around the home.

For more information, visit [www.firewise.org](http://www.firewise.org) or call Choctaw Nation Forestry, David Linton, Fire Prevention Officer, 800-509-4571.

# Exercising in the cold

The biggest concern for exercising in the cold is hypothermia, or too much heat loss. When you exercise in a cold environment you must consider one primary factor: how much heat will your body lose during exercise?

### Heat loss is controlled in two ways:

1. Insulation, consisting of body fat plus clothing.
2. Environmental factors, including temperature, wind and whether you’re exercising in the air or in the water. Each of these factors plays a role in the body’s ability to maintain a comfortable temperature during exercise.

### Insulation

Although many people aspire to have a lean figure, people with a little more body fat are better insulated and will lose less heat. Clothing adds to the insulation barrier and is clearly the most important element in performance and comfort while exercising in the cold. One study showed that heat loss from the head alone was about 50 percent at the freezing mark, and by simply wearing a helmet, subjects were able to stay outside indefinitely.

Clothing is generally a good insulator because it has the ability to trap air, a poor conductor of heat. If the air trapped by the clothing cannot conduct the heat away from the body, temperature will be maintained. Unlike air, however, water is a rapid conductor of heat and even in the coldest of temperatures, people will sweat and risk significant heat loss. With this in mind, you want to choose clothing that can trap air but allow sweat to pass through, away from the body.

By wearing clothing in layers, you have the ability to change the amount of insulation that is needed. While many new products can provide such a layered barrier, it is important to avoid heavy cotton sweats or tightly woven material that will absorb and retain water. Because these materials cannot provide a layer of dry air near the skin, they can increase the amount of heat your body loses as you exercise.

Keeping the hands and feet warm is a common concern when exercising in the cold. Lower temperatures cause blood to be shunted away from the hands and feet to the center of the body to keep the internal organs warm and protected. Superficial warming of the hands will return blood flow to prevent tissue damage. Blood flow will not return to the feet unless the temperature of the torso is normal or slightly higher [.5-1.0 degree Fahrenheit (F) above normal]. So, to keep your feet warm you must also keep the rest of your body warm at all times.

### Check with the weatherman

Always check the air temperature and wind chill factor before exercising in the cold. Data from the National Safety Council suggests little danger to individuals with properly clothed skin exposed at 20° F, even with a 30 mph wind. A danger does exist for individuals with exposed skin when the wind chill factor (combined effect of temperature and wind) falls below minus 20° F.

That can be achieved by any combination of temperatures below 20° F with a wind of 40 mph and temperatures below minus 20° F with no wind. If you are exercising near the danger zone for skin exposure, it also is advisable to warm the air being inhaled by wearing a scarf or mask over your nose and mouth to warm the air being inhaled.

### Rules for exercising in the cold

- Check the temperature and wind conditions before you go out and do not exercise if conditions are dangerous.
- Keep your head, hands and feet warm.
- Dress in layers that can provide a trapped layer of dry air near the skin (avoid cotton sweats and other similar materials).
- Warm the air you are breathing if temperatures are below your comfort level (usually around 0° F).

For more information call REACH 2010 at 800-349-7026, ext. 6044 or 6958.

*Be Healthy ... Be Strong*

# GET MOVIN’

Many people are confused about how to lose unhealthy weight. The good news is that eating healthy, balanced, and well-apportioned meals may accomplish this. Your first small step should be to set your nutritional goals.

Whether you want to lose weight, lower cholesterol or blood pressure, feel better, or set a better example for your family, your nutritional goals should take into account both the kinds of food you eat and the amount of food you eat. Set a small, incremental goal to start with. Once you’ve accomplished that goal, set a new, higher goal.

Write down your goals in a notebook, and keep track of the food you eat by writing it down. This will allow you to see how you’re progressing. Your nutritional goals should work towards incorporating the following elements:

- Eat at least five servings of fruits and vegetables per day.
- Choose a diet that is low in saturated fat and cholesterol, and moderate in total fat, salt and sugar.
- Choose a variety of grains daily, especially whole grains.
- Eat a wide variety of foods, including foods from every food group.
- Balance the calories you eat with those you burn. A sedentary person requires fewer calories, for example, than a very active person.

Be sure to see the Dietary Guidelines for Americans – this comprehensive guide will help you set goals in line with current recommendations. Remember – don’t set unrealistic goals! Realistic goals allow you to make small changes in a relatively small amount of time, and then move onto the next goal.

### REALISTIC GOAL

I will incorporate one additional fruit or diet, and avoid second helpings for one week.

Once you’ve met your realistic goal, you will find it much easier to move onto a new, and possibly more challenging goal. You’ve made progress!

\*U.S. Dept. of Health & Human Services  
Small Step To Better Health

## School starts walking program

A Durant school has begun a program to fight obesity, diabetes and heart disease. Northwest Heights Mileage Club is a walking program that second- and third-graders can participate in.

In addition to developing healthy bodies while having fun, there are incentives as miles are gained. Every two miles, students receive a tiny foot to put on their shoestrings. Ten-mile goals are met with a special T-shirt.

Principal Cindy Newell and Physical Education Teacher Cindy Ballard presented the first shirts to students Tyler Shade, Neal Patel, Valentina Roa, Chandler Thomas, Skye Lowe, and (not pictured) Denton Comer.

Chief Greg Pyle and Tony Messenger also received shirts in appreciation of their contributions to the program.

# WIC Healthful eating for your family

### Make Healthy Choices:

Healthy choices that fit your lifestyle can help you do the things you want to do. Here are some easy steps you can take. Add your own ideas!

**BE REALISTIC:** Make small changes over time in what you eat and in the level of activity you do. After all, small steps work better than giant steps.

- Add one more fruit or vegetable to family meals this week. Work up to five a day.

**BE ADVENTUROUS:** Expand your tastes to enjoy a variety of foods. You can:

- Let your child choose a new vegetable to taste.

**BE FLEXIBLE:** Go ahead and balance what

you eat and the physical activity you do over several days. There’s no need to worry about just one meal or one day. You can:

- Have a burger, fries, and a shake for family lunch, then make soup and salad for supper.

**BE SENSIBLE:** Enjoy all foods, just don’t overdo it. You can:

- Enjoy one ice cream scoop, not two.

**BE ACTIVE:** Walk the dog, don’t just watch the dog walk! You can:

- Take a brisk family walk after supper.

Eat smart and move more to take care of you. That helps you have energy and health to enjoy your family, too!

“Nibbles for Health, USDA”

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.
		8:00-4:30	3rd & 4th week - every day
Poteau	918-647-4585	8:00-4:30	1st, 3rd, 4th wk - Mon., Wed., Thurs., Fri.
		8:00-4:30	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

## Choctaw Nation awarded Distance Learning grant

Deputy Agriculture Secretary Chuck Comner has announced the award of 79 Distance Learning and Telemedicine grants which will provide improved educational and medical services to rural residents of 36 states. The grants total over \$29.4 million.

Of the 79 projects selected, 35 provide funding for medical service improvements and 44 promote educational opportunities.

The Choctaw Nation of Oklahoma will receive a grant of \$304,542 to provide distance learning services to children enrolled in the Head Start program at 23 sites spread across 15,000 square miles of southeastern Oklahoma. The system will provide educational opportunities for Head Start staff and all adults in the communities served.

In 2005, 227 grant applications were received and 162 were found to meet program eligibility requirements. The 79 successful applicants were selected from that list. During the past five years, USDA’s Rural Development has invested over \$4.6 billion in telecommunications programs across America.

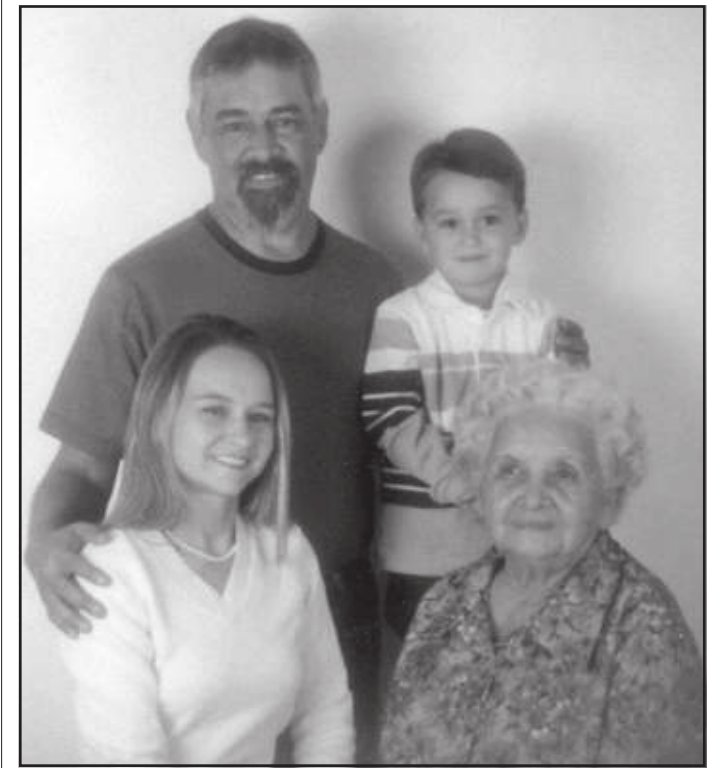
USDA Rural Development’s mission is to increase economic opportunity and improve the quality of life in rural communities. As a venture capital entity, Rural Development has invested over \$63 billion since the beginning of the Bush administration to provide equity and technical assistance to finance and foster growth in homeownership, business development, and critical community and technology infrastructure. Over 1.1 million jobs have been created or saved through these investments.

Further information on rural programs is available at a local USDA Rural Development office or by visiting USDA’s web site at <http://www.rurdev.usda.gov>. A complete list of 2005’s successful applicants can also be seen at the web site.



# PEOPLE YOU KNOW

## Four generations



Four generations of the Lusk family were able to be together last October. Ada Lusk of McAlester, son Robert, granddaughter Chrystal, and great-grandson Dylan spent two weeks together, having a great time. Chrystal and Dylan live in Hanford, California. Mrs. Lusk is the daughter of the late Winnie Gibson of Haywood, Oklahoma, an original enrollee.



## Happy 80th birthday

Lois O’Roark of Wichita Falls, Texas, celebrated her 80th birthday on December 10 at a surprise birthday party with her five children, grandchildren, great-grandchildren, friends and family. She also had a surprise visit from “Santa Claus;” her sister, Jean Nichols; and her husband, Nick from Lexington, South Carolina.

## Happy birthday

Preston and Dawn Miller would like to wish their great-niece, Candice Nicole Kemp, and sister, Priscilla Colleen Smith, happy birthdays. Candice turned one year old on December 10. Priscilla turned 43 on November 26.



## Happy 35th birthday

Preston Miller would like to wish his lovely wife of ten years, Dawn Renea Miller, a happy birthday. She turned 35 on November 2.



## Birthday wishes

The family would like to wish Billy Whitley a happy 41st birthday on December 6 and Steve Whitley a happy birthday on November 2 when he turns the Big 40.



Belated happy birthday wishes to Hayley Whitley who celebrated her 11th birthday on October 27 from her parents, Billy and Tammy Whitley.



## Happy tenth birthday, Kiesha

Kiesha Amos celebrated her tenth birthday on January 1. A third-grader at Wright City, she is the daughter of Katrina Amos of Wright City. All of her family would like to wish her a happy birthday!



## Veronica to turn 14

Happy birthday from Mom and the rest of the family to Veronica Willis of Battiest. She will be 14 years old on January 17.



## Happy birthday, Clark

Clark Holder of Dallas, Texas, turned 71 on January 4. Happy birthday!



## Happy birthday

Stephanie Goings would like to wish a happy belated birthday to her daddy, Marvin Goings of Smithville, Oklahoma. His birthday was December 27. Also, happy belated 17th birthday to his granddaughter and Stephanie’s baby girl, Chasity Carney, of Tracy, California. Her birthday was on December 28.



## Anthony turns 15

Frank Anthony Sabata Jr. celebrated his 15th birthday on November 1. Anthony “Frank the Tank” is a sophomore at Sierra High School in Manteca, California – the home of the Timberwolves! He has participated in several types of sports throughout the years including soccer, basketball, baseball, football and wrestling. Currently, Anthony is wrestling in the 180 lb. weight class in school and wants to pursue this in college. He has attended OSU-sponsored wrestling camps in his area.



He wishes to become a firefighter, following in his Grandpa Bill’s footsteps. His grandfather was a firefighter for many years and told Anthony both horrifying stories and stories of heroism. He made it seem interesting, intense and gratifying.

Anthony will attend the Fire Science classes so that he can become the man his Grandpa is today. He would like to qualify for the Choctaw Nation Forestry Firefighter Program when he is 18 years old.

Anthony recently learned that his great-great-great-grandfather, Houston McCurtain, walked the Trail of Tears and that he had uncles who were tribal chiefs.

## Lane turns 10

Lane Williams of Idabel celebrated his 10th birthday on September 9. His parents are Barry and Linda Williams, Idabel. Lane’s grandparents are Mr. and Mrs. Arvel Williams of Summerfield, Oklahoma, and Mr. and Mrs. Donald Scott of Idabel.



## Chance turns six

Chance Ryon Wafford turned six on November 22. Wishing him a happy birthday are his dad, Scott Wafford; mom, Katrina Wafford; sister, Emma Wafford; grandparents, Mike and Jo Ann Scantlen, Martha Shipley, and Dan Wafford; aunt and uncle, Melissa Scantlen and Brandon and Amanda Shipley. He celebrated his birthday with a bowling party with family and friends.



## Look who’s two!

Belated wishes for a happy birthday are sent to Shiloh Eliza Bohanan who turned two on November 20 from her sisters, Mia and Macy, and brothers, Tyler and Mason. She is the daughter of Lois Bohanan of Bethel. Grandparents are Robert and Melissa Bohanan of Bethel. Great-grandparents are the late Edd and Melcia Peters of Bethel.



## Happy first birthday

Happy birthday to Aubrey Lynne Cameron who turned one on January 3. Aubrey is the daughter of John and Jennifer Cameron. She is the great-great-granddaughter of original enrollee Junia Vail. What an adorable little Choctaw. Happy birthday!



## Shianne celebrates seventh

We would like to wish Shianne a happy seventh birthday on January 9 – Mom, Dad, April, Derrick, Emily, Kayle and Sarah.



## Happy 14th birthday

We would like to wish Cody Dwayne Taylor a happy 14th birthday on January 7. Cody attends Rattan School. He plays basketball and baseball and he also likes to hunt and fish. Cody’s father is Dwayne Taylor of Hugo. His mother is Julie Heady. Grandparents are Theda and Dodson Lamb of Hugo, William and Judy Taylor of Soper, and Clifford and Judy Heady. He has three sisters, Ashley Heady, Rachel Taylor, and Tahasha Taylor, and one brother, Canyon Taylor.



## Canyon turns five

Becky Peters and Dwayne Taylor, both of Hugo, are very proud to announce son Canyon Lane Taylor’s fifth birthday on December 20. Canyon attends Choctaw Nation Head Start in Hugo and he is very proud of his Indian heritage. Grandparents are Theda and Dodson Lamb of Hugo, William and Judy Taylor of Soper and Betty Shawhart of Fort Towson. He has two brothers, Cody Peters and Cody Taylor, and four sisters, Amber Hagger, Tahasha Taylor, Ashley Heady and Rachel Taylor. Happy birthday!



## Kiwanis Terrific Kid of the Month

Brayden Bentley was chosen as one of the Kiwanis Terrific Kids in Durant during October. He is a student at Northwest Heights Elementary.



Brayden also turned seven years old on January 14. He is the son Aaron and Anita Bentley of Durant.

Congratulations and happy birthday, Brayden!

## Happy 96th birthday

Montie Olean Horton, currently a resident of Spiro Nursing Home, will be 96 years of age on January 13. Born January 13, 1910, to Turner and Lena LeFlore on his allotted land south of Milton, Oklahoma, she has always gone by the name Olean.



Olean Horton is a grand-niece of the third wife of Peter Conser and as such inherited, with her two sisters, the estate. She attributes her longevity to hog lard and salt. All the family attributes her longevity to hard, hard work and care for her family.

Olean survived, while asleep in her home, a propane explosion in the year 1997 at the age of 87. She walked a half mile, in the dark, without cane, shoes, or glasses and with a severely injured leg, seeking help. All of her earthly possessions, except her gown and purse, were lost in that fire.

Happy birthday, Olean.

## Happy 90th birthday

Bertie Brashears Mitchell celebrated her 90th birthday on August 13, 2005. Bertie was born August 10, 1915, in Lona Valley near Kinta, Oklahoma. The celebration was hosted by her daughter, Ramona Mitchell Etris; granddaughter, Karen Etris Lightfoot; grandsons, Darrel and David Etris; and great-granddaughters, Amanda and Krestin. Family members and many friends enjoyed the time together, sharing birthday cake and refreshments at the celebration held in the Wilmont Place Baptist Church in Oklahoma City.



Bertie’s grandfather, William Brashears, was born in Claiborne County, Mississippi. In 1832, at the age of 13, he and his family were forced to move west of the Mississippi. Although the Trail of Tears took place at the same time, his family was not a part of that group. Bertie’s father was Tobias Brashears, born January 3, 1816, in Indian Territory. Her mother, Bessie Dean Howard, was born August 19, 1880, in Popular Bluff, Missouri, and moved to Indian Territory at a very young age, living in the Lona Valley area.

Happy birthday, Bertie.

## Happy birthday

Janica Danielle Williams celebrated her 16th birthday on December 29. She is a sophomore at Rock Creek High School. Joshua Lynn Williams will turn 18 on January 16 and is a junior at Rock Creek. Janica and Joshua’s parents are Donna Williams and DANNYE Williams.



## Berg celebrates birthday

Happy birthday wishes are sent to James Berg of Tulsa who will be 53 years old on January 15. James works in culinary/stewarding at Crowne Plaza Hotel in Tulsa.

## Look who’s three

Happy birthday from Papa and Nana, Bobby and Barbara Clyma, to Brooklyn Bazille who turned three on October 11. Her parents are Blake and LaDawn Bazille of Mounds, Oklahoma, and her brother is Brendon. Ryan Miller, Bavette Leeper and E.J. Leeper also want to wish you a happy birthday.



## Accomplished student

Erica Nichole Crawford is a senior at Quinton High School. She is a member of the Regional Champion and State Tournament second runnerup cheerleading squad. She is an individual UCA All-Star, All-Region individual, All-State individual cheerleader qualifier, and first place Large-Class A Cheerleading Squad at the Frontier City Fright/Cheer Fest. Congratulations on your accomplishments, we are so proud of you –your family, Dad, Mom, Broderick, Tyler, J.T., Kristen and Kelsey.



## O’Kelley earns FFA degree

Eric O’Kelley has recently been awarded the American FFA Degree. It is the highest degree awarded by the National FFA Organization. It recognizes demonstrated leadership abilities and outstanding achievements in agricultural business, production, processing and service programs. Of the 490,017 members of the FFA, less than 2,500 national degrees are awarded each year.



Eric raised and exhibited livestock for nine years, until his high school graduation in 2003. As a senior he served as Chapter President for Haileyville FFA. Bill Grubbs is the Haileyville Ag-Ed advisor. Eric is currently a junior at the University of Oklahoma, majoring in economics. He is also an active member of the male spirit group, the OU Ruf/Neks. He serves as vice president of the organization.

Eric is the second member of his family to earn the American FFA degree. His sister, Lindsey O’Kelley, earned the degree in 2002. Eric is the son of Buddy and Janelle O’Kelley of Hartshorne. His grandparents are Bill and Ann McCullar of McAlester and Jimmy and Roena O’Kelley of Hartshorne. His great-grandparents are Arvil and Ima Barnes of Hartshorne.

## Birthday wishes

Their Mom would like to send happy birthday wishes to Sherry Reynolds and James Reynolds. Sherry turned 36 years old on November 25 and James was 37 on November 18.



## BISHINIK deadline

Articles to be submitted for publication in the BISHINIK need to be received by the 10th of the month for the following month’s edition.



## NURSERY NEWS



**Nicholas Lawson  
Five Shoes Greth**

Parents Larry and Marlena Greth and older sister Desiree Marie Cox are proud to announce the arrival of Nicholas Lawson Five Shoes Greth. Nicholas was born at 10:58 a.m., January 25, 2005, weighing 8 pounds 3 ounces and measured 20 inches long.



**Mason Gage Bohanan**

Mason Gage Bohanan was born at 3:55 p.m., September 20, 2005, at McCurtain Memorial Hospital, Idabel. He weighed 7 pounds 2 ounces and measured 19.5 inches long. Proud parent is Lois Bohanan. Also proud of their little brother are older brother, Tyler, and sisters, Mia, Macy, and Shiloh. Grandparents are Robert and Melissa Bohanan of Bethel and great-grandparents are the late Edd and Melcia Peters of Bethel.



**Madison Jean Mayo**

Kelly and Shelley Mayo of Fort Worth, Texas, are proud to announce the birth of their daughter, Madison Jean Mayo, born at 12:45 p.m., October 20, 2005, at Baylor All Saints Citiview in Fort Worth. She weighed 8 pounds 12 ounces and was 20.5 inches long. Proud grandparents are Larry and Martha Mayo of Houston, Texas, Ronnie Goodner of Forth Worth, and George Brimer of Tulsa.



**Anthony Phillip Reagan**

Phillip and Dixie Reagan would like to announce the birth of a son, Anthony Phillip, born on October 22 at the Carl Albert Indian Hospital in Ada, joining an older sister, Augusta, age 7. Anthony weighed 7 pounds 5 ounces and measured 19.75 inches long. Grandparents are Doug and Althea Johnson of Haywood, Kay Smith of McAlester, and Doyle and Connie Reagan of Indianola. Great-grandparents are Jim and Marie Gibson of Haywood, Grover and Pat Johnson of Arpelar, and Betty Miller of McAlester.



**Aiden Ray Labor**

Aiden Ray Labor was born November 22, 2005, at the Choctaw Nation Health Care Center, Talihiina. He weighed in at 7 pounds 6 ounces and was 19 inches long. Proud parents are Brandon and April Labor and big brother, Brandon Ty Labor,

of Stigler. Proud grandparents are Hardy and Tammie Labor of McCurtain, Ken and Linda Pollard of Keota and Chuck and Lisa Gilbert of Mulberry, Arkansas.

## 2006 Labor Day Festival

### – Arts & Craft Vendors –

Applications for the 2005 Choctaw Nation Labor Day Festival will begin being accepted on March 1, 2005.

All applications must be submitted through the mail. All vendor spaces will be reserved on a first-come, first-serve basis.

For an application or more information, contact Faye Self, Lisa James or Debbie Damron at 800-522-6170.

### – Food Vendors –

Deadline for food vendors for the 2005 Choctaw Nation Labor Day Festival is March 15, 2005. All vendors must submit application, proof of liability insurance, and reservation fee.

For an application or more information, contact Faye Self, Lisa James or Debbie Damron at 800-522-6170.



**Barbara Jarvis, Audrey Scarbrough, Donna Davis and Ron Scarbrough.**

## Family gathers to celebrate heritage

Audrey Compelube Scarbrough, together with family and friends, gathered in October at the family ranch where she resides west of McAlester to commemorate the 102 years since the land was granted to her late father, original Choctaw enrollee, Bettis Compelube. Miss Audrey, as she is affectionately known, is descended on her maternal side from Captain George Pusley, one of the 12 Choctaw commissioners who participated in the signing of the Treaty of Dancing Rabbit Creek in 1830, which ceded the Choctaw people's lands east of the Mississippi to encroaching settlers. Resettled from Mississippi to what is present-day Latimer County, Capt. Pusley had the only blacksmith shop in the Nation. Following his death in 1850, a son later established a Butterfield relay station at the home, which is shown on early maps as the Pusley Station.

Jackson Compelube, Miss Audrey's paternal grandfather, arrived at Fort Smith on a cold January day in 1833, having made the arduous journey from Mississippi. Her grandfather, Columbus Compelube, was an early day marshal who often had to bring his prisoners to stay at his home because McAlester had no jail at the time. Twice a year, he boarded a train and traveled to court at Fort Smith. He fathered a large family before his death in 1919 and is buried at his home near the present ranch.

In the early 1970s, the family built a new home on the ranch where Barbara and husband Jack Jarvis raised their children. Following her move to Texas, brother Ron Scarbrough continued to improve the land and raise some of the finest hay in Pittsburg County on this beautiful, serene place, which has been the home of five generations of the Compelube family. Today, the family has scattered to other places where they live and work in a high tech world but for one day, they come home to remember their ancestors who made that sad journey to Oklahoma; to salute their strength and endurance some 170 years ago and to smile as they try to imagine what that unknown great-great-grandfather Compelube would have thought if he could see all his many descendants today who carry his genes.



## Congratulations

Congratulations to Hooter Harkins on his recent graduation from U.S. Navy Boot Camp at Great Lakes, Illinois. He has been assigned to the USS Enterprise stationed in Norfolk, Virginia.

Hooter is a graduate of Choctaw High School, Choctaw, Oklahoma, and is a proud member of the Choctaw Nation. He is a descendant of original enrollee Mary Hunter Gray.

He is the son of Nancy L. Harkins and J.P. Harkins and grandson of the late Ella F. Gray Perkins.

## VOCATIONAL REHABILITATION

	SUN	MON	TUE	WED	THU	FRI	SAT
F E B R U A R Y				Atoka 1 10 am-2 pm Coalgate 10:30-1:30	2 <small>Grounding Day (Candemas)</small>	3 Idabel 10 am-2 pm	4
	5	6 Antlers by appt only	7 Stigler by appt only McAlester 10 am-2 pm	8 Talihina 10 am-2 pm	9	10 Poteau 11:30 am- 1 pm	11
	12	13	14 Crowder and McAlester by appt only	15 Wilburton 10:30 am- 2 pm	16	17 Broken Bow 10 am-2 pm	18
	19	20 Holiday	21 Wright City by appt only	22 Durant by appt only	23	24 Bethel by appt only	25
	26	27	28	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.			
	2006						

## CHOCTAW NATION

## GED CLASSES

### – McCurtain County –

Beginning January 17, 2006

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

### – Choctaw County –

Beginning January 16, 2006

Mondays and Wednesdays from 6 p.m. to 9 p.m.  
Choctaw Nation Community Center, Hugo

### – Latimer County –

Beginning January 16, 2006

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

### – North LeFlore County –

Beginning January 17, 2006

Tuesdays and Thursdays from 12:30 p.m. to 3:30 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.**

## Wright is Miss Indian Oklahoma

Elizabeth Diane Wright was honored November 4, 2005, when she was selected as the reigning Miss Indian Oklahoma. She was honored with the Miss Congeniality Award and the Scholastic Achievement Award. She will now be representing all Indian tribes of Oklahoma. She represented the Choctaw Nation of Oklahoma in the pageant.

Elizabeth is a sophomore at Bacone College in Muskogee, Oklahoma. She is majoring in vascular and echocardiography. She attends church services at New Haven Bible Baptist Church of Krebs, Oklahoma. Her honors and awards include National Minority Leadership Award, Who's Who in 2003, the 2003-04 Choctaw Nation District 11 Princess, 2004 American Miss Cover Girl Regional Grand Overall and 2004 Sunburst State Finalist first runnerup. Elizabeth's interests include singing, listening to music, playing sports, and attending pow-wow activities.



## Maturino crowned Miss Indian SOSU

Victoria Maturino of Caney was crowned the 2005-06 Miss Indian Southeastern on November 29 during a pageant held in the Fine Arts Building on Southeastern Oklahoma State University's campus in Durant.

Also vying for the title were Alexandria Toineeta, third runner-up; Lauren Wesley, second runner-up; and Crystal Price, first runner-up.

The four contestants were judged on poise, talent, personality and knowledge of the Native American culture.

Victoria, 22, is the daughter of Miguel and Lena Maturino and the granddaughter of the late Rev. Daniel and Katherine Sexton. She is a junior at SOSU, majoring in graphic design and visual media.

On receiving the title of Miss Indian SOSU, she was awarded a silver crown with a cedar crown box, a dance shawl and a \$500 tuition waiver.

Her duties will include representing SOSU Native American students in cultural events and activities. She plans to get the students more involved in Native American activities.



## Choctaw history: 1865-1907

The U.S. Civil War took a toll on the Choctaw Nation, as it did the entire South. Once again, the resilient Choctaw people overcame hardship. A newly revised book documents their struggles and triumphs. Love and admiration for the Choctaw people inspired Dr. James Davidson Morrison (1904-1977), former Dean of Instruction for Southeastern Oklahoma State University, to specialize in Choctaw history on the doctoral level.

Dr. Morrison's work has helped spark additional interest and research into the history of the Choctaws. However, 35 years after he completed the manuscript, it is still the only comprehensive study covering the years following the Civil War. "Morrison's Social History of the Choctaw Nation: 1865-1907," compiled by L. David Norris and James C. Milligan, comments on the social history and conditions of the Choctaw people from the end of the Civil War until the time that Oklahoma officially became a U.S. state.

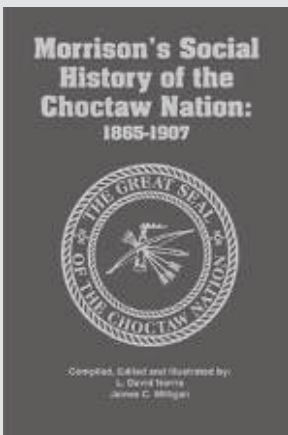
Because of Chief Gregory E. Pyle, Assistant Chief Mike Bailey, and the 12 Tribal Councilmembers' vision to preserve our culture and history, this historical account of the Choctaw has been recently revised.

The Choctaw Nation is proud of this most recent addition, which has been financed and copyrighted by the Choctaw Nation.

The price of "Morrison's Social History of the Choctaw Nation: 1865-1907" is \$30 for hardback and \$15 for paperback. The book will be ready for sale by Thanksgiving.

To purchase this exciting new book depicting an important period in Choctaw history, call The Choctaw Book Store at 1-888-932-9199. Please have your credit card ready when calling. Personal checks are accepted. Mail orders to:

**Carolyn Cross  
Choctaw Book Store  
P.O. Drawer 1210  
Durant, OK 74702**



## FOOD DISTRIBUTION

### February 1

Idabel 9-11 a.m.  
Broken Bow 12 noon-2 p.m.

### February 2

Stigler 9 a.m.-12 noon  
Poteau (A-L) 9 a.m.-2 p.m.

### February 3

Bethel 9-10:30 a.m.  
Smithville 12 noon-2 p.m.

### February 6

Poteau (M-Z) 9 a.m.-2 p.m.

### February 7

Warehouses open

### February 20

Closed – Tribal Holiday

### February 23

Last day for warehouses

### February 24, 27 and 28

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.

Food Distribution Program does not discriminate because of sex, race, color, age, political beliefs, religion, handicap or national origin.





Chief Gregory E. Pyle and the Choctaw Nation Outstanding Choctaw Elders for 2005, Julia Billy McKinney, District 2, and Truman Heron, District 9.

# Heron honored to be chosen as an Outstanding Elder

Submitted by  
Truman R. Heron

During early September each of the community centers in the 12 Choctaw Districts selected a male and a female as Outstanding Choctaw Elder. From this group of elders, Mrs. Julia Billy McKinney, District 2, and Mr. Truman R. Heron, District 9, were selected as outstanding female and male elders of the Choctaw Nation for 2005-06. On September 8 we represented the Choctaw Nation at the 7<sup>th</sup> Annual American Indian Elders Conference in Oklahoma City. Chief Gregory E. Pyle, Councilmen Ted Dosh and Mike Amos, Judith Perry, Monica Blaine, and Oneida Winship accompanied us. On October 27, the Choctaw Nation honored our Outstanding Choctaw Elders, present and past, and the 2005 district nominees during the annual banquet in the Choctaw Inn. Chief Pyle presented the awards. It is with great pride that I accept this award.

My lucky number is three like in the three arrows of our Choctaw emblems. Outstanding Choctaw Elder has three words. I was born on August 3, 1923, at 3 p.m., the first of three children. I was born in my grandfather's main house located three miles northeast of Scipio where he had three rent houses on his land. At different times my family lived in each of the three houses. I walked three miles down a two-rut dirt road to a one-room school that had three big windows on the north and south sides. Before I became 18 years old, I lived in three places Scipio, Ardmore, and Grant. I graduated from Grant High School in 1942.

At the age of 25, while in

the military, I was assigned the duty of top-secret control officer. This required a thorough background check. The investigators could not find a Truman R. Heron. After my parents and others signed letters stating that the "no name" son of my parents was really Truman R. Heron, I became a native-born American citizen. My mother often told the story about a woman stranger coming to our house the second day after I was born and asked for a drink of water. She looked at me and said that child will grow up to be a great man and do great things. I am still waiting for great things. I consider Outstanding Choctaw Elder to be a building block.

In 1942 I enlisted in the Army Aviation Cadet program. I was called to active duty in January 1943, and later received my pilot rating and officer's commission. I was stationed overseas three different times. During World War II, I flew 100 combat missions in the P-47 fighter plane in Europe. I was awarded the Distinguished Flying Cross and the Air Medal with four oak leaf clusters. Before retiring from the U.S. Air Force, I was awarded the Air Force Commendation Medal.

I take great pride in the three medals along with other medals. I flew fighter planes the first 10 years in the service and four engine aircraft during the last eleven years. I held a command pilot rating. I also hold a four-engine commercial pilot's license.

After 21 years in the U.S. Air Force, I retired with the rank of Major and moved to Durant. We picked Durant because it was close to our parents, had a golf course and a college. I married

Mary Jo Dickson in April 1944, and we have two daughters, Linda Jo and Janet Sue. Linda Jo has a Masters Degree from SOSU and Janet graduated from Oklahoma University with a degree in Medical Technology. We have three grandchildren. Mary Jo and the girls spent two tours overseas with me. After moving to Durant, I taught school at Washington Irving Elementary School where I retired after teaching twenty-four years. During this period, I completed my Masters Degree in Education at SOSU. I also retired from farming and ranching.

In my classroom, I had three major items displayed on the front wall. The first was: "Self discipline is doing what you are supposed to be doing when you are supposed to be doing it whether you like it or not." The second was: "Keep your big mouth shut." The third was: "If you do not understand something, get your hand in the air, because half of the class probably does not understand it either."

I have three things that I am willing to fight for. They are the right to worship as I please as long as it does not harm other people, the separation of church and state, and the third is the right to vote our leaders in or out of office. I had found that to live a good life you should try to follow the biblical rule of act justly, love mercy and walk humbly with your God.

Becoming an Elder sometimes creates problems such as can't see, will not listen and will not stop talking. So I will close by saying that I am very proud to be your Outstanding Choctaw Elder for 2005-06.

# Poteau River Watershed selected for Conservation Security Program

The Poteau River Watershed has been selected for the 2006 Conservation Security Program (CSP). The Poteau River Watershed covers portions of LeFlore, Latimer, and Haskell counties in Oklahoma and Sebastian, Scott and Polk counties in Arkansas. A self-assessment workbook will be used to reduce time and paperwork for the producer. The workbook will be available as soon as the sign-up for CSP is announced, according to Ann Colyer, NRCS liaison for the Choctaw Nation.

Community meetings will be held throughout the watershed to explain the CSP program. The self-assessment workbooks will

be available at these meetings. NRCS personnel will give details of how the CSP program will work and go through the workbook to provide an explanation of its contents. In addition, the CSP workbook will be available at the NRCS offices located in Poteau, Wilburton, Stigler, Fort Smith, Waldron, and Mena.

All self-assessment workbooks are completed and returned to the local NRCS office, an interview will be scheduled to determine tier placement and category for funding.

"If you are a cooperator with the local County Conservation District, a participant in USDA programs or the Lake Wister 319

program, or feel like you have done a good job of conserving the natural resources on your farm or ranch, you should be interested in the Conservation Security Program," said Colyer.

Please call your local NRCS Field Office or Conservation District Office if you have questions or need more information.

All programs and services of the Natural Conservation Service are provided in a nondiscriminatory manner.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternate means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at 202-720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call 202-720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

# Clark receives Governor's Art Award

Charles D. Clark, Lawton, was honored by Gov. Brad Henry at the 30th Annual Governor's Arts Awards. Clark received the Bill Crawford Memorial Media Award which recognized an individual member of the print and/or electronic media who demonstrates commitment to the arts in Oklahoma documented through public awareness support and fairness, creativity and professionalism in reporting. Sponsored by the Oklahoma Arts Council, the ceremony was held November 29 on the fourth floor rotunda of the State Capitol, Oklahoma City.

Clark's maternal grandmother, Nellie May Spain, was an original enrollee of the tribe. He was born in Duncan and graduated from Sapulpa High School and the University of Tulsa.

He organized the Southwest Oklahoma Choctaw Club, which now offers two Choctaw Nation language classes weekly in Lawton. He has launched two tribal newspapers in the state, and for the past four years has served as editor of the award-winning Comanche Nation News.

He was the producer and on-air host of "Inside Native America" for KOTV (CBS-TV) in



Tulsa for eight years. His most frequent guest on the show was the late Choctaw Chief David Gardner.

A lifelong poet, his poetry has been translated for classroom use in Europe into Hungarian and Dutch and he produced a published chapbook of poetry. He was an artist-in-residence in poetry and creative writing for four years with the Oklahoma Arts Council and wrote a play that was recognized by the Five Civilized Tribes Museum in Muskogee.

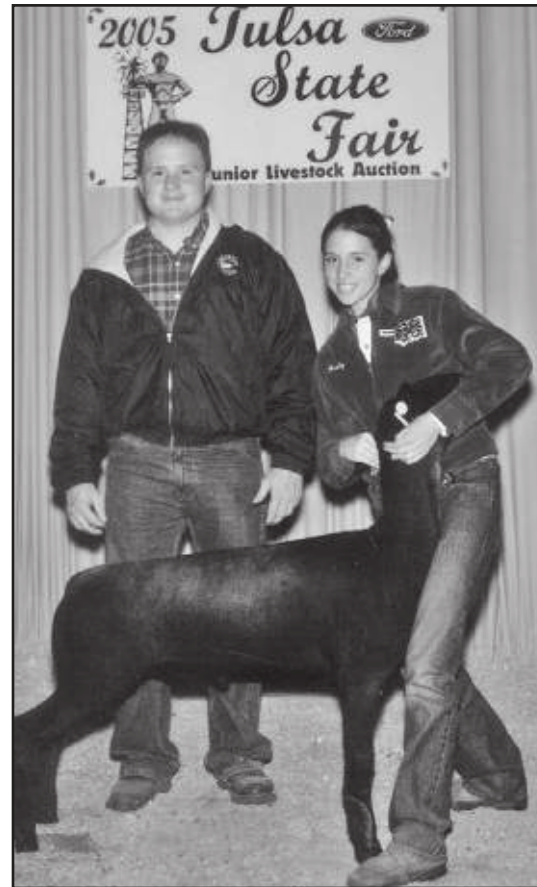
He has worked as an extra and did stunts in films including "The Last Mohicans," the "North and South" series and "The Outsiders," and he was featured in a national PSA with "Adam 12" star Kent McCord promoting Indian

family adoption.

Clark has been an editor, columnist and arts critic at The Lawton Constitution for almost 21 years. He has twice been named the Number One Entertainment Reviewer in the state by The Associated Press, and the Number One Travel Writer from both the Oklahoma Travel Industry Association and Oklahoma's Frontier Country Association. He has been honored with the Wayne Gilley Award from Lawton Chamber of Commerce and Industry for outstanding contributions to tourism, and the Cultural Award from the Lawton Arts and Humanities Council.

He served four years on the grants and policy panel of the National Endowment for the Arts focusing on arts in education. Clark founded Oklahoma's first Media Explorer Post in Lawton and was named Explorer Leader of the Year by the Black Beaver District of Boy Scouts. He is also a recipient of the District Merit Award, the highest honor that a Scout district can present.

He and his wife, Susan, reside in Lawton where they also operate Clark Appraisal Services Inc. Their son, Christian, and his family live in Tulsa.



Pictured with Brandon Spears, Jones Academy Agriculture, are Holly Glass, left, with her tenth-place Natural Colored lamb and Heather Glass, right, with her ninth-place Crossbred lamb.



# Elgin FFA students exhibit winning lambs

Elgin FFA students Holly Glass and Heather Glass competed with 4-H and FFA members from across the state in the Tulsa State Fair Junior Livestock Show at the Tulsa Fairgrounds and came away with awards for their lambs.

Holly exhibited the tenth place Natural Colored lamb and Heather exhibited the ninth place Crossbred lamb. Choctaw Nation purchased both lambs at the Tulsa Junior Livestock Auction.

Oklahoma business leaders, individuals and farm organizations provide significant support for the show and auction each fall. Buyers paid a record \$437,500 to purchase animals from 152 FFA and 4-H exhibitors whose animals were selected for the auction.

The Tulsa Junior Livestock Show and Auction featured FFA and 4-H members from throughout Oklahoma who exhibited 2,532 animals.



## Murphy receives scholarship

Michelle Murphy, daughter of Lloyd and Eva Murphy of Idabel, has graduated her GED class in Wilburton. She was awarded a scholarship for being a survivor of domestic violence. She plans to attend Rogers State University, Claremore, majoring in law enforcement and working with juvenile delinquency. Michelle is now a member of Lambda Alpha Epsilon plus a devoted member of the Church of Christ. She enjoys 4-wheeler riding, fishing, and being with friends. She would like to thank everyone of the Choctaw Nation for all their love and support because without them her dreams could not be real.

Choctaw Nation Youth Advisory Board  
presents  
**YOUTH  
EXPLOSION 2**  
featuring  
**THOUSAND FOOT KRUTCH**  
&  
**BLDG 429**  
Saturday, February 11 at 5 p.m.  
Choctaw Nation Coliseum  
4216 S. Hwy. 69/75 in Durant  
Tickets: \$5  
For tickets and more information  
contact 580-931-8645

# 'Grand Canyon Rescue' chosen best children's book of year

Devon Mihesuah, granddaughter of an original enrollee and the Cora Lee Beers professor in international cultural understanding at the University of Kansas, has won the Arizona Writers' Association Best Children's Book of the Year award for her book, "Grand Canyon Rescue." The book has also won the Oklahoma Writers' Federation Book of the Year and was finalist for the Oklahoma Book Award. Another of Mihesuah's books, "So You Want to Write About American Indians? A Guide for Scholars, Writers and Students," has won the Wordcrafter Circle of Native Writers Research Book of the Year. Her latest book, "Recovering Our Ancestors' Gardens: Indigenous Recipes and Guide to Diet and Fitness," outlines what foods American Indians' ancestors consumed, and the levels of activity they were engaged in and explores causes and solutions for problems such as obesity, high blood pressure and diabetes.





Evelyn Guffey and Maggie Anderson enjoy Thanksgiving dinner at Coalgate.



Councilman James Frazier greets the group attending Thanksgiving festivities at Coalgate.



Otis Moore with daughter, Patricia Ralls, and granddaughter, Terri Tenet.



Joshua and Jeremiah Minor hold their certificate following joint re-enlistment. Jeremiah had been promoted minutes earlier making both sergeants at the time of the ceremony.

## Patriotism home-grown

By John Thompson, Houston Recruiting Battalion

The Choctaw Nation of Oklahoma today combines progressive thinking and a tenacious grasp on its cultural heritage. Tribal members like Staff Sgt. Joshua T. Minor remembered the cost it took to keep culture intact while providing a prosperous future for other members of the tribe. Minor, outgoing and energetic, works in the Humble Recruiting Station Houston's Conroe Company area. He traverses his work environment like a virtuoso, answering phones and fielding questions.

He says a tribe evolves into a nation with its own governmental body – like that similar to cities or towns – once it grows and addresses similar concerns. As one of the Five Civilized Tribes, the Choctaw Nation is among the oldest recognized groups of Native Americans in this country. The Choctaw Nation of Oklahoma was not always as it is now. More than 175 years ago, this tribe was the first of many American tribes to face government-mandated relocation.

To better deal with this cultural upheaval, the first Choctaw saw this trip as a promise of a brighter future. But the gilding of this promise quickly tarnished. Poor planning and a savage winter battered the bedraggled tribe as members were forced to walk up to 60 miles each day. Insufficient planning and leadership often resulted in members getting no more than a handful of corn to eat. This death and disease-plagued harrowing trek would forever live in infamy as a “trail of tears and death.” Later, this term would be analogous with the removal of any Indian tribes, and was again used to describe the brutal removal of the Cherokees in 1838.

“My great-grandmother was told by her grandmother that she came across on the Trail of Tears,” Minor said. “She said it was horrible [being] herded like cattle from Alabama to Oklahoma. Their destination was unknown; they would travel 50-60 miles a day. Stragglers were left behind – whether they were alone or not. They were left to die.” ...

Throughout the next 170 years, the Choctaw Nation began its integration into American society. Despite many attempts to homogenize this and other Native American cultures, the rich history and age-old traditions of the Choctaw and other tribes have endured. The Choctaw Nation of Oklahoma has become a body of Native Americans that provides its citizens with a hand up rather than a hand out, says Minor.

“Our tribe has never been used as something to fall back on,” said Staff Sgt. Minor. “It’s never been like that.”

The Choctaw Nation provides complete medical and dental care for its tribe. In many cases, Minor says, college tuition is paid for as well. Work programs help youth gain job experience, but Minor cites a popular parable: “Give a man a fish and he will eat for a day; but teach a man to fish and he will eat for a lifetime.”

Despite the sometimes-muddled path between the U.S. government and the Choctaw Nation, Minor and many Native Americans like him have come to terms with their history, their ancestry and their patriotism. And regardless of the journey here, many Indians are just as fervently patriotic as any other Soldier, Sailor, Airman or Marine. Minor did not join the military for the benefits – he already had similar benefits to those the Army offered him – but joined with his brother, Jeremiah, because he says they passionately believe in this country and the idealisms of this nation. Minor and his twin brother both joined the Army to embrace the heritage from which they evolved. He sees his enlistment as a way to perpetuate Choctaw, language and traditions, but also as a means for tribal members to ensure a brighter future, and as a personal schematic to self-improvement. SSG Joshua Minor and his brother Jeremiah re-enlisted together following his brother’s promotion to sergeant years ago while they were serving in the Military District of Washington. Later, Jeremiah would earn the Bronze Star while attached to the Third Infantry Division in Iraq. Serving in the military is a tradition in the Minor clan as a half dozen members enjoy their respective esprit de corps in the Army and Marines.

“I think my brother and I joined more for patriotic reasons,” Minor said, “and to prove ourselves as any Indian brave would do.

“I am proud of my generation,” he continues. “We have done a lot. My brother and I, that is 20 years in service, and my cousin in the Marine Corps that’s 25 years. My cousins were on the rescue mission for Scott O’Grady when he was shot down. And he was one of the Marines mentioned in Scott’s book.”

Today, Minor is a recruiter at the top of his game. He is proud to help others join the service he so loves. To help another person achieve their dreams, realize their potential, is his avocation. In today’s Army, he has never felt separate from others because of his ethnic background but, instead, he feels a part of a bigger tribe, an Army, an Army of One.



Chief Gregory E. Pyle visits with Ladonna Jones while visiting Smithville.



Chief Pyle talks with Emaline Bohanon, Leona Samuel, Janet Smith and Laura Carney at Smithville.



Chief Pyle and Kenny Smith.



Flora Cusher, Julia Watson and Rhoda Sullivan.



Talihina residents pick out a scrumptious dessert.



Chief Pyle greets the domino players at Talihina.



Dixon Lewis Jr., Councilperson Charlotte Jackson and Oneida Winship, Nutrition Director, sing Choctaw hymns for the Stigler group.



Tammy Morrison, Linda Colwell and Sherry Beeler.



Chief Pyle visits with Melissa and Robert Bohanan at Beth-el.



Robbi and William Martin are ready to visit with everyone and enjoy Thanksgiving lunch at Stigler.



Wendell and Dora Dennis celebrated their 50th anniversary on October 21.



Chief Pyle and Councilman Mike Amos are pictured with Elfreda Willis and Lilly Willis of Battiest.



# OBITUARIES

## Paul Elmo Norris

Paul Elmo Norris passed away November 9, 2005, in Christiana, Tennessee. He was born August 24, 1938, in Woodville, Oklahoma, to Paul Henry and Ora Dale Norris.

Paul married Loretta Gatlin Hill on September 8, 2001, in Durant. He never met a stranger and loved everyone he came in contact with. Throughout the years, he made many, many friends. Mr. Norris worked in the oil fields for several years, in construction, and in his later years he drove a truck.

He was preceded in death by his mother, Ora Dale Vanderpool; father, Henry Norris; sister, Lynda Wobser; and niece, LaVonne Norris. Survivors include his wife of the home; stepsons, Robert Hall and wife, Sarah of Roundrock, Texas, Michael Hall, Scott Hall and wife Christine and Cloyce Hill and wife Tara, all of Christiana, Tennessee, and Jerry Hill and wife Marci of Vandalia, Ohio; stepdaughter, Tammy Crosby and husband Doug of Bradford, Ohio; 13 grandchildren, Matthew, Brittani, Luke, Brandon, Jessica, Sarah, David, Monica, Christina, Tyler, Kyle, Darion, and Ethan; brothers, Ronnie Norris and wife Shirley of Zwolle, Louisiana, Steve Norris and wife Joy of Daisy, Frank Norris and wife Jeanie of Calera, LeRoy Norris and wife Pandora of Mead and Carey Norris and wife Helina of Milton, Florida; brother-in-law, David Wobser of Bakersfield, California; aunt, Macine Henry of Rowlette, Texas; many nieces and nephews and a host of friends.

## Vernon Ray Davis

Vernon Ray Davis, 64, passed away December 4, 2005, at his home after a battle with cancer. He was born in Rush Springs on October 1, 1941. He was raised in Hobbs, New Mexico, but loved Albuquerque.

Vernon loved the road as he was an over-the-road truck driver for the last 40 years. In his spare time he loved fishing, hunting, golf, and the mountains and ocean. He will be truly missed.

He was preceded in death by his mother; brother, Alin Davis, and sister, Mary Lou Montgomery.

Survivors include his loving wife, Lori Davis; daughter, Vanessa and husband Martin; son, Damon Davis; four grandchildren, Daniel, Felicia, Matthew, and Isaac, all of Albuquerque; brothers, Tom Davis and wife Carol of Rattan and Billy Davis and wife Frances of Albuquerque; sisters, Beverly White and husband Bob, Linda White of Virginia Beach, Virginia, and Carla Sue Cofer of Oklahoma City; sisters-in-law, Betty Westcott, Angie Pachta, Mable Taylor, and Thelma Sanchez, all of Albuquerque, and Rose Amador and husband Nick of Dublin, California; brother-in-law, George Gargoura of Albuquerque, and loving pet chow, Duke. Vernon also had many loving nieces and nephews and wonderful friends in the trucking industry.

*We would like to thank Vista Care Hospice, Chaplain Larry Wills, Colin Frost, and especially wonderful and caring nurse, Raynell Garcia.*

## Jimmy Charles Hatcher Sr.

Jimmy Charles Hatcher Sr., 68, an Atoka area resident, passed away November 20, 2005, at Wilson N. Jones Hospital in Sherman, Texas. Born March 11, 1937, at Whitesboro, Oklahoma, he was the son of Clyde Roy and Stella Woods Hatcher. He was of the Baptist faith and was a member of the Iron Workers Union.

Mr. Hatcher had worked as an iron worker and built communication towers across the United States and Iran.

He was married to Carole Aikman on January 8, 1975, at Shawneetown, Illinois.

He was preceded in death by his parents; one son, Jimmy Charles Hatcher Jr.; one sister, Ruth Wheat; and a brother, Bobby Hatcher.

Survivors include his wife of the home; stepmother, Clio Hatcher of Talihina; nine children, William Curtis Mayhugh, Mark Alan Mayhugh and wife Teresa, James Edward Mayhugh, Lisa Duffy and husband Dennis, Kristie Powell and husband Donald, Mary Siegers and husband Lester, and Karen Wallis and husband Rick, all of Evansville, Indiana, Brian Miller and wife Susan of San Antonio, Texas, and Hubert Mayhugh Jr. and wife Jamie of Durant; four grandchildren of his home and 22 other grandchildren; 24 great-grandchildren; brother, Bill Hatcher and wife Mildred of Purcell; sisters, Lois Ann Cawfield and husband Arnold of Lubbock, Texas, and Edna McFatridge and husband Haskell of Comanche; along with numerous other relatives and many very dear and loved friends.

## Howard Randolph ‘Randy’ Martin II

Randy Martin passed away October 28, 2005. He was born November 28, 1983, to Randy and Theresa Martin. He was such a proud brother when his sister, Amber, was born two years later. They grew as friends, nearly inseparable. He always cared for and looked out for her. He was active in sports, 4-H, band, football and wrestling.

Randy worked part-time and summer for Central Arizona Raceway and Serita Aerial beginning about age 12. He graduated from school a year early and on the very next Monday began working full-time and had worked every day since.

He met his soul mate, Yvette, while still in high school and they began life together. They purchased their first home before his 18th birthday, although he had to wait to finalize the paperwork until he turned 18 because “a man doesn’t have his parents co-sign his first home.”

He worked at Tempe Mechanical, Stigler Welding, Big O Tires and Goldman Dairy before he moved into partnership with his current employer. He left for work most mornings before 4 a.m., returning home most nights after 8 p.m. He had a very physical job and a long drive. He always said, “My Dad worked hard and sacrificed so that we could have a better life than he had, and now it’s my turn.” Within 10 years he would have owned the company outright so his job was important to him for their future.

On October 3, his beautiful daughter, Dominique, was born. Randy took off work as long as he could but a man has to do what a man has to do. During the day he worked, he made the long drive home each night to bathe and take care of his dogs (which he loved and spoiled like his children) and would drive back to the valley to spend the night on a cot so he could be with his wife and baby. Randy and his wife and family would have never had to worry for lack of anything.

He was taken from us too soon. In the end, he gave the ultimate sacrifice for his family ... his life, taken by an intruder in his home. Survivors include his family, Yvette and Dominique, of the home; mother, Theresa Louise Ritch Martin of Stigler; father, Howard Randy Martin of San Manuel, Arizona; grandfather, Otis Doyle Ritch of Dallas; and great-grandfather, Louise Johnson Ritch La-fave of Stigler.



## Mollie Sue Drennan Williamson

Mollie Sue Drennan Williamson, 70, passed away December 2, 2005, at her home in Alex, Oklahoma. She was born October 10, 1935, in Chickasha, the daughter of Stonewall and Birdie Wilson Drennan. She married Billy E. Williamson on January 31, 1954, in Coalgate. She was a homemaker and a member of Hawkins Freewill Baptist Church. She lived most of her life in Grady County and owned and operated the Alex Family Center for many years. She loved to collect antiques, garden, sew, crochet and spend time with her family.

She was preceded in death by her parents; an infant sister, Betty Jo Drennan; sister, Alice Mae Lents; and grandson, Scott Williamson. Survivors include her husband of the home; sons, Billy Williamson and wife Sheila of Alex and Danny Williamson and wife Mary of Oklahoma City; daughter, Dessie Allison and husband Robert of Alex; granddaughters, Sandy Trotter of Houston; Shannon Roadifer and husband Dustin of Alex, and Robbie Starns and husband Brad of Keller, Texas; grandsons, Russell Allison and wife Monica of Ingalls, Indiana, and John Williamson of Oklahoma City; and four great-grandchildren.

## Loretta Jane McNoel Shipman

Loretta Jane McNoel Shipman passed away October 28, 2005, when her Arkoma, Oklahoma, family residence caught fire. She was born August 23, 1940, in Talihina, the daughter of Johnny and Agnes Tom McNoel.

Loretta began taking care of little ones when she was 15 years old. After losing their mother, she became the family manager and did so with loving care. This became her purpose and passion. She continued to care for children when she volunteered for the Head Start program. She later became a Head Start director, retiring after 25 years. She held many positions in her community, PTA and City Council. During elections her home became a poll precinct. She was always there in time of need. She loved and gave unconditionally. The house on Choctaw Hill was open to all and welcomed by Ms. Shipman. After Loretta retired, she spent many hours with Don and her granddaughter, Courtney, scouring places in search of objects to show her creative talents through her artwork and crafts.

She was proud of her Choctaw heritage. She will be greatly missed.

Her accomplishments were many and although she was taken away, the cherished memories she left will remain alive with us all. She was preceded in death by her parents.

Survivors include her husband, Donald Shipman of Arkoma; three children, Kathy Arey and Christopher Shipman, both of Arkoma, and Amy Shipman of Fort Smith, Arkansas; brothers and sisters; Mildred Gish and Rick Schalski of Arkoma, Bettye Karbo, Donna Robinson, Debbie McNoel, Sharon McNoel, Lisa Schalski and Floyd McNoel; three grandchildren; four great-grandchildren; and numerous nieces and nephews.

*To all who contributed and sent flowers, thank you very much. Many thanks to the Skullyville Choctaw singers who were greatly appreciated. They were an inspiration at our going away farewell to our wife, mother, friend, and sister, Loretta Jane McNoel Shipman. Surrounded by family and friends, the singers touched one and all. Thank you for the outstanding finale.*



## Jerry Lynn Parnell

Jerry Lynn Parnell, 49, of Lawton passed away July 27, 2005, in Lawton. He was born October 31, 1955, in Oklahoma City to Clifford and Barbara Jean Wimberley Parnell. He grew up in Oklahoma City and attended Capitol Hill High School.

He was in the Marine Corps during the Vietnam War and was an electrician for 25 years. He led meetings for Alcoholics Anonymous and did volunteer work for the organization. He was the District Chairperson (DCM) for the AA for District 80 and recently earned his 10-year pin. He was a member of Blessed Sacrament Catholic Church for eight years.

He was preceded in death by his grandmother, Myrtle Wimberley; and a sister, Debra Jeanne Evans.

Survivors include his mother of the home; a brother and sister-in-law, Ken and Sandra Evans, Colorado Springs, Colorado; a niece and her husband, Jason, and Cheryl Albro, Broken Arrow; and a great-niece and nephew, Nathan and Nicole Albro, Broken Arrow.

## Keith Akins

Keith Akins, 41, of Bokchito passed away December 7, 2005, at St. Francis Hospital in Tulsa. He was born January 28, 1964, in Arlington, Texas, to Charles Wesley Akins and Suzanne Robinson. He lived most of his life in Bokchito and was a certified welder for Rodman Excavation.

He enjoyed hunting, camping, fishing and cooking, but most of all, his pride and joy were his three girls and family. He was a member of the Church of Christ in Bokchito.

He was preceded in death by his grandparents, Holland Elmer Robinson and Elmer Akins.

Survivors include his daughters, Brianna Nicole Akins, Caleigh Paige Akins and Madison Suzanne Akins, all of the home; parents of Bokchito; brother, Brian Akins and wife Marianne, Hartshorne; grandmother, Juanita Akins, Bokchito; nephews, Brett and Tyler Akins, Hartshorne; aunt, Lanell Dollins, Bokchito; uncles, Joe David Robinson, Bokchito, John Mike Robinson and wife Pat, Durant, and Jack L. Robinson and wife Sharon, Durant; and numerous cousins and friends.

## Maudie Spain Bounds

Maudie Spain Bounds, 98, of Vivian, Louisiana, passed away November 13 at IHS Nursing Home. She was born February 22, 1907, in Duncan to Granger Polanda Spain and Lula Mae Shelton.

She was preceded in death by her parents; her husband, Jim A. Bounds; son, J.C. Hubbard; grandson, Mike Hubbard; and granddaughter, Valarie Dale.

Survivors include sons, J.R. Hubbard and wife Billie of Fort Worth, Texas, Martin Leverts and wife Jo of Waskom, Texas, Shirley Bounds and wife Debbie, Jimmy Bounds and wife Elaine and Lonnie Bounds, all of Vivian; daughter-in-law, Zoe Hubbard, of Fort Worth, Texas; daughters, Margie Dale of Vivian, Betty Woodell and husband Jerry of Oil City, Louisiana, and Carolyn Capps and husband Buddy of Jefferson, Texas; one sister, Christine Nelson of Blanchard, Louisiana; 29 grandchildren, 45 great-grandchildren, and three great-great-grandchildren.

## Harold West

Harold Allen West, 78, a 20-year resident of Bullhead City, Arizona, passed away November 10, 2005. He was born February 25, 1927, in Cedar Hill, Colorado, the son of Allen and Janet West.

Harold was an honorably discharged Naval veteran of World War II, proudly serving the United States as Carpenter’s Mate Third Class from 1944-45. His ship was the USS Caliente which was at the signing of the treaty in Tokyo Harbor at the end of World War II.

He made a career of heavy duty mechanics and worked 22 years for Los Angeles Water & Power at their yard in Mojave, California. He retired and moved to Bullhead City in 1985 with wife June, who survives him. He loved his motorcycles.

He is also survived by one son, Eddie A. West (Josie) of Lakewood, California; three daughters, Linda (Adrian) Rodriques of Clarkville, Tennessee, Diana (Kim) Shelly of Joseph City, Arizona, and Jackie Ricker of Tallahassee, Florida; and one stepson, Kenneth E. Bowers Sr. of Bullhead City; seven grandchildren, three great-grandchildren and two step-grandchildren.

He was preceded in death by his parents and an only sister, Christine Moschetti of Grass Valley, California.



## Mary Jane Bacon

Mary Jane Bacon, 74, passed away November 21, 2005, in Claremore. She was born October 5, 1931, in Watson.

She was a licensed practical nurse and worked at Sherwood Manor Nursing Home for 36 years. She participated in the activities of the Country Oaks Senior Citizens group.

She was preceded in death by her sisters, Catherine Bordeaux, Helen Sue Gover and Dorothy Thompson; a brother, Milton Robinson; a nephew, Larry Thompson; a niece, Karen Keith, and a great-nephew, Travis Keith.

Survivors include her daughter, Linda York of Locust Grove; sons, Mike Bacon, Darryl Bacon and wife Melinda, and Doyle Bacon, all of Tulsa; brother, Earl Robinson, Kansas City, Missouri; sisters, Carolyn Belt, Louise Wilkinson and husband Tom, and Orene Peevy and husband Ron, all of Broken Bow, and Lucille Vargas and husband Tony of San Bernardino, California; grandchildren, Chris, Mike, Brandon, Zack, Wesley, Kaysie, Brent, Peyton, Jace, Seth, Helen Sue and Aidan; great-grandchildren, Gavin, Corbin and Logan; and numerous nieces and nephews.

## Lorennie Bateman

Original enrollee Lorennie Bateman, 101, of Urbana passed away October 30, 2005, at Meadowbrook Health Services, Urbana. She was born July 30, 1904, in Wayne, Oklahoma, a daughter of H.H. and Rebecca Buckholts Berry.

She married H. Paul Bateman on June 8, 1968, in Champaign. He passed away August 2, 1997.

She was also preceded in death by three brothers and a sister. Mrs. Bateman graduated from Oklahoma University High School, Norman, in 1923. She earned a bachelor’s degree in home economics in 1927 from the University of Oklahoma. She earned a master’s degree in home economics from Columbia University in New York in 1930. She taught at the Junior Agriculture College in Warner, Oklahoma, for two years and at Oklahoma Baptist University, Shawnee, for nine years. She also worked with Cooperative Extension Service, Monticello, for 26 years.

She was a member of American Home Economics, Illinois Home Economics, Omicron Nu, Carle Auxiliary Association, First United Methodist Church in Champaign, Gamma Sigma Delta and the FF Chapter of the PEO Sisterhood. She also volunteered at Clark Lindsey Village.

She and her husband established scholarships for students at the University of Illinois and at Oklahoma Baptist University.

## Richard O. ‘Andy’ Anderson

Richard O. “Andy” Anderson, 69, passed away November 3, 2005, in Visalia, California. He was born August 15, 1936, in Talihina to Richard and Grace Anderson. Andy grew up in Oklahoma and was schooled there.

He served in the U.S. Army during the Korean Conflict, obtaining the rank of sergeant. He moved to Lakewood, California, in 1953 and graduated from Long Beach State and Pacific Law School, obtaining his law degree. Andy worked for the Los Angeles County Sheriff’s Department as an officer, serving 34 years and retiring as a sergeant.

He and Judy Dolan married in Lakewood on May 21, 1983, and came to Exeter, California, in April 1999 where he became active in community affairs, serving as commander of American Legion Post 94, member of the Exeter Planning Commission for several years, Exeter Presbyterian Church and as an active member and chaplain of the Exeter Lions Club, Chamber of Commerce. He was proud to be a member of the Choctaw Nation.

Andy loved Exeter and his coffee group at Hometown Emporium. He was a loving and giving man.

Survivors include his wife of Exeter; two sons, James (Tammy) Anderson of Florida and John Anderson of Lakewood; daughter, Karen (John) Cooper of Mountain View; two stepsons, Michael Dolan of Orange, California, and Kevin (Jeri) Dolan of Valencia, California; two brothers, Gary and Don Anderson, both of Oregon; two sisters, Betty Anderson of Los Angeles and Mary Wiltshire of Stanton, California; and five grandchildren.

## Henry Moore

Henry Moore passed away November 15, 2005, in McAlester, Oklahoma. He was born August 20, 1923, in Canadian, Oklahoma, the son of Albert Moore and Bessie Cartledge Moore.

He was preceded in death by his parents; wife, Faye Marie Mouser Moore on July 9, 2004; son, Jerry Rose; and brothers, Arlin Moore, Albert Byington and James Byington.

Survivors include daughters and sons-in-law, Maria and David Smith of Weatherford, Texas, Carolyn and Otis Pugh of Clayton, Sharon and Jackie Jewell of Crowder, Annie Garman of Krebs, and Mary and Isaiah Wesley of McAlester; sons and daughters-in-law, Danny and Terri Garman of Heavener and Harold Garman of McAlester; 15 grandchildren; 18 great-grandchildren; sisters and brothers-in-law, Rose and Jim Moore of Chicago, Illinois, Ella Byington of McAlester; and Billie and Dennis Huddleston and Loraine Rose, all of Talihina; several nieces, nephews and cousins; and special friends, Dr. Tom Bonin of Fort Smith, Arkansas, Lisa Marlow of Talihina and Johnnie Sue Kemp and Larry and Carol Bishop, all of McAlester.