



BISHINIK

THE OFFICIAL PUBLICATION
OF THE CHOCTAW NATION OF OKLAHOMA

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July 2005 Issue

Funding benefits tribal youth

The Tribal Council of the Choctaw Nation approved a measure in Regular Session June 11th to increase funding for scholarships to a record \$5 million this year. These tribal dollars are administered through the Higher Education program to Choctaw students attending college or other accredited institutes of higher learning anywhere in the United States.

The Council also voted to fund three summer softball camps for youth. The tribe also sponsors 12 basketball camps and two baseball camps each year to encourage young people toward healthy living.

Budgets approved included Workforce Investment Act Program, Jones Academy Academic Program, Choctaw Children's Activities Program for Summer Enrichment, Jones Academy Residential, Therapeutic, and Administration, and Inter-local Co-op for Alternative Education, GED, Language, Early Childhood and Special Education.

Other business approved includes the re-contracting of the Head Start Program, Election Board Rules and Regulations regarding polling places and purchase of financial software and hardware.

The next Regular Session will be held in the Tribal Council Chambers at Tushka Homma on July 9th.



Chief Gregory E. Pyle, CDBG Director Beverly Akin, Durant Mayor Jerry Tomlinson and Fire Chief Steve Dow announce construction of a new fire station.

Tribe receives \$800,000 grant for fire station

Choctaw Nation Chief Gregory E. Pyle is pleased to announce that the Choctaw Nation of Oklahoma has been awarded a Community Development Block Grant (CDBG) in the amount of \$800,000 for the construction of a fire station in the southern portion of Durant. Total cost of the facility will be \$1.6 million, with the tribe contributing the additional construction resources.

Funds were made available through the Department of Housing and Urban Development's Indian Tribes in Region 6. Oklahoma, Texas, Arkansas, Louisiana and Kansas competed for the funds. Beverly Akin, the tribe's CDBG Director and grant writer, led competition in the five-state area with a score of 100.

The fire station will be a team effort between the Choctaw Nation of Oklahoma and the City of Durant. The tribe will construct the facility on Enterprise Blvd. and the city will staff and maintain it.

The site was strategically selected to serve the numerous Choctaw enterprises located south of town as well as other area industries such as Big Lots, REI and those located at Eaker Field. Area residents will also benefit from quicker response times to emergencies of all types.

The city continues to develop southward away from adequate emergency response facilities. From this location, emergency vehicles will be able to respond virtually any direction, quickly and effectively. The 7,600-square-foot station will house two fire trucks, an ambulance, and a HAZMAT truck. Construction is scheduled to begin later this year.

Online classes begin in August

The School of Choctaw Language is offering online Choctaw language and history courses beginning in August. Please visit our website, www.choctawschool.com, for more information about the courses, including registration, materials, and connection information for your computer.

Enroll now in Jones Academy

Jones Academy is accepting applications for the 2005-06 calendar school year. There are openings in grades one through 12. First through sixth grade will be taught on campus. Students must have a CDIB. For an application, call toll-free 888-767-2518; access www.choctawnation.com and go to Programs then Education; write to Jones Academy, HCR 74 Box 102-5, Hartshorne, OK 74547; or e-mail bspears@bia.edu.

Visiting Wheelock



Young and old, visitors are taking the road north off of Hwy. 70 near Millerton, Oklahoma, and spending the day at the Choctaw Nation's historic Wheelock Academy. Lawrence Battiest and Reggie Baker, above, are installing the new sign that points the way.

At top right, a group of Jones Academy Senior History Class students include Wheelock as part of their research for a National History Channel Award report. At right, several senior citizens from Bethel enjoy visiting the Wheelock Museum. They also look forward to fishing in the lake on the grounds.

Founded in 1833, the former mission and girl's school is open to the public from 8 a.m. to 4:30 p.m. Monday through Friday. There is also an information center and gift shop.



Stigler honors local artist

June 17 is named Norma Howard Day

The City of Stigler, Oklahoma, along with the Choctaw Nation and officials from around the state set aside June 17 to honor one of Stigler's own – artist Norma Howard.

Norma began drawing at an early age and taught herself to use watercolors. Her work, recognized not only in southeastern Oklahoma but around the United States, is centered on memories of her family and her Native American heritage. She has won numerous awards.

"It's a reflection of people like Norma Howard that gives us the inspiration to do great things," said Chief Gregory E. Pyle.



Norma Howard accepts a gift of appreciation from Choctaw Chief Gregory E. Pyle and Councilperson Charlotte Jackson.

Longbow Cornstalk Shootout

It was a day to be proud of our Choctaw youth – they performed with great honor at the first Choctaw Nation Longbow Cornstalk Shootout with the Cherokee Nation.

The group of 10- to 15-year-olds accumulated a total of 45 points and took first and third places at the competition held May 21 at Tahlequah. Participating Choctaw youth included Aaron Wisener of Hugo, 12 years old, first place; Chance Mayfield, Ft. Towson, 9 years old, third place; Joshua Leivas, Josh Wisener, Timothy James, Sonia Mendoza, Al Mendoza, Amanda Perez, Brandon McDaniel and Derek Brandenburger.

An adult shoot was also held with Brian

Morris, Pat Wisener, T.J. Mayfield, Nathan Pelletier, Mike James, Sarah Folsom, Sue Folsom and Ricky Wade participating.

Bare bows only were used in two divisions – recurve and traditional longbow. No compound bows or mechanical releases or sights were allowed.

Future shoots are being planned between other nations and different groups.

Thank you to Debbie Wade for keeping everyone and everything organized before, during and after the competition.

Many thanks to the Cherokee Nation for inviting us to this shoot, also for each and every person who appeared at the Cherokee Nation's hallowed grounds.



Letters

Choctaw remains independent

Dear Choctaw Nation,

I want to thank Choctaw Chief Gregory E. Pyle, Assistant Chief Mike Bailey, staff member Matilda Davis, and the Durant office for assisting me in getting an electric wheelchair. I am a COPD patient and have limited mobility as well as being on 24-hour oxygen. I depend on no one to clean my house, cook, do laundry or any other domestic chore. But a single task of going to the store or even to a park a block and a half away requires a lot of energy. With my electric wheelchair, I feel more independent and don't need to wait for someone to push me to the store or just for an outing. I will always be grateful for what the Choctaw Nation has done for me and will never be able to express my dearest gratitude for the self-esteem, confidence, and more independence that has been restored in me.

**Christine Penitoni
Idabel, Oklahoma**

Tribal member enjoys correspondence

Dear Editor,

I am the granddaughter of the late Alvin F. LeFlore and daughter of the late Gilbert Von Leflore. I want to thank you for sending me the BISHINIK paper. When I was younger, my heritage was not of great interest. I'm sure I was more interested in whom I was going to meet, not where I came from. As I am now older, I have three children of my own who will not have the privilege of knowing their grandfather or great-grandfather. My two oldest only have vague memories of their great-grandfather. My dad died before they were born. Their heritage and family tree information will come from me and the stories I know and remember. I thank you for sending me the BISHINIK paper. This has been a source of information for me and them. It seems that each time I receive the paper, they are interested in another story or memory. Hopefully, they will remember these and pass them on. I also love my Christmas and birthday cards. I enjoy the biographies of the artists. I have framed several cards and they line my hallway. I enjoy telling so many that I am a member of the Choctaw tribe.

Laura Reeves LeFlore

Health care workers are kind and caring

Dear Chief Pyle and the Choctaw Nation,

My daughter, Jennifer, and I are very grateful for the excellent care and also the kindness and caring of each of the health care workers during her recent stay at the Health Care Center in Talihina. Thank you.

Carolyn Foshee

Thank you for assistance

Dear Choctaw Nation,

Thank you for all the help provided after the death of our mother, Evelyn Allen Sanchez of Lane, Oklahoma, who passed away in June.

Lonnie and Dale Sanchez and families



Boswell's graduating class enjoys trip

Dear Choctaw Nation,

The 2005 Senior Class of Boswell High School would like to thank you for the monetary donation toward their senior trip. We had a wonderful time in San Antonio and South Padre Island. Without your help we would not have been able to do some of the things we did. Again, thank you for all the help that you give schools in your area.

4-H group appreciates support

Dear Choctaw Nation,

We would like to thank the Choctaw Nation and Councilman James Frazier for their support of our 4-H project at the Hughes County Premium Sale.

**Tyler and Garison Bible
Moss 4-H Club**

FFA member appreciates tribe's participation

Dear Chief Pyle, Assistant Chief Bailey and Councilman Dosh,

Thank you for buying the premium on my pig at the 2005 Bryan County Livestock Show. I appreciate your continued support.

**Cody Dosh
Rock Creek FFA**

<i>Gregory E. Pyle</i> Chief	The Official Monthly Publication of the Choctaw Nation of Oklahoma	<i>Mike Bailey</i> Assistant Chief
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The BISHINIK is printed each month as a service to Tribal Members. The BISHINIK reserves the right to edit submitted material which it finds inaccurate, profane, offensive or morally unacceptable. Copy may be edited for proper grammar and punctuation. Copy will be accepted in any readable form, but where possible, it is requested that material be type-written and double spaced. You must include an address or phone number where you may be reached.

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

The BISHINIK is a nonprofit publication of the Choctaw Nation. Circulation is monthly.

BISHINIK® 2005



Medical school graduate

Dear Choctaw Nation,

I graduated in June from medical school and wanted to write to thank you from the bottom of my heart. Your generous support has in great part made this achievement possible. I graduated June 4 from the University of Texas Medical Branch, Galveston, and have received an appointment for a residency program at Pediatric Medicine at the Cleveland Clinic in Cleveland, Ohio. I am very excited about this development.

The support I have enjoyed from the members of the Choctaw Nation, Chief Pyle and the office of Continuing Education means a great deal to me as I have a commitment to service with my community. Once again, I want to thank you sincerely for your support of students like me, who without the caring of others, may not be propelled to greater achievements.

**Raquel A. Vargas, M.D.
Decatur, Texas**

Generous support is appreciated

Dear Choctaw Nation,

Thank you, Choctaw Nation, for helping with my college expenses. I am a freshman at Gonzaga University and the financial assistance you provide allows me to devote more time to my studies. The payoff was the Dean's List this last semester. My family and I appreciate your generous support.

**John Moffatt
Sammamish, Washington**

Searching for information

Dear Editor,

I am searching for information about my grandmother, Mary Susan Taylor, born March 3, 1865, in Gattman, Monroe County, Mississippi. She was married to Francis Marion Irvin on December 22, 1880, and died February 22, 1896, at Monroe, LeFlore County, Oklahoma. If anyone has any information, please contact: Joe B. Irvin, 807 Rowell St., Steilacoom, WA 98388; phone 253-582-0616, or e-mail lalmamae@aol.com. Thank you.

Senior citizens say "Thank You"

The McAlester Senior Citizens would like to thank the following businesses for the donations given as door prizes on May 25 at the Annual Senior Citizens Day, held in Durant, Oklahoma.

- Choctaw Management Services Enterprise, Durant
- Choctaw Travel Plaza, McAlester
- Choctaw Nation Health Center, McAlester
- Bull's Bar-B-Que, McAlester
- Tankersley Food Service, Van Buren, Arkansas
- Foster's Florist, McAlester
- Mann's Florist, McAlester
- Country Mart, McAlester
- Brangus Steak House, McAlester
- Taco Pronto, McAlester

We would also like to thank Chief Pyle and everyone responsible for the activities available for us and the wonderful time we all had.

Archery tradition continues

Dear Chief Pyle,

What a wonderful day the Shoot of the Nations turned out to be. We were visited by our Chief, Chad Smith, and our Vice Chief, Joe Grayson. They walked the camps and visited with the archers.

We watched as the Choctaw Nation bus came rolling onto the field and as their archers unloaded their equipment. Our archers went to greet them. Today we continue our tradition of archery and we have maneuvered it to a better light. We now have a "dot" in the Choctaw history books. We do hope to expand this dot to a full-page article.

Thank you for Ricky Wade and Sue Folsom. They worked wonders with the little time they had to prepare for this match. Ricky went over and above as he got blisters learning how to make the traditional wood long bow.

Until next year, Wado!

**Debbie, Camp Cook
Cherokee Cornstalk Society**

Rock Creek student values support

Dear Chief Pyle, Assistant Chief Bailey and Councilman Dosh,

Thank you for supporting me at the 2005 Bryan County Premium Sale and the 2005 Oklahoma Youth Expo Premium Sale in Oklahoma City. The Choctaw Nation has always supported me whether it be showing livestock or playing sports. I appreciate it dearly.

**Ashton Thompson
Rock Creek 4-H**

Searching for information

Dear Editor,

I am searching for information and locating any possible descendants who are relatives of my great-great-grandparents who were named Tall Tree and Bright Eyes, and Tall Tree's sister, Sunflower. If my information is correct they were between the ages of 10 and 14 when they walked the Trail of Tears. Tall Tree and Bright Eyes later had two daughters which were possibly given to missionaries and sent back to Mississippi to protect them from a disease outbreak. These two girls were young, maybe five and nine. They were adopted by a missionary family and moved to Virginia. The five-year-old girl is my great-great-grandmother, whom I knew, admired and loved. So much history has been lost due to secrecy, fear and hiding. If anyone recognizes these names from the early 1800s, I would be grateful to be contacted. If so, please contact:

**Judy Owen
417 Maple Ave.
Harpers Ferry, WV 25425**

Salvation Army
Inter-Tribal Native American
Senior Citizen Center
3416 S. Robinson, Oklahoma City
invites
Seniors age 55 and older to join us for breakfast
on Monday mornings beginning at 10:30 a.m. and
lunch served Tuesdays through Thursdays at 11:30 a.m.

We also have an Indian Taco fund-raiser every Friday at 11:30 a.m. and offer a variety of activities such as Indian beadwork during the week.

Center Director: Carole Hume • Coordinator: Marcella Gooden Owen

The center welcomes seniors to stop by and visit and if they are living in the Oklahoma City area to come and join us for fun and fellowship.

For further information, please feel free to call 405-636-0260.



T-ball team appreciates support

Dear Councilman Cox,

The Flames T-ball team would like to thank Delton Cox, District 4 Councilman, for supporting them during their season at Blues Park in Heavener, Oklahoma. Players pictured with Cox are, standing, Braden Dorsey, Savana Cox, Aaron Lloyd, Camri Duncan, Ayme Warren, Kelsey Janway, and Coach Michelle Earls. Kneeling are Emily Cox, Luke Loyd, Stetson Adams, Jordan Carver, Hagen Earls, and Raelyn Herell. Players not pictured are Peyton Owens and Paige Dorsey.

Carry on our precious heritage

Dear Editor,

In 2004, I wrote to the BISHINIK and was put in touch with Wathena Lorena Morrison of El Monte, California. Her mother, Edith Wilson, was on my basketball team when I coached in 1935-37 at Haywood School near McAlester, Oklahoma. Wathena carries my namesake. Tommie Davis of Stuart, Oklahoma, is my pen pal. She and I are 92 years young. Our prayer is, "May the young American Choctaws, Chief Pyle, Assistant Chief Bailey, and the Rev. Bobb carry on our precious heritage." Thank you for the BISHINIKs and calendars. May God bless you.

**Grace Wathena Smith
Seagraves, Texas**

Choctaw Nation assists with education

Dear Choctaw Nation,

Thank you so much for your continued support with my college education funds. The scholarships given by the Choctaw Nation have been generous and definitely appreciated.

**Stephen Lawrence
Van Buren, Arkansas**

Choctaw Nation of Oklahoma
Jones Academy
Hartshorne, Oklahoma

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The Choctaw Nation of Oklahoma is an Equal Opportunity Employer. Tribal policies and procedures state that Native Americans will be given preference at initial hire.

Thank You

Choctaw Nation of Oklahoma

Thank you for partnering with us on the **Reba McEntire Memorial Day Concert** benefiting Reba's Ranch House Endowment. We appreciate your hard work and commitment to making this year's event such a tremendous success.

Special thanks to
Chief Gregory E. Pyle, Assistant Chief Mike Bailey,
Executive Director Wayne Wylie and
the entire staff of the Choctaw Nation.

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From the desk of Chief Gregory E. Pyle ...

Treating the illness of substance abuse is important work

The dedicated staff at the recently opened Choctaw Nation Recovery Center in Talihina are accomplishing wonderful tasks. The tribe's new state-of-the-art facility has the potential to change the course of Choctaw families whose lives have been devastated by substance abuse.

During the ribbon-cutting for the new building a couple of months ago, I had an opportunity to visit personally with several residents whose resolve to begin anew was evident. Their stories were extremely moving, and it is fulfilling to know that the Choctaw Nation has the ability to make a difference.

The Director of the Recovery Center, Darrell Sorrells, and all the people employed there are very enthusiastic and sincere about their jobs. I feel assured that the work set before them is done from their



hearts. The 14,000-square-foot building provides home and hope to 20 people every month.

Thanks to the professional help they receive, and the heartfelt encouragement they are given,

the success rate has been gratifying.

The Choctaw Nation has received a grant from the Centers for Disease Control (CDC) that will focus on heart and circulation problems as a result of drug and alcohol abuse. Presentations are given in communities to show the devastating results of substance abuse to the cardiovascular system. Because this program is unique in presenting the link between drug abuse and heart trouble, the CDC has invited representatives of the tribe to appear at their National Conference in Atlanta to share the information.

Substance abuse is a serious problem. The Choctaw Nation is offering serious help to those suffering from this treatable illness. For more information on the Recovery Center, please call (918) 567-2389.



Chaplain's Corner

By the Rev. Bertram Bobb,
Choctaw Tribal Chaplain

Praise Him! Praise Him! What a glorious privilege it is to be assured that God knows what things we have need of and has made provision.

One day our Lord Jesus Christ was journeying through Samaria. He was weary, so He sat down on Jacob's well to rest. It was about noon. A woman came to draw some water. Jesus said to her, "Give me to drink." The Samaritan woman said to Him, "How is it that thou, being a Jew, askest drink of me, which am a woman of Samaria?"

Jesus answered her, "... If thou knewest the gift of God, and who it is that said to thee Give me to drink, thou wouldest have asked of him, and He would have given thee living water." (John 4:10).

The woman said to Him, "... Sir, thou hast nothing to draw with, and the well is deep, from whence then has thou that Living Water?" (John 4:11).

Jesus said to her, "... Whosoever drinketh of this water shall thirst again; But whosoever drinketh of the water that I shall give him shall never thirst; but the water that I shall give him shall be in him a well of water springing up into everlasting life." (John 4:13-14).

Jesus is the Living Water. This is what everyone in the whole world needs. We all need the spiritual water that Jesus gives. The Bible says in Zechariah 9:11 that we are prisoners of "... the pit wherein is no water." (Zechariah 9:11). Think of that - prisoners in a pit with no water.

How long do you think a person can live without drinking water? Have you ever been really thirsty?

Think of traveling across the desert and coming to a well where you believe there is water. You are thirsty, but when you arrive at the well, there is no water.

We read in Isaiah 57:20-21, "But the wicked are like the troubled sea, when it cannot rest, those waters cast up mire and dirt. There is no peace, saith my God, to the wicked."

The Bible teaches that those who don't know Jesus Christ as their Savior are like the troubled sea. They are restless, always moving, trying to find a place where it will be calm and smooth, and they cannot find it.

Outside of Jesus Christ we are prisoners "... of the pit wherein is no water." How many of you are "in the pit" right now? In your family? In your business? Maybe you are a young person not knowing what to do about marriage? Not knowing what to do about the problems you've gotten yourself into - you are finding yourself in a pit without any water. Why don't you come to the well that Jesus offers and drink of the Living Water that he gives? That's what you're really thirsty for.

Maybe you are running from place to place, searching, looking for something that will bring satisfaction to the spiritual thirst that only God can satisfy. Jesus said He is the Living Water who will come into your heart and quench the thirst that you have.

Maybe you have tried everything to satisfy, to bring peace and joy to your life, to have a sense of forgiveness. And you haven't found it. Jesus said, "Whosoever drinketh of this water shall thirst again." (John 4:13).

Drink of the water of fame, and you will thirst again. Drink of the water of popularity, and you will thirst again. Drink of all the other waters being offered today, and you will thirst again.

But drink of the Living Water that Jesus will give you, and you will never thirst. He said, "... but the water that I shall give him shall be in him a well of water springing up into everlasting life." (John 4:14).

Every person can have everlasting life by drinking at the well of Jesus. Have you been there? I'm not talking about being a member of a church. I'm not talking about baptism. I'm talking about having a relationship with Jesus Christ every day - a genuine living experience with Him.

The woman said, "Sir, give me this water." Will you say that? "Lord, give me that Living Water. I want forgiveness of my sins. I want to know I'm going to heaven. I want a new life. I'm tired of the old life I've been living. I want something else in life." You'll never find it until you come to Jesus Christ.

Jesus said in the last book of the Bible, Revelation 22:17, "... And let him that is athirst come. And whosoever will, let him take the water of life freely."

Whosoever - that's you. Come to Jesus Christ. When you receive Christ, He becomes your Savior. Then, you will want Him to become the Lord of your life. Come to the water! Drink of the Living Water! When you come to the water, there's satisfaction beyond anything words can describe.

The woman had come to that well. She had come by divine appointment. Jesus was passing by, and He stopped to rest. This woman came at that moment.

This woman had an empty life. Her expectations in life had faded. No longer expecting, no longer hoping for anything different. She had been married five times, and at that time she was living with a man who was not her husband. Having tried nearly everything, she was miserable, unhappy, thirsty. Jesus told her, "Come to the waters, drink of the Living Water."

And He offers you the same Living Water. Today, will you accept Jesus Christ as your own personal Savior by faith? (John 3:16).

I want to help you further. Write to me. I will mail you, free of charge, two small booklets to help you begin your Christian life. My mailing address is: P.O. Box 9, Antlers, OK 74523.

Pray for America, our love for our country, and for our love for freedom and peace.

Choctaw man Olympic hopeful for 2006 winter games

Choctaw tribal member Jeremy White lives in Utah where he trains daily in hopes of qualifying for the 2006 Winter Olympics in three sports - speed skating, bobsledding and skeleton.

Billed as "America's Triple Threat" by his agent, Jeremy is preparing for the Olympic trials in Italy this autumn. Jeremy is the son of Dale and Dee White of Durango, Colorado.

He needs to devote a year to training, and is raising funds through sponsorships and donations to support the dream. Anyone who wants to help Jeremy in his pursuit can contact him through his agent, Kathryn S. Burkett, 16800 East Arapahoe Road, Aurora CO 80016.

From the desk of Assistant Chief Mike Bailey ...

Scholarship roping held in memory of employees

My heartfelt thanks go out to everyone who volunteered to work and everyone who attended the recent roping held in memory of two deceased tribal employees, one of whom was my beloved brother. The Randy Bailey/Gena Stanley Memorial Roping raised substantial funds that will be donated to education scholarships for needy young people.

Randy was a tremendous horseman and enjoyed rodeo events. Even more enjoyable for him, though, was the act of helping his fellow man. There were many days when Randy would devote his time to working selflessly to assist others. I witnessed him giving food and money to the hungry and needy, helping young people with school projects, driving college students around south-eastern Oklahoma to help them with research, helping families with housing needs and seeking out jobs for the unemployed. He truly wore his heart on his sleeve and was a friend to all. By continuing to help others in his name through scholarships, we are doing justice to Randy's memory.



Gena was employed by the Choctaw Nation and was always willing to become involved in projects that would benefit others. Her cheerful attitude and ready smile brightened many offices when she was still with us. Poor health claimed her at a very young age. Both she and Randy dealt with the daily ordeal of caring for their diabetes. Complications of this terrible disease contributed to their deaths.

Chief Pyle has my gratitude for focusing on health problems within the tribe and our communities. His innovative programs in preventive health, especially in diabetes, should earn applause from all of us.

Again, thank you for your generosity with time and money in making scholarships available to help needy youth while memorializing the lives of Randy Bailey and Gena Stanley.

A message from

The Choctaw Nation CDIB/ Membership Department

If you have had your Choctaw Photo ID made at the Tribal Membership office or another location and have not received your Photo ID card, it is because we do not have a copy of your state birth certificate on file. Please mail one to this office today at P.O. Drawer 1210, Durant, OK 74702.

If you are planning on having your Photo ID made at the Labor Day Festival, please bring a copy of your state birth certificate with you or mail one into the Tribal Membership office in Durant as soon as possible so it will be on file.

Photo ID's will be made at Labor Day **but your card will not be mailed until we have your state birth certificate on file in our office. This is to ensure your identity from theft.**



Labor Day Festival T-shirts & Souvenirs

Shirt Sizes Available:

Children: (2-4), (6-8), (10-12) and (14-18)

Adult: S, M, L, XL, XXL and XXXL

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Phone Number _____

Shirt: \$15 Size _____ Quantity _____ Total _____

 Size _____ Quantity _____ Total _____

Cap: \$12 Quantity _____ Total _____

Canvas Bag: \$7 Quantity _____ Total _____

Total Order _____

Price includes postage and handling.

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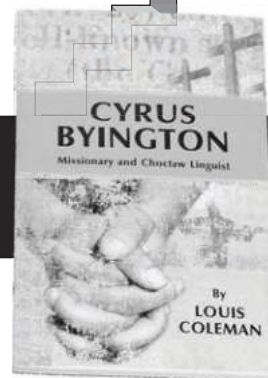
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by Louis Coleman



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The benefits of walking

Let's take a look at how walking affects the five components of fitness:

• Cardiovascular endurance

Walking, at any level or speed, two or three times a week for at least 20 minutes increases cardiovascular strength. By increasing the strength of your heart and lungs, you increase your ability not only to exercise longer and harder but also to perform everyday tasks without tiring.

• Flexibility.

As with any endurance activity, walking doesn't do a lot for your muscles' ability to stretch. Stretching exercises are vital to remaining free from injury. Different activities use different muscle groups. So, if you don't stretch those muscles, they'll tighten up, stay tight, and perhaps cause pains or strains.

• Muscular endurance.

All walkers develop a moderate amount of endurance, which enables them to exercise for a longer time before getting exhausted. Race walkers have high endurance – comparable to that of marathon runners.

• Muscular strength.

You will gain some muscular strength with walking, but not enough for well-rounded fitness. Muscles that get an extra workout in walking include the entire back of the leg, from the calves to the hamstrings to the gluteus in the buttocks. Take note that you'll also use upper body muscles in the back and shoulders because of the arm swing.

The average person only takes around 3,000 steps per day. That's a bit over a mile. Not nearly enough!

Ten thousand steps per day is a good daily routine. Combine this with a reduced-calorie diet and you'll start to shed pounds. Taking 10,000 steps per day could increase your "calories burned" by 300 to 400! Now, decrease your daily calorie intake by 500 calories and you've "netted" around 1,000 calories per day through reduced diet and exercise! That's a dramatic change that will drive results!

Here's the easy part. You don't have to make any phone calls – or appointments – or join any gym to get started. You can put on your walking shoes and start now. Make walking (more) a part of your daily routine.



For more information, call Wellness Education/ REACH 2010 at 1-800-349-7026, ext. 6044 or 6958.

Tips for kids with Type 2 diabetes – eat healthy foods

Why do you need to eat healthy foods?

- For energy to learn, play, and live.
- To grow and develop at a normal rate.
- To keep your blood sugar or glucose levels in balance – not too high or low.
- To help you stay at a healthy weight or help you lose weight slowly.
- To keep your body working properly.
- To help you avoid other health problems caused by diabetes.

Do kids with diabetes need special foods?

• No, they don't! Meals that are healthy for children with diabetes are great for everyone in the family.

These are good carb choices:

- Whole grain foods.
- Low-fat or nonfat milk and cheese.
- Fresh fruits and vegetables from every color of the rainbow.

Choose these carbs less often:

- White bread and potato chips.
- Whole milk and fruit juice.
- Sweets and desserts.

Remember:

- Drink water, sugar-free soda pop, and sugar-free fruit drinks if you are thirsty.
- It's best to spread your food out over the day.

Putting it all together

- Eat meals and snacks at about the same time each day. Try not to skip meals.
- Be as active as you can.
- Drink more water instead of juice or soda.
- Learn more about foods and how much you need to eat.
- Ask your doctor or dietitian for help.
- Take the right amount of insulin or pills at the right time if you need them to help manage your diabetes.

It's not always easy to eat healthy foods when others seem to eat whatever they want. Do the best you can and know that it will make a difference in your life.

All information was collected from the website: www.ndep.nih.gov. For more information and further assistance contact Raina Spears, Dietitian, DWC, Talihina, 918-465-8030.

--- Featured Recipe ---

STRAWBERRY PINEAPPLE CUPS



- 3 ripe bananas
- 3 containers (6 oz.) lowfat yogurt, any flavor
- 1 pkg. (10 oz.) frozen strawberries, thawed and drained
- 1 can (8 oz.) crushed pineapple, undrained

Line 18 medium muffin cups with paper baking cups. In medium bowl, mash bananas with fork. Stir in remaining ingredients and spoon into cups. Freeze at least 3 hours or until firm. Remove from paper cups and let stand 10 minutes before serving. 18 servings.

Per serving: Calories 44.46; Total Fat 0.11g; Sat. Fat 0.04g; Sodium 15.07; Protein 1.44g; Carbohydrates 10.02g; Cholesterol 0mg; Fiber 0.91g.

WIC Why snacks?

Most kids like snacks. That's great! Think of snacks as mini-meals that help provide nutrients and food energy your child needs to grow, play, and learn.

Help your child snack smart.

Your child has a small stomach. They probably eat less at meals than you do. Smart snacks can help your child eat and drink enough during the day. In fact, most young children do best when they eat four to six times a day.

Keep food group snacks handy.

Raw vegetables, fruit, milk, cheese, yogurt, bread, peanut butter, and hard-cooked eggs.

Time snacks carefully.

Two to three hours before meals is a good snack time. That way your child will be hungry for lunch or supper.

Offer snacks to satisfy hunger.

Skip the urge to offer a snack to quiet tears, calm your child, or reward behavior. That can lead to emotional overeating later on.

Fun snacks for kids!

Whole fruit, sliced
Raw, cut-up vegetables
String cheese
Bagel & peanut butter

Berries
Graham crackers
Cheese & crackers
Frozen yogurt

Keep snacks small.

If your child is still hungry, they can ask for more. Let your child decide what is enough.

Encourage tooth brushing after snacking.

Especially after eating bread, crackers and sweet foods.

Snack wisely yourself!

Do you snack when you feel stressed or bored – or just when you're hungry? What foods do you snack on? Remember, your child learns snack habits by watching you. Be a great role model!

Go easy on snacks with added sugars.

Offer milk, juice, or water as snack drinks. Soft drinks and fruit drinks can crowd out foods your child needs to grow and stay healthy.

Building self-esteem in our youth



**Choctaw
Nation
CARES**

One of the largest areas of concern for Native American youth is the lack of self-esteem. Without the feeling of positive self-worth and positive reinforcement in their lives, children will begin to display outward negative behavior that reflects the negative feelings they are harboring inside. Increasing self-esteem can be done in small, often unnoticeable methods such as:

- * Listen with heart
- * Acknowledge their presence
- * Avoid calling teens "kids"
- * Say, "I see good things in you"
- * Be honest
- * Respect them
- * Appreciate their uniqueness
- * Share your personal struggles with them
- * Give hugs when appropriate
- * Always encourage
- * Avoid being judgemental – remember, their behavior is a reflection of what they see
- * Teach them life skills by modeling
- * Give them reachable tasks/goals to accomplish
- * Talk to them about unhealthy behavior
- * Encourage healthy risk-taking
- * Nurture their native cultural interests
- * Show your care and concern by doing "little things" for them (e.g. cards, small gifts)
- * Be there for them – show them you are someone they can trust
- * Give lots of compliments
- * Ask for feedback
- * Love them unconditionally

Positive self-esteem and positive self-worth lead to positive lives as our children mature. Hvpim Vila Vhleha Yvt Pi Himak Pilla – "Our children are our future."

For more information concerning self-esteem issues facing Native American Youth, feel free to contact the Choctaw Nation CARES Project at 918-567-4128.

CARES outreach program presented at health conference

The Choctaw Nation CARES Project was recently invited to present their outreach program, "The Choices We Make," at the 2005 Children's Behavioral Health Conference, held April 28-29 in Tulsa, Oklahoma. Alison Hawkins, Case Manager/Youth Specialist, and Jeremy Bull, Media Specialist/Family Advocate, led the workshop in which participants witnessed first-hand the successes and consequences of the decisions made in life situations. Through interactive activities, the workshop focused on enhancing social skills at home and in the community, with focus on Drug/Alcohol Prevention, Communication Skills, Team Building, and Culture. Children from across the state of Oklahoma participated in the conference.

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.
Poteau	918-647-4585	8:00-4:30	3rd & 4th week - every day
		8:00-4:30	1st, 3rd, 4th wk - Mon., Wed., Thurs., Fri.
Smithville	580-244-3289	8:00-4:30	2nd wk - Monday, Wednesday, Friday
		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

To the youth of the nation ...

Submitted by Claire Richard

Come volunteer with us! Here are a few facts for all of you teenagers out there.

First, volunteers always get more than they give.

Second, summer is here, and you don't want to be bored!

Third, there are so many interesting things to do out there and they are just waiting for YOU to call!

Fourth, your community and your state and the Choctaw Nation need you to help make this world a better place. There are

many problems out there, and our generation needs to help solve them.

Say goodbye to the couch, goodbye to the television, and goodbye to being unproductive and bored! There are a number of places teenagers are needed as volunteers in their communities such as hospitals, rehabilitation centers, day cares, summer school programs, city parks, ball fields, adopt a senior citizen, Boys and Girls Clubs, etc.

The second step is to get a friend or brother or sister to

go with you. It will be fun and something to share with someone you like. You may have to be creative.

For example, if you need a ride and no one from your family can take you, brainstorm about other options. In all likelihood you will only be needed for part of the day, so you can still get swimming time in!

Giving your time this summer by volunteering in your community is an awesome experience. Remember this is our time to be LEADERS!



Student athletes serve as pages

Oklahoma Representative Lisa Billy is pictured with two Choctaw students serving as pages during the current legislative session. Lyndsey McPherson, left, is finishing her junior year at Washington High School. She is the daughter of Stuart and Janet McPherson. Lyndsey was part of the state champion softball team from Washington High School. At right, Brett Billy, the son of Ed and Cynthia Billy, is a graduating senior from Idabel School. Brett was a member of this year's state championship basketball team. The Idabel High School basketball team was recognized in the House of Representatives.

CHOCTAW CHILDREN'S IMMERSION CLASS

For children ages 5-16
July 18-22
9 a.m.-1 p.m.
at the

OK Choctaw Alliance
5320 S. Youngs Blvd.
Oklahoma City
Choctaw Language

- Crafts
- History
- Storytelling
- Choctaw Songs
- Snacks

For more information contact Brenda Samuels at 405-672-5579.

CHILDBIRTH CLASS SCHEDULE

Childbirth Classes, designed to help women experience the joy of child birth and to overcome fears, are being offered at the Choctaw Nation Health Care Center Women's Health Clinic in Talihina. Register with a phone call to the Women's Health Clinic at 800-349-7026 or 918-567-7000, ext. 6371.

– July –

Saturday classes

July 2, 9, 16, 23, 30

9-10 a.m.: Prenatal & Postpartum Exercise Class

10:30-12 noon: Class Presentation

Instructor: Joni Yarnell CNM

– August –

Tuesday evening classes

August 6, 13, 20, 27

Time: 5:30-7:30 p.m.

Instructor: Deborah Wilson RN



Above: Fitness challenge participants from the Talihina area. At right: Members of Team Psyche, Dr. Jim Howard, D.J. Battiest, and Mary Ayn Tullier look on as Team Captain Gary Nunley accepts the trophy from Joe Hill, team member of Round 1 winners The Flying Eagles.



Team Psyche is Fitness Challenge winner

The Choctaw Nation Fitness Challenge Round 2 ended on April 3 with Team Psyche taking the first place overall trophy and prizes. The challenge was ongoing for 12 weeks with points being earned based on physical activity. Points were awarded at the end of weight loss.

Overall winner – Team Psyche: Team Captain Gary Nunley, Karen Neal, Jim Howard, Mary Ayn Tullier, Gary Cunningham, D.J. Battiest, Judy Stonedale, Michelle Marvel, Angie McIntosh, Lewis Smitherman. They received the trophy to display until the next round is complete.

Most physical activity points – Team Psyche (as a team, 13,380 points). They each received \$40 gift cards from Hibbett Sports.

Most weight loss – CAWS (as a team, 89 pounds): Team Captain Laquetia Helm, Tonya Smalling, Shirley McCurtain, Quanda Shelton, Karen Bray, Jamie Bullock, Travis Washington, Elizabeth Morgan, Jessica Herndon and Madonna Reid. They also received \$40 gift cards.

Most activity points, individual – David Ralston (2,897.5 points), Durant team, Bahama Bikini Mamas. He received a \$75 gift card.

Most weight loss, individual – Gary Lawrence (26.5 pounds), Talihina team, We Could Carry Less. Gary also received a \$75 gift card from Hibbett Sports.

Overall, 712 pounds were lost during the 12 weeks. Fifty-three participants lost up to 5 pounds, 29 lost 5 to 10 pounds, 18 lost between 10 and 19 pounds, and seven participants lost over 20 pounds.

Teams participating were: As Good As It Gets, Bahama Bikini Mamas, Bodacious Babes, CAWS, Chj Hullo Li, Choctaw Challengers, Chunky Chicks & Ryan, Desperate & Determined, Explosion, Fluff to Buff, Flying Eagles, Lean Mean Dispensing Machines, Luscious Loozers, MR2 Phat, Physically Challenged, Poteau Potbellies, Pyle's Fitness Fanatics, Pyle's Pacers, Simmon's Rolls, Survivors, Team Psyche, The Mighty Molars, TNT Strikes Again, We Could Carry Less.

The Fitness Challenge is coordinated and implemented by REACH 2010 staff Doris Ward and Teresa Frederick. For more information, contact Doris or Teresa at 1-800-349-7026, ext. 6958 or 6044.



Members of Team Psyche display their Championship T-shirts: Angie McIntosh, D.J. Battiest, Michelle Marvel, Gary Cunningham and Gary Nunley



David Ralston is congratulated by the tribe's Executive Director of Health Gary Batton for having the most individual activity points.



CAWS members Tonya Smalling, Karen Bray and Laquetia Helm display their certificate for the team with the most weight loss.

FOOD DISTRIBUTION

	SUN	MON	TUE	WED	THU	FRI	SAT	
AUGUST		Stigler 9-2 Poteau A-L 9-2	Bethel 9-10:30 Smithville 12-2	Idabel 9-11 Broken Bow 12-2	Poteau 4 M-Z 9-2	5 Warehouse opens	6	
	7	8	9	10	11	12	13	
	14	15	16	17	18	19	20	
	21	22	23	24	25	26	27	
	28	29 Last day for the month at Warehouse	30	31				
	2005							

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.

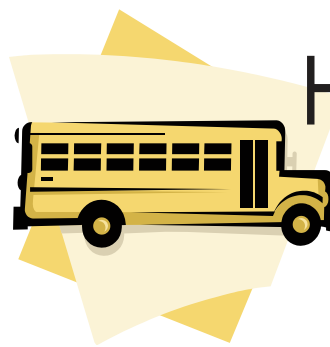
Food Distribution Program does not discriminate because of sex, race, color, age, political beliefs, religion, handicap or national origin.

Back to school safety tips

Riding the bus

School bus transportation is safe. In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the students were entering and exiting the bus. Remember these safety tips:

- Have a safe place to wait for your bus, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- When dropped off, exit the bus and walk ten giant steps away from the bus.
- Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.
- Use the handrail to enter and exit the bus.
- Stay away from the bus until the driver gives his/her signal that it's okay to approach.
- Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out!



Healthy Lifestyles

Walking and biking to school

Even if you don't ride in a motor vehicle, you will have to protect yourself. Be-

cause of minimal supervision, young pedestrians face a wide variety of decision-making situations and dangers while walking to and from school. Here are a few basic safety tips to follow:

- Mind all traffic signals and/or the crossing guard – never cross the street against a light, even if you don't see any traffic coming.
- Walk your bike through intersections.
- Walk or ride with a buddy.
- Wear reflective bright material ... It makes you more visible to street traffic.

Riding in a car

- You might have heard before that most traffic crashes occur close to home ... they do.
- Safety belts are the best form of protection passengers have in the event of a crash. They can lower your risk of injury by 45%.
- You are four times more likely to be seriously injured or killed if ejected from the vehicle in a crash.
- Everyone needs to be buckled up properly. That means older kids in seat belts, younger kids in booster seats and little kids in child-safety seats.

The above information was received from "A Safer Site Back to School Safety Tips" at http://www.nsc.org/mem/youth/8_school.htm. Have a good start back to school and stay safe.

Healthy Living = Longer Life.

VOCATIONAL REHABILITATION

	SUN	MON	TUE	WED	THU	FRI	SAT	
AUGUST		1	Stigler 2 by appt only McAlester 10 am-2 pm	Atoka 3 10 am-2 pm Coalgate 10:30-1:30	4	Idabel 5 10 am-2 pm	6	
	7	Talihina 8 10 am-2 pm	Durant 9 10 am-12 noon	Wilburton 10 10:30 am-2 pm	11	Poteau 12 11:30 am-1 pm	13	
	14	Antlers 15 by appt only	Crowder and McAlester 16 by appt only	Durant 17 by appt only	18	Broken Bow 19 10 am-2 pm	20	
	21	Wright City 22 by appt only	Bethel 23 by appt only	24	25	26	27	
	28	29	30	31				
	2005							

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.

2005 OPC Reunion

The 2005 OPC Alumni Reunion will be held September 30-October 2 at the The Choctaw Inn in Durant, Oklahoma. The Reunion Committee has met and plans are under way for an exciting and memorable weekend. For more information please contact Janis Inotichey at 580-443-5468.

Haskell 1970-79 Class Reunion

The 1970-79 Reunion Committee will host a big celebration during Haskell Indian Nations University's Homecoming, October 21-23. We are looking for former Haskell Indian Junior College graduates, students, and varsity athletes from the 1970s including coaches and managers, cheerleaders, royalties, etc. Faculty, staff, alumni and friends are welcome to attend. Register now at www.haskell.edu/haskell/ alumni or you may contact Gloria Graves, Committee President. Updated information will be posted on the website: www.haskell.edu/haskell/alumni.

McKee family holds reunion

The McKees met at the cemetery for a day of cleaning, eating and fellowship. There was a short business meeting to discuss where the September meeting will be and it was decided to meet in the Boswell School cafeteria. Then everyone got down to some serious business, which was eating. The cooks out-did themselves this year. There was so much fantastic food you couldn't try all of the dishes and we ran out of tables. Thank you, ladies.

It was good to see everyone and catch up on the latest, but it was a sad time as well. Since we met the last time we have lost three dear ladies who were sisters-in-law, Eula Mae Ray McKee on September 26, 2004, Ruby Mae McKee Tyson on January 28, 2005, and Ethel Mae Hughes McKee on April 8, 2005. They are greatly missed.

There were 82 attending, including from Soper, Oklahoma: George and Kay McKee; Chris, Dawn, Mia, Tanner, Tyna and Harley McKee; Nelda McKee; Jimmy, Christy, J.D., Preston, and Shania McIntire, Burl and Barbara McKee, Mary Brunet and P.J. McKee, Patrick and Becky McKee and David Wilson III, Oletta and Robert Smith, Charley and Elizabeth McKee, Kenneth and Juanita Smith, Larry and Judy Chaney, Trey Herman, and Rita, Rebecca, Katie, Sami, Vickey and Jacob Wolfenbarger.

Also, Mike Riley of Durant, Oklahoma; Lorne, Teresa, Henry and Trena Bartlett of Sasakwa, Oklahoma; Christina Teague of Manhattan, Kansas; Charles and Kim Caroc and Rhonda Austin, all of Ada, Oklahoma; Virginia Hammons, Elizabeth Berry, Danny and Debbie Gregg, Lara Ward, Carla Sigler, Virginia Sigler, Virgle and Ruth Blann, Jan and Stacy McKee, and Troy and Pat McKee, all of Antlers, Oklahoma; Lanning and Charlene Ishmael of Powderly, Texas; James, Marilynn and Marila Pebsworth of Boswell, Oklahoma; Danny and Debbie McKee of Howe, Texas; Wilburn and June McKee of Atoka, Oklahoma; Jay and Judy McKee of Mesquite, Texas; Andra, Matthew, and Caleb Wingo, and Carolyn, Tisha and Amber Smith, all of Farris, Oklahoma; Jane (Godfrey Marshall, Nick Marshall and Judy Godfrey, all of Ardmore, Oklahoma; and Dee Ann (McKee), John and Ashli Brice of Dumas, Texas.

Labor Day 2005 Festival

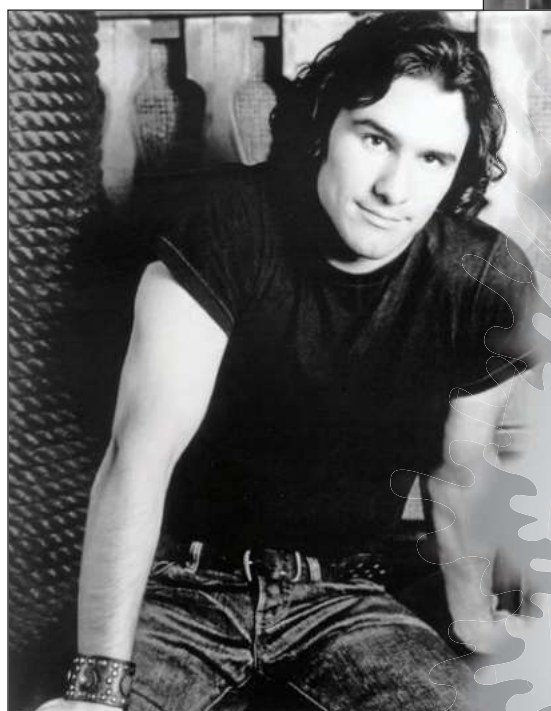
Friday,
September 2
through
Monday,
September 5
at
Tushka
Homma



Lee Ann Womack



John Michael Montgomery



Joe Nichols



Deana Carter

Festival Entertainment

Friday

6 p.m.: Deana Carter
8 p.m.: Aaron Tippin
10 p.m.: John Michael Montgomery

Saturday

6 p.m.: Oak Ridge Boys
8 p.m.: Joe Nichols
10 p.m.: Lee Ann Womack

Sunday

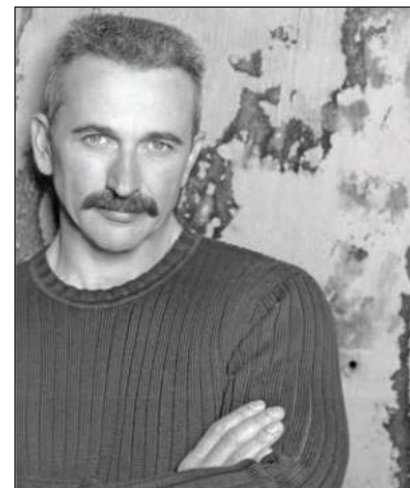
8 p.m.: The Crabb Family



Oak Ridge Boys



The Crabb Family



Aaron Tippin

Schedule of Events

FRIDAY, SEPTEMBER 2

9 a.m.-7 p.m. Photo ID booth open
10 a.m. Arts & Crafts exhibits open
12 noon-4 p.m. Health Expo, next to Council Chambers
12 noon-5 p.m. Quilt entries accepted at Information Center
1 p.m. Choctaw Nation Basketball Clinic at Courts
2 p.m. Inter-Tribal Pow Wow on Capitol lawn
5 p.m. Choctaw Combine Registration on Council Chambers lawn
6 p.m. Choctaw Combine (Bench Press, Dead Lift, 40-yard Sprint)
Concerts at Amphitheater
7 p.m. Inter-Tribal Pow Wow Grand Entry on Capitol lawn
Fast Pitch Tournament begins at Red Warrior Park

SATURDAY, SEPTEMBER 3

6:30-7:45 a.m. 5k Registration at Hwy. 271
8 a.m. 5k begins at Hwy. 271
Fastpitch continues
3 on 3 Choctaw War Hoops Basketball
Horseshoe Tournament registration
8 a.m.-8 p.m. Health Expo, next to Council Chambers
9 a.m.-7 p.m. Photo ID booth open
9 a.m. Indian Art Show, 2nd floor of Capitol Museum
Playground supervised
Horseshoe Pitch Tournament
Quilt Show at Information Center
10 a.m. Princess Pageant at Amphitheater
Choctaw Youth Dancers, Capitol lawn
10:30 a.m. Activities begin in Choctaw Village:
2 p.m. Choctaw Youth Dancers, Capitol lawn
Terrapin Races, playground
2-4 p.m. Buffalo Tours
4 p.m. Free-Throw Contest at Basketball Courts
5 p.m. 3-Point Contest at Basketball Courts
Tough, Tough Choctaw Registration, Council Chambers lawn
6 p.m. Tough, Tough Choctaw Contest, Council Chambers lawn
Concerts at Amphitheater

SUNDAY, SEPTEMBER 4

8 a.m. Chief Pyle Golf Classic at Nashoba Golf Course
11 a.m. Worship Services at Amphitheater
12 noon Registration for Domino and Checker Tournaments in Cafeteria
12 noon-8 p.m. Photo ID booth open
1 p.m. Domino and Checker Tournaments begin in Cafeteria
Choctaw Youth Dancers, Capitol lawn
Activities begin in Choctaw Village:
1-5 p.m. Health Expo, next to Council Chambers
2 p.m. Gospel Singing at Amphitheater
2-4 p.m. Buffalo Tours
4 p.m. Choctaw Nation Youth Dancers, Capitol lawn
5 p.m. Stickball Exhibition, Capitol lawn

MONDAY, SEPTEMBER 5

8 a.m.-1 p.m. Photo ID booth open
10 a.m. Posting of Flags by Choctaw Nation Color Guard, Amphitheater
The Lord's Prayer in Sign Language
Welcome and Announcements
10:20 a.m. Storyteller Tim Tingle
10:50 a.m. Introduction of Tribal Council and Judges
11 a.m. State of the Nation Address by Chief Gregory E. Pyle
Door Prize Drawings
12 noon Free meal for everyone
Pick up quilts from Quilt Show

- Events throughout the Festival -

Carnival Rides Free, courtesy of Chief and Tribal Council
Choctaw Village demonstrations include storytelling by Tim Tingle;
Stickball-Making, Bow-Making, Choctaw Basketry, Choctaw Dressmaking,
Jewelry, Flint-Napping and Choctaw Cooking
- Specialty Acts -
• Mechanical Bull • Mobile Archery Range • Pony Rides • Superplay • Rock- Climbing
• Magician Russell Turner • Hawthorne Tigers • Kachunga and the Alligator Show

VILLAGE SCHEDULE

Saturday,
September 3

10 a.m. Choctaw Nation Youth Dancers
10:30 a.m. Stickball
11 a.m. Banaha-making
11:15 a.m. Storytelling
11:30 a.m. Flint-napping
1 p.m. Stickball
1:30 p.m. Language
1:45 p.m. Arts & Crafts
2:15 p.m. Choctaw Nation Youth Dancers

Sunday,
September 4

1 p.m. Flint-napping
1:15 p.m. Silversmithing
1:30 p.m. Primitive weapons
1:45 p.m. Kiti
2 p.m. Storytelling
2:15 p.m. Corn Game
2:40 p.m. Make & Take
Language
Stickball

Choctaw/Mississippi Choctaw Nation of Oklahoma Tribal Membership Cards with Photo ID will be issued at the Tribal Membership Office on the Festival Grounds during the festival.

For more information, call 580-924-8280 or toll-free 1-800-522-6170

The 21st Annual Senior Citizen Day



Hats off to this year's hat contest winners! First place in the women's category is Shirley Cummings of Stigler; second place, Reatha Freeman of Hugo; and third place, Dorothy Spears of McAlester, and in the men's category: first place, Ryman Battiest of Wright City; second, Jim Fry of Spiro; and third, Mickey McClure of Idabel. Senior Citizen Day was held May 25 in Durant.

The name tag contest was won by Coalgate, first place; Idabel, second; and Durant, third. Pictured are Judith Perry of Durant, Councilman Hap Ward of Idabel and Louise Ott of Coalgate.



Singing their way to first place is the group from Wilburton.

Stigler singers take second place in the singing contest.



Spiro singers win third place.

Dorothy Green of Durant visits with Chief Gregory E. Pyle.



Melvin "Punkin" Alberson and Councilman Bob Pate enjoy the day's festivities.



The day began with entertainment provided for the senior citizens in the Choctaw Nation arena, followed by lots of fun, fellowship and food in the Bingo pavilion.

8th Annual Labor Day

POW WOW

September 2, 2005
Tushka Homma, Oklahoma

ADULT CONTEST

All categories separate

Women

Cloth-Buckskin-Fancy Shawl-Jingle Dress

Men

Fancy-Grass-Traditional-Straight-Chicken

- All Golden Age Combined 55+ -

1st: \$500 • 2nd: \$400 • 3rd: \$300 • 4th: \$200

YOUTH CONTEST

All categories separate

SR/14-18 years old • JR/8-13 years old

(18 years old must be in school)

SR/JR Girls

Cloth-Buckskin-Fancy Shawl-Jingle Dress

SR/JR Boys

Fancy-Grass-Traditional-Straight

SR Girls/Boys: 1st: \$150 • 2nd: \$125 • 3rd: \$100

JR Boys/Girls: 1st: \$125 • 2nd: \$100 • 3rd: \$75

Tiny Tots Contest under 7 years

"ROBERTS FAMILY SPECIAL"

Straight Dance - Winner Takes All!

Bad Weather - Clayton High School Gym

SCHEDULE

2:00 Gourd Dance

5:00 Break

6:00 Gourd Dance

7:00 Grand Entry

***Registration Closes

All Contestants must be in Grand Entry and participate in Inter-Tribal dances. Must be in regalia to receive prize money.

MC: Tim Tallchief / Osage

Head Man: Wilson Roberts / Choctaw

Head Woman: Sharon Roberts / Chickasaw

Head Gourd: Gene Big Soldier / Iowa-Otoe

AD: Mickey Weryackwe / Comanche

Head Judge: Bill Takeshorse / Crow

Southern Head Singer: Pat Moore

Southern Drum: Bad Moon Rising

Northern Head Singer: Derek Tofpi

Northern Drum: Native Eagle

Color Guard: Choctaw Nation

For information: Willard Polk @ 580-924-8280, ext. 2349 / cell 580-889-1123; or Sue Folsom, Special Projects @ 580-924-8280.

Public Welcome • Free Admission • Bring Your Pow Wow Chairs • All Drums, Princesses Are Invited. Call Willard for booth information - Booth Fee is \$20 No Alcohol or Drugs Will Be Tolerated

Wilburton area Choctaws visit Eureka Springs

Submitted by Carolyn Underwood

In May, approximately 21 members of the Wilburton Choctaw senior citizens and their guests took a three-day bus trip to Eureka Springs, Arkansas. The group left Wilburton on Tuesday morning, May 17, and enjoyed the beautiful countryside in Oklahoma and in the Ozarks while riding along in the big purple Choctaw bus. The group enjoyed their lunch at Cracker Barrel Restaurant in Fayetteville, Arkansas, and arrived at Eureka Springs by early afternoon. Tuesday night, the group traveled from the Edelweiss Inn where they were staying, to the Pine Mountain Jamboree to see their first show of the trip. On Wednesday morning, the group visited the Christ of the Ozarks Statue and the nearby gift shop. Part of the afternoon was spent in downtown Eureka Springs by some, while others rested in their rooms. On Wednesday night, the visitors saw the Ozark Hoe Down stage show.

The Thorncrown Chapel, more commonly known as the Glass Church, was the highlight

of Thursday morning's activities. It is a most unique glass building of majestic beauty found hidden in the Ozarks, where it was built in 1979 and opened in 1980. A lady minister greeted us and gave a short church service, ending with her singing "How Great Thou Art." Over five million people have visited this woodland sanctuary, and it has won numerous architectural awards, placing fourth on the AIA list of the top buildings of the 20th Century.

On the way home, lunch was eaten at S&Q Chicken Restaurant in Fayetteville. A shopping stop at Wal-Mart in Bentonville, Arkansas, where the first Wal-Mart was built, concluded the journey's attractions.

2nd Annual Birthday Singing honoring Truman Jefferson

- July 16 -

Eastside Community Building
Broken Bow, Oklahoma
(next to the Lily Mae Young Park)
Supper: 5:30 p.m. - Singing 7:00 p.m.

Emcee: Truman Jefferson

Special Guests include

- Tribesmen • Anthony Crosby Family
- Jan & Virgil James • Edgar Taylor Family

For more information call 580-286-9216

Bring your lawn chairs.

Concession available at 8:00 p.m.

Hosted by his children:

Robert Jefferson, Priscilla & James Wallace,

Vicky & Tyrone Haney

and April & Darrell Burris

Anniversary Singing for Charles and Vanessa Allen

- July 16 -

Choctaw Community Center
1636 S. George Nigh Expy.,
McAlester, Oklahoma

Master of Ceremonies: J.W. Buck

Featured music groups include

Faith, Hope & Love and The Horne Family

Supper: 5:30 p.m. - Everyone is welcome!

People You Know

Look who's three!

Happy birthday to Kobe Anderson from his Dad, Papa, Nana, Aunt and Uncle. Kobe will be three years old on July 30.



Melody is turning four

Melody Thorne will turn four years old on July 21. Her parents, John Thorne and Marie Bateman; sister, Aire; and grandparents, Gene and LaHoma Murphy Crauthers, wish her a very happy birthday. Melody is the great-granddaughter of the late William and Ella Murphy of Idabel, Oklahoma.



Happy birthday wishes

Happy birthday wishes are being sent out to Miss Candice Lee Drew on July 5. Candi is 29 years old this year and is getting more beautiful with each passing year. She lives in Coolidge, Arizona, and is the daughter of Michael Drew of St. Joe, Arkansas. Happy birthday, Candi!



Grace turns one

Belated wishes for a happy birthday are sent to Grace Michaela Spencer. Grace turned one year old on June 1. Her parents are Boone and Sally Spencer of Hanscom AFB, Massachusetts.



Happy birthday

Aunt Nancy would like to wish Jason Bell a belated happy birthday. He turned two on April 5. Jason is the son of Heather and Michael Bell of Franklin, Kentucky, and grandson of Turner and Kathy Eagle of Tulsa, Oklahoma. Jason is pictured here with his grandmother, Kathy, and little sister, Zoe.



Happy birthday

Happy birthday to Armando who turned seven on April 20 and Caitlin who turned four on June 30. Their parents are Nancy Eagle and Calletano Guevara, both of Memphis, Tennessee. Grandparents are the late Frank and Leoda Eagle of Quinton, Oklahoma.



Happy 50th

Happy 50th birthday to Turner Lee Eagle from your sisters, Nancy and DeeSandra.



Happy anniversary

Turner and Kathy Eagle of Tulsa, Oklahoma, celebrated their 28th wedding anniversary on March 7. Turner Lee is the son of the late Frank and Leoda Eagle of Quinton, Oklahoma. Kathy is the daughter of the late Ethel Davis, also of Quinton.



Congratulations

Congratulations to Nicole Watkins for being an honor student. Out of 214 students, only 12 were honored with straight A's in the seventh and eighth grade in Durant. Her parents are Lee and Joyce Watkins. Nicole also has a special brother, Jeff Watkins, who helped her in math when she needed it. She is also a fastpitch softball pitcher, soccer goalie, and plays basketball.



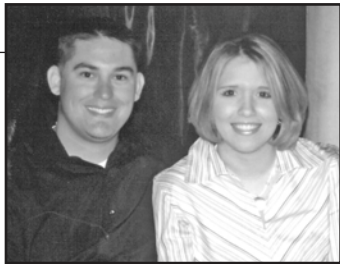
Wedding bells

Jory Kyle House and Nikki Renee Gunter were married June 26 at the home of Gary and Janet House, near Soper, Oklahoma.

Nikki is the daughter of Diana Eckett and the granddaughter of the late Arthur and Alice Eckett. She is a 2003 graduate of Antlers High School and is currently employed as a chiropractic assistant at the Spinal Clinic in Durant, Oklahoma. Nikki plans to attend Parker College of Chiropractic in Dallas, Texas.

Jory is the son of Gary and Janet House of Soper and the late Kimberly Osborn House McKenzie of Salem, Oregon. He is the grandson of Boodie Jo Oakes House and the late Cliff House of Soper and Jim and Laura Winters of Oklahoma City. He is a 2000 graduate of Soper High School. He received his Bachelor's Degree in Health and Physical Education from Southeastern Oklahoma State University in May 2005.

Congratulations!



Happy birthday

We would like to wish a happy birthday to Emily and Kayla Myers. Emily will be eleven years old on the 21st of July and Kayla will be nine on July 12. Birthday wishes are from Mom, Dorsey, April, Shianne and Sarah.

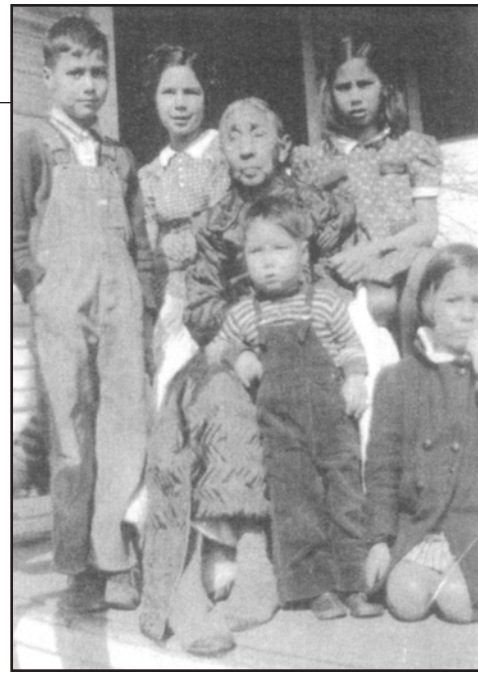


McCray graduates basic training

William Matthew McCray, 19, graduated in April 2004 from Army Basic Training at Ft. Benning, Georgia. This April he graduated from Advanced Military Training at Ft. Leonard Wood, Missouri. He will soon be attending ROTC training at Jacksonville State University in Alabama.

Happy 78th birthday

Jackie Lee Sexton Rinks celebrated her 78th birthday on April 8. She is very proud of her Choctaw heritage. This photo was taken approximately 1939 or 1940 in Talihina, Oklahoma. Pictured are, in back, Lindel Sexton, Jackie Lee Sexton, Grandma Lily Ann Perry Sexton and Billie Rae Sexton; in front, Charles Sexton and Dortha Ann Sexton. An interesting article on the life of Lily Ann Perry can be found on the OKGen Web site at <http://www.rootsweb.com/~okgenweb/pioneer/ohs/sexton.htm>.



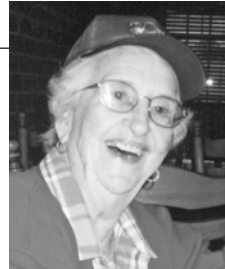
July birthdays

Happy birthday to Logan and her grandmother, Ruth Polk! Ruth will celebrate her birthday on July 16 and Logan turns three on July 24.



Happy 80th birthday

Ruby Pauline was born June 26, 1925, the daughter of Ernest Jefferson Forsythe and Ola Mae Benton Forsythe. She grew up and attended school at Waurika, Oklahoma. Ruby married Sammy Owens and had two daughters by this marriage, Adolia Jean and Sammie Kay. Her second marriage was to Orville W. "Cotton" Davis. She had two daughters from this marriage, Lynda Sue and Anna Juanita. This marriage took her to Wilson, Oklahoma, and in later years to Oklahoma City where she lives now. She now has seven grandsons, five granddaughters and 20 great-grandchildren. Ruby Pauline is a daughter, a sister, an aunt, a wife, a mother, a grandmother, a great-grandmother, a friend – but to everyone who knows her she is just "Granny." She was a hairdresser for many years, never charging too much. Most of the time she did this for free. She has been known to be a pretty good dancer in her day. If anyone ever needs a place to stay, they go to Granny's. If anyone's ever hungry, they go to Granny's. Ruby's granddaughters sum it up pretty good, "Nothing says 'Granny' like fried chicken, red beans and cornbread, fried pies, a beautiful flower garden, a helping hand, and an open door." Mom, Granny, we wish you a happy birthday and love you very much.



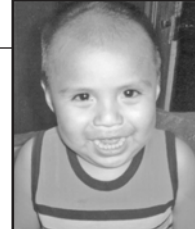
Happy birthday

Jennifer Lynn Williams of Idabel, Oklahoma, celebrated her 12th birthday on May 14. She is the daughter of Barry and Linda Williams, Idabel. Her grandparents are Mr. and Mrs. Arvel Williams, Summerfield, Oklahoma, and Mr. and Mrs. Donald Scott, Idabel.



Look who's turning two

Craig Stephen Brown of Oklahoma City will be turning two years old on July 23. Craig is the son of Courtney Brown and Obidio Vasquez. His proud grandparents are Lucretia and Francis Brown of Oklahoma City. Proud uncles are Steve Moore of New Jersey and Tim Bear of Oklahoma City. Happy birthday!



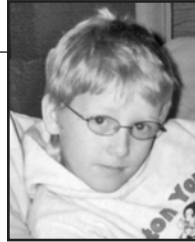
Happy 17th birthday

Ladonna Ann Ward turned 17 years old on June 30. Donnie's family would like to wish her a very happy birthday – from brothers, Kevin Ward of Bakersfield, California, and Derek Dixon of Dierks, Arkansas; sister, Sarah Ward of Broken Bow, Oklahoma; mom, Rachel Dixon, and stepdad, Daniel, of Dierks; and auntie, Patricia, and uncle, Donald Dixon of Dierks.



Philip turns ten

Philip Patrick Rose turned ten years old on June 7. He homeschools in Lookoba, Oklahoma, and is doing great. He wrestles for the Hinton team. He is the son of Gene and Pat Rose and his grandmother is Lorane Rose of Talihina, Oklahoma.



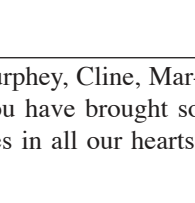
Look who's two

Trystan Lane Ingle, son of Larry and Michelle Ingle of Leflore, Oklahoma, will be two on July 22. He is the grandson of Melanie Powell of Talihina, Oklahoma, and Larry Ingle Sr. of Leflore. Happy birthday, Trystan!



Happy fourth birthday, Logan

Happy birthday to Logan James Cancroft, Murphey, Cline, Martinez from your very large extended family. You have brought so much happiness into all our lives and put smiles in all our hearts. Logan turned four years old on June 10.



Happy anniversary

Kevin, Sarah, Ladonna and Derek would like to wish Daniel and Rachel Dixon a happy seventh anniversary!

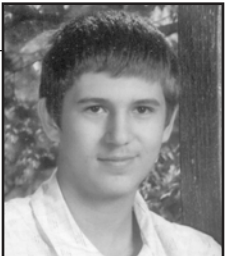


Nittak v'tta nayukpa

Happy birthday to my ibaiyi achaffa Roger and my ibitek achaffa Rachel with much love from your Ahokni Sandy. Roger and Rachel turned 15 on June 25. Their grandmother is Georgia Delilah, daughter of Vera Hill, a Choctaw original enrollee. We all wish you a very happy birthday!

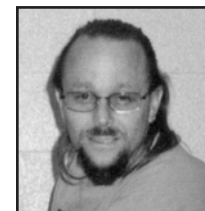
Outstanding achievements

Jerry and Tammy Alexander are proud to announce that their son, Jerry Lynn Alexander II, was nominated by his Clayton High School Principal for the People to People Future Leaders Summit in 2006. He was also selected for induction into the 2004-05 National Honor Roll and has been recommended for induction into 2005 Who's Who Among American High School Students. Jerry has received several awards for showing his cross breed pig at area livestock shows. Jerry has also been selected to attend a Congressional Student Leadership Conference in Washington, D.C. in recognition of his academic achievement, involvement in extracurricular activities and leadership potential.



Slow-Pitch All-Stater

Congratulations to Erica McMillan! She was selected as an Oklahoma Slow-Pitch All-Stater and played at the University of Oklahoma Softball Complex on June 11. She graduated from Calera High School in May and will be attending Southeastern Oklahoma State University this fall, majoring in pre-pharmacy. She then plans to attend the University of Oklahoma to receive her pharmacy degree. Erica is the daughter of Bill and Sherran Glinn of Durant, Oklahoma, and Eric and Heather McMillan of Guthrie, Oklahoma. Grandparents are Rubye McMillan of Lone Grove, Oklahoma, and Leon and Jackie Owen of Durant. Late grandparents are Atchman and Lizzie Arkansas and Ted McMillan. Some of her achievements include the Principal's Honor Roll, National Honor Society, Governor's Honor Club, Honor Show Choir, State Solo Contest Superior Rating, Southeast District Honor Choir, U.S. Army Scholar/Athlete Award, SOSU President's Leadership Class Scholarship, Southeast American Indian Chamber of Commerce Outstanding Achievement in Education Award, Bryan County Slow-Pitch All-Conference 2003, 2005, Kiamichi Slow-Pitch All-Star 2005, and lettered four years in basketball and softball. Also, Erica is President of the Choctaw-Chickasaw Baptist Association Youth and is a member of Grace Indian Baptist Church. She has just returned from touring in Europe. She participated in the Oklahoma Ambassadors of Music, a choir made up of 58 students from the State of Oklahoma who toured and performed in seven countries across Europe for two weeks.



Happy birthday

Dawn Miller would like to wish her husband, Preston, and two sisters, Phyllis Smith and Melvina Kemp, very happy birthdays. Preston turned 46 on May 18; Phyllis turned 51 on June 7 and Melvina turned 51 on May 5.

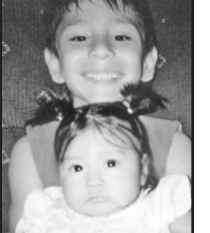
Kiana turns 13

Happy birthday to Kiana Karinne Rechberg who will be turning 13 on July 19. Proud parents are Mark and Jacquie Rechberg of Port Orford, Oregon, along with little brother, Kallen, and little sister, Korall. Proud PaPa is Joel Harkins of Orange, California. Kiana is an honor roll student entering seventh grade. She is active in many sports, enjoys playing her flute and singing in the choir. Kiana loves the Lord and she is spending her summer in Belize, Central America, doing missionary work with Teen Missions International. We are all so proud of Kiana and know God has a great plan for her life!



Happy sixth birthday, Jr.

Jr. celebrated his sixth birthday on June 20. Happy birthday and may God bless you, with love from your Mom and your sister, Elisia.



Congratulations

Congratulations to Natasha Rattel, the 2005 Snake Hunt Queen, from Mom, Dad, R.J. and Caleb. And happy fourth birthday to R.J. from Mom, Dad, Natasha and Caleb.



Happy ninth birthday

Happy ninth birthday to Jessica Nichole, born on June 29, 1996. She is the daughter of Jamie Greenwood and Lupe Renteria and the granddaughter of M.T. Greenwood and the late Mildred Cole Greenwood and the late Raul and Paula Renteria. She is the little sister of Jerald-Annie Renteria of Antlers, Oklahoma. Also, happy birthday to Aunt Jackie Renteria on June 12 and to Deland Ray on June 30. And congratulations to Matthew Paul Renteria on your graduation May 17 from Moyers High School. We are all so proud of you.



Happy 18th birthday

Jimmy Eugene Hudson celebrated his 18th birthday July 2. He is the son of Jim and Diane Hudson of McAlester and the grandson of Gene Hudson of Talihina and Bill and Edna Sharp of McAlester. Jimmy will be a senior at Crowder this fall. He will also be a second-year student in Computer Aided Drafting at Kiamichi Vo-Tech in McAlester. He is a very talented artist and is learning to play the bass.



Look who's one

Bradley Batson and Elizabeth Mandelin of Phoenix, Arizona, would like to wish their son, Jared Batson, a happy birthday. Jared, who turned one on July 1, is the great-great-grandson of original enrollee Frank Silas Annukwiatubi, and is the grandson of Clyde and Mary Mandelin of Snowflake, Arizona. Happy birthday, Jared!



Marletta turns 21

Marletta Alekay celebrated her 21st birthday on May 28. Marletta is a Spec E4 in the U.S. Army and is leaving this month for Romania. In August, she will be in Kosovo. Happy birthday from your mom, brother and sister.



The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate all 2004-05 graduates



Nancy June Artre

Nancy, a resident of Duncan, Oklahoma, graduated in May 2005 from Cameron University with a degree in criminal justice.

Amanda Lea Atteberry

Amanda has earned an Associate of Applied Science in Radiologic Sciences from Midwestern State University. A member of Alpha Beta Gamma honor society for Radiologic Technology students, she graduated May 14, 2005. She is also a member of the Texas Society of Radiologic Technologists. Amanda will be working at Texoma Medical Center in Denison, Texas. She is the daughter of Darrell and Glinda Atteberry of Coleman, Oklahoma.



Katherine Christine Austin

Katherine is a May 2005 graduate of Rose State College. She earned an Associate degree in liberal arts.

Zachary L. Christensen

Zachary graduated from Texas A&M University in College Station Texas on May 13, 2005. He successfully earned a Bachelor of Arts in History and plans to become a high school history teacher. Zachary is the son of Chris and Janice LeFlore Christensen of Dallas, Texas, and the grandson of the late Donald and Margie LeFlore.

Matthew J. Christensen

Matthew recently accepted membership into the National History Society, Phi Alpha Theta. Matt is currently pursuing a master's degree at Midwestern State University. He is the son of Chris and Janice Leflore Christensen and the grandson of the late Donald and Margie Leflore.

Mary Christine Cochran

A December 2004 graduate of Avila University in Kansas City, Missouri, Mary was a member of Phi Theta Kappa. She graduated magna cum laude with a BSBA in Business Administration.

Lance Edward Cogburn

Lance graduated with a Bachelor of Science in Business Administration (accounting) from Oklahoma State University in December 2004.



Erin Carly Dominick

Erin graduated May 7, 2005, from Oklahoma State University with a Bachelor of Arts in Psychology and a minor in German. She completed her studies in three years.

Michael Paul Fisher

Michael graduated from Georgetown University with a Master of Science Degree in Health Systems Administration in May 2005.

Teresa N. Huggins

A May 2005 graduate of NSU, Teresa has earned a Master of Business Administration. She is currently employed as CEO at the health center in Stigler, Oklahoma.

Joseph Eugene Ingram

Joseph is a graduate of the University of North Texas. He has earned a B.A. in psychology. "Thank you very much, Choctaw Nation of Oklahoma, for all of your help. You have made my collegiate and post-collegiate experience so much easier. Once again, Thank You!"

Senior 2005

Micah Grant Lane is a 2005 graduating senior of Madill Public Schools. He is the son of Rick and Kenni Lane of Madill, Oklahoma, the grandson of Kenneth and Ruthie Anderson of Daisy, Oklahoma, and the nephew of Kathy Anderson of Daisy, Oklahoma, who is the Indian Education Director of McAlester Public Schools. He is the great-grandson of original enrollees in the Choctaw Nation, Alice Billy Bacon and Bethel Anderson. Micah has received a four-year Presidential Academic Honors' Scholarship from Southeastern Oklahoma State University for scoring 25 or higher on the ACT, Lion's Club Scholarship, C&M Trailer Scholarship, Madill High School Scholarship, and the Kerry White Scholarship which is given to a student who shows compassion, friendship, and kindness. Micah will be attending SOSU this fall, majoring in counseling/psychology.



High school senior turns 18

Congratulations to Amanda Trimble for graduating high school on May 28 and turning 18 on June 13. Amanda will be attending college in the fall, majoring in nursing. She was also the recipient of the 2005 Folsom Scholarship offered by DataTrac Information Services Inc. Amanda is the daughter of Mike and Sharon Trimble of Houston, Texas.



Honor grad

Congratulations to Sasha Alonzo for graduating with honors from A+ Academy in Dallas, Texas, on May 28. Sasha turned 18 on June 12 and will attend SOSU this fall. Happy birthday!



Corie Rae Kaiser

Corie graduated in May 2005 with a degree in general studies from the University of Central Oklahoma.



Vanessa LaShay Kelsey

Vanessa graduated in May from the registered nurse program at Collin County Community College, McKinney, Texas. She received an Associate of Applied Science Degree. She graduated from high school in Wylie, Texas, in 2000, an honor student listed in Who's Who Among American High School Students all four years. She is a first degree black belt in tae kwon do. Vanessa is the daughter of John and Debbie Chilton Kelsey of Wylie; granddaughter of Katherine Spring Chilton of Commerce, Texas, and great-granddaughter of the late John Spring Jr., an original enrollee.

Sherri Lea Kizziar

In May, Sherri graduated with a Baccalaureate Degree in Education and Human Services from Texas A&M University, Commerce.

"I would like to take this opportunity to express my sincere gratitude to the Higher Education Department of the Choctaw Nation of Oklahoma. Your assistance did not only benefit me in the completion of my degree, but also gave me encouragement to push forward with my dreams. I began this journey later in life than most but I believe this accomplishment is all the more rewarding. The next step in my future will include a career as an elementary teacher. I hope to inspire others to push forward with their dreams as I did, because one of the best things in life is to realize your dreams and make them a reality."

Marisa Janean Lair

Marisa graduated from the University of Central Oklahoma with a Bachelor of Science Degree in Communication in December 2004.

Keira Neelea Mann

A December 2004 graduate of Oklahoma State University, Keira has received a master's degree in technical writing.

Lindsay Jane McClure-Hall

Lindsay graduated from Southeastern Oklahoma State University, Durant, in May with a bachelor's in medical science.

"I am now pursuing a Master's of Physical Therapy Degree at Texas Woman's University in Dallas. I would like to thank the Choctaw Nation for all their help. Thank you so much for everything."

Dara Beth McCoy

Dara graduated with a 4.0 gpa from Oklahoma State University in May. She received a Bachelor of Arts in Journalism.



Freeborn Harvest Mondello

Freeborn is a June graduate of Southern Oregon University with degrees in Health Promotion Fitness Management and P.E.

"Special thanks to my Lord and Savior Jesus Christ, my family, and the Choctaw Nation of Oklahoma for all their support."

Alicia Diane Poulis-Carlson

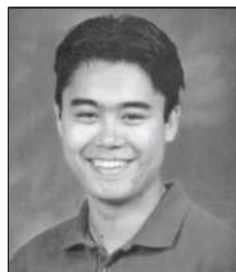
Alicia graduated in June with a BBA in marketing from Baruch College in New York.

Krystan L. Pratt

Graduating May 7, 2005, from Lubbock Christian University in Lubbock, Texas, Krystan has earned a Bachelor's Degree of Social Work.

Brent Jamin Prentice

Brent graduated from Midwestern Theological Seminary in Kansas City, Missouri, with a Master of Divinity in May 2005.



Bryan Dennis Raines

Bryan graduated with honors in June from California Polytechnic State University, San Luis Obispo with a Bachelor of Science in Electrical Engineering, specialty in R.F.

Design. "Thank you all very much for the financial aid during my undergraduate program. In the fall, I will attend the graduate program at Ohio State University in Columbus, Ohio. I am very grateful for what you have done for me."



DeLanna Beth Robertson

A four-year National Merit Scholar, DeLanna will graduate in August from the University of Oklahoma with a Bachelor of Science in Mechanical Engineering, summa cum laude, with minors in geology and mathematics. Included among DeLanna's many honors: Ventures Scholar, Advanced Placement Scholar, ConocoPhillips SPIRIT Scholar, Gamma Beta Phi Honor Society, Pi Tau Sigma National Mechanical Engineering Honor Society, Tau Beta Pi Engineering Honor Society, Golden Key International Honor Society, American Indian Honor Society, Phi Kappa Phi Honor Society, Who's Who Among Students in American Universities, and College of Engineering Outstanding Senior in Mechanical Engineering.

Jessica Shantel Sage

Jessica is a May 2005 graduate of Missouri Southern State University. She received a Bachelor Degree in Early Childhood/Elementary Education.



Sarah Elizabeth Siems

Sarah graduated from Southern Nazarene University in Bethany, Oklahoma, with a degree in music education with a vocal emphasis on May

14, 2005. She was honored at her university as magna cum laude and was recognized as being in the top 15% of her graduating class. Other honors received during her time at SNU include membership in Mortar Board Honor Society, Kappa Delta Pi Education Honor Society, and Phi Delta Lambda Elipson Honor Society. Sarah is the daughter of Henry and Charlotte Dandridge Siems. She is the granddaughter of Marvin and Alma Andsager, Jim Dandridge, and Fred Sr. and Faye Siems. She plans to teach elementary music in the fall.

Melissa Deeann Strickland Peinado

Melissa graduated in December 2004 from San Diego State University with a degree in graphic design.

Amanda Sue Walters

Amanda earned a BS in interior design from Oklahoma State University, graduating in May.

Deborah Lucille Ward

Deborah graduated from Northern Arizona University on May 13, 2005 with a Bachelor of Arts in Elementary Education.

"I would like to sincerely thank the Choctaw Nation for the financial assistance they provided for my college education. Their assistance allowed me to pursue a lifelong dream of becoming an educator. Thank you so much for contributing not only to higher education but also to the future of our Nation."

Princeton University graduate

Princeton University announces that Choctaw tribal member Jordan Andrew Flowers of Arlington, Texas, received a degree of Bachelor of Arts in Politics with Economics Certificate on May 31, 2005, at the university's Nassau Hall in Princeton, New Jersey. Jordan is the youngest grandson of the late Herbert D. Flowers and Juanita Storey Flowers, originally from McCurtain County, Oklahoma. Following graduation, Jordan will work for Accenture Corporation and be based in New York City. His parents are Joe Storey and Cynthia Fisher Flowers of Arlington, Texas.

Murray accepted to OU School of Medicine



Sara Murray has been accepted to the University of Oklahoma School of Medicine where she will work towards her M.D. This milestone was reached with the support of Chief Pyle and the Choctaw Nation through the Choctaw scholarship. Sara sends a special thank you to her Native American guides at OU, Lindy Waters and Jerry Tahsequah. Sara graduated with special distinction from the University of Oklahoma with a Bachelor of Science in Zoology-Biomedical Science on May 14. She has excelled in her academic career at Oklahoma University, maintaining a 4.0 gpa and being on both the dean and president's honor rolls all four years of attendance. Sara has been recipient of numerous awards, scholarships and honors including a fellowship from the Endocrine Society which allowed her to do research on polycystic kidney disease under Dr. Martin Turmin and the prestigious Indian Health Service Scholarship. She achieved membership in several organizations and at graduation, was inducted into the Phi Beta Kappa society. Sara is residing in New Braunfels, Texas, this summer, working on the Guadalupe River and spending time with family and friends. She will receive her white coat in August when she returns to OU as a member of the 2009 class of the School of Medicine. She plans to be an OB/Gyn serving in the Choctaw Nation working through the Indian Health Service. She is the daughter of Teresa and Keith Murray; granddaughter of Charles Funderburg of McAlester and the late Joan Funderburg and the late Elma and Lloyd Murray of Calvin; great-granddaughter of the late Edna and Leo Kelley of Wilburton, the late Rhoda and John Henry Funderburg, also of Wilburton, and the late George Gordon Derrick of Hill Top. Her great-grandmother, the late Nelja Jane Low Derrick, who was raised in Hugh Low, IT, was a Choctaw original enrollee.

Countz is Stuart High Salutatorian



Krystle Countz has been named salutatorian for the Stuart graduating class of 2005. Countz is listed in Who's Who and is recipient of several awards for academic excellence and in FFA, both on the local and state level. She made the All Star basketball and softball teams, lettered in basketball and softball for four years, and was chosen by her peers as Miss Stuart High. She completed 14 years of school with perfect attendance and has 17 years of perfect attendance in Sunday School. She attends McAlester 1st Freewill Baptist Church. Krystle plans to attend Eastern Oklahoma State College, McAlester campus, in the fall, majoring in elementary education and coaching. Krystle is the daughter of Pam and Eric West of Stuart and Jim and Donna Countz of Indianola. She is the granddaughter of Buck and Frances Jones of Arpelar, Sue Countz of McAlester, and Taylor and Barbara Countz of Indianola. She is the great-granddaughter of Lorene McClendon and the late Edgar McClendon and Mack Jones and the late Vera Jones, all of Arpelar, James and Billie Dean Countz of Indianola, and the late Ora Lee Thomas of Shady Grove-McAlester. Krystle is a descendant of the late Solomon Hyatt and Elizabeth Mackey Hyatt.

Honor grad



Cory Van Huss graduated from Cy-Fair High School with cum laude honors. He has been a member of the National Honor Society, Latin Club, Symphonic Orchestra, and Symphonic Band. The family are members of Cypress United Methodist Church where Cory has participated as a youth mission counselor and member of the Church Jazz Band. After 61 years, Cy-Fair finally made it to state competition! Cory's band has provided him plenty of experience: Cy-Fair symphonic band, orchestra, region band, and state solo/ensemble finalist. He was also a squad leader and helped with the loading crew. Privately, he honored the passing of our dear friend, Cory's Godfather, CSM Alfred C. Habelman, a fallen soldier, when he played "Taps" at the National Cemetery. Cory will attend Evansville University in Evansville, Indiana, with academic, engineering, and music scholarships and grants. Mom, Dad, and Molly are very proud of the son, brother, and young man that he has become. "If you change your mind about those Aggies, head south, and come on home!"

Congratulations

Carly Jo Blemmel turned 21 years old on June 30. She is going into her third year at Haskell Indian Nations University in Lawrence, Kansas, maintaining over a 3.2 grade average and was on the Dean's Honor Roll for the 2004 fall semester. She is very active in the school's drama department, Thunderbird Theatre, and has starred in Dianne Yeahquo Reiner's "Weaving the Rain" and "Calling from the Smoke." Carly has also been in a production of "Ping Chong." All received rave reviews. She won an award for playing "Eve" in "Weaving the Rain." She and her theatre cast took the play to St. Louis, Missouri, and competed against universities from across the nation. She is very active in Native American awareness and is very proud of her Choctaw heritage. Her family is very proud of all of her accomplishments.



