



# BISHNIK

The Official Publication of The Choctaw Nation of Oklahoma

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July 2006 Issue

## Enroll now at Jones Academy

Jones Academy is accepting applications for the 2006-07 calendar school year. We have openings in grades 1-12. Grades 1-6 will be taught on our campus. Students must have a CDIB. For an application call toll-free 888-767-2518; access [www.choctaw-nation.com](http://www.choctaw-nation.com) (go to Programs then Education); write Jones Academy, HCR 74 Box 102-5, Hartshorne, OK 74547; or e-mail [bspears@bia.edu](mailto:bspears@bia.edu).

## Genealogy advocate on staff at complex

The Choctaw Nation of Oklahoma now has Genealogy Advocate Vicki Prough on staff to help with any questions regarding ancestry. Vicki can be reached at 1-800-522-6170, ext. 2495, from 8 a.m. to 4:30 p.m.

## All required documents must be on file

If you have applied for a Certificate of Degree of Indian Blood card (CDIB) and received a letter requesting more information such as birth and/or death certificates, it is because we do not have them on file. In order for the Tribal Membership department to issue or reissue a CDIB, all required documents must be on file.

Please, if you have had your picture or your child's or grandchild's picture made with the Tribal Membership Department at some point and have not received it, a letter has been sent requesting the required birth/death certificate on you or someone else in your lineage. The department will soon be terminating all pending files that are two years old or older in which notification has been made but are still lacking the proper documentation to process.

CDIB and Choctaw Tribal Membership cards are required to participate in summer programs that are being offered. Also, higher education funding and extracurricular activities require the same information.

Don't put off getting your child's CDIB and Membership. It is much easier to obtain when they are young than to wait until it is needed in a short time.

CDIB cards take time to research and process and can't be done overnight. Please apply for any family members who do not have their cards.

## Membership department to be in OKC

The Choctaw Nation Tribal Membership Department will be in Oklahoma City, 10 a.m. to 2 p.m. on August 12, at the OK Choctaw Indian Taco Sale to take photos and assist Choctaws in obtaining their CDIB cards. The center is located at 5320 S. Youngs Blvd., Oklahoma City.

## Miti! Piba ikhvna!

Come! Learn with us! Chahta Anumpa Internet Class begins its seventh year in August. An online registration page is available along with a list of required materials and other information at [www.choctawschool.com](http://www.choctawschool.com) or go to [www.choctawnation.com](http://www.choctawnation.com) and follow the links Programs - Education - Language - Internet Classes - Language Classes.



## Chief named honorary fireman

The Durant Firefighters Local #3061 has named Chief Gregory E. Pyle an honorary fireman. A ceremony was held June 7 at the Durant Fire Station to present Pyle with a silver ax and fire hat from the firemen.

"This is a way that we can show our appreciation for all the assistance to the firemen of Bryan County and surrounding areas," said firefighter John Vietta. The Choctaw Nation has donated generously in the past few months, providing monetary grants to the volunteer fire departments in the tribal boundaries, as well as allowing them free fuel and supplies at the Choctaw Travel Plazas earlier in the year. The tribe also partnered with BioDiesel and Durant to bring in a Willie Nelson concert for a fundraiser benefiting the Bryan County fire departments.

The Choctaw Nation is also contributing \$1.6 million in CDBG grant funds and tribal business revenue to build a fire house south of Durant near Calera.

"The Choctaw casino, travel plazas, hotel, coliseum and wellness center will be better protected with a fire station that can respond in just a few minutes," said Chief Pyle. "Teaming with the city to build this fire station is a great project."

The new station will be staffed by the Durant Fire Department.



## WIC center opens in Durant

The Grand Opening of the newest Choctaw Nation facility, a brand new Women Infants and Children (WIC) center, was held June 13. The 3,200-square-foot building is located at 1601 N. Washington in Durant and is funded by a combination of a USDA grant and tribal funds.

The Choctaw Nation WIC program is a supplemental food and nutrition program that provides vital nutrition counseling and food to low-income women, infants and children during critical stages of development.

The WIC program has previously been operated from the Tribal Complex in Durant.

"This beautiful new center will make it so much easier for our WIC families to access services," said Chief Gregory E. Pyle. "The Choctaw Nation WIC program currently serves about 2,900 participants each month."

## Homeland Security announces mitigation finalists in Oklahoma

State programs to receive  
75 percent funding

### PLANNING PROJECTS

**Choctaw Nation Multi-Hazard  
Pre-Disaster Mitigation Plan**  
Federal Share: \$135,000; Total: \$180,000

**Atoka Schools Natural Hazard Mitigation Plan**  
Federal Share: \$ 26,280; Total: \$29,200

The Federal Emergency Management Agency (FEMA) has selected the Choctaw Nation Multi-Hazard Pre-Disaster Mitigation Plan as one of the two finalists in Oklahoma in its Pre-Disaster Mitigation Program (PDM) national competition. The grant recipients will receive 75 percent federal funding when all processing requirements are complete.

The PDM Program, first authorized in the Disaster Mitigation Act of 2000 and first funded by President Bush in his FY 2003 budget, provides funding for mitigation plans and the implementation of cost-effective projects, such as buyouts of flood-prone buildings, construction of safe rooms, elevations of homes located in the floodplain or making structures more earthquake resistant, prior to disaster events.

"Mitigation saves our nation \$4 for every dollar spent. This program encourages local leaders across the nation to look ahead and plan against what could be catastrophic events. These mitigation activities in Oklahoma show that the state and local communities are working together with FEMA and other partners to make mitigation happen," said R. David Paulison, FEMA director.

See Homeland Security on Page 12

## Former councilman dies

Former Choctaw Councilman Leslie Allen James, 84, of Talihina, Oklahoma, passed away June 19, 2006, at Tulsa Regional Hospital.

"Leslie was a very prominent figure in the Choctaw Nation and it saddens me to hear of his passing," said Chief Gregory E. Pyle. "His work with the tribe and within his community leaves a lasting legacy."

Leslie grew up in a Choctaw home and community. He spoke the Choctaw language fluently as this was his first language. Leslie was one who went quietly about daily doing things for people. Many times only the person that he was helping knew.

Leslie served on the Choctaw Tribal Council under the old constitution from 1981 through 1983. Re-elected, he served under the new constitution 1987 through 1999. He worked closely with government agencies and with high government officials. He was a veteran of World War II and the Korean War. During World War II, Leslie served in the infantry on the front lines in Germany, Belgium, France and Italy. General George Patton personally pinned the Silver Star on Leslie in the field after the Battle of the Bulge. As a civilian, Leslie continued to fight for veterans and their families for entitled benefits. Leslie was Service Officer for both American Legion and Veterans of Foreign Wars; that was Leslie's philosophy - to be of service to his fellow man.

Leslie served on the LeFlore County Draft Board until Congress abolished the board. The Oklahoma Governor appointed Leslie to three state advisory boards, Mental Health Planning Council, Mental Health Task Force and Alcohol and Substance Abuse Multi County PAC Board. After working as an LPN for over 35 years at the Talihina Indian Hospital, Leslie continued his passion to work for the Choctaw people.

Leslie touched many lives, quietly helping many people. He had a genuine love for his Choctaw people, love for his children, and understood working people. He had a special place in his heart for the elderly.

He married Glenda Caldwell on May 24, 1977, at Poteau, Oklahoma; they have been married for 29 years. He was a member of the Rock Creek Cumberland Presbyterian Church at Honobia, Oklahoma.

He was preceded in death by his parents, Allen James and Levicey Fobb James; a son, John Martin James in November 2004; and a daughter, Donna Kay James in April 1975.

Survivors include his wife of the home; four sons, Lloyd Allen James of Talihina, Charles Blair James of Wilburton, Steve Patterson of Poteau and Keith Patterson of Argyle, Texas; seven daughters, Cyndi Houser of Calera, Sylvia Sigler of Talihina, Mona Allison of Shady Point, Carolyn Furr of Alma, Arkansas, Beth Wallen of Corsicana, Texas, Julie Massey of Broken Arrow, and Nina Morgan of Poteau; 22 grandchildren, seven great-grandchildren, numerous friends and loved ones.

## Council okays grant applications

The Choctaw Nation Tribal Council met in Regular Session June 10, 2006 to discuss submitting grants for Prevention of Family Violence and Injury Prevention Programs. Council members agreed unanimously that the two programs would be beneficial to tribal members. Also approved were: budgets for Jones Academy and Tribal Operations; farming leases in Pittsburg and Latimer Counties; oil and gas leases in Atoka and Latimer Counties, and a seismic permit in Pushmataha County.



Working to gather data in an old cemetery are Emman Spain, Eddie Postoak, Johnnie Jacobs, Sherman Tiger, Velicia Bergstrom, Caren Johnson, Lola John, Terry Cole, Richard Adams, Barbara Williams, Edwin Marshall and Tim Thompson.

## GPR unit used to search for graves

The old Choctaw family cemetery lies in a remote, peaceful section of Atoka County, the graves unmarked. One by one vehicles start pulling up to the fenced-off area. Cultural preservation officers from several tribes and the U.S. Forest Service are gathering to help the family find the resting places of their ancestors.

This is the first time the Choctaw Nation has been loaned a ground penetrating radar unit to search through a cemetery.

"We have always had to rely on markings such as a depression in the ground, possibly with a grave marker of some kind like a pile of stones," said Terry Cole, Director of the

See GPR on Page 12



# NOTES TO THE NATION



## Visit to complex highlight of trip

Terri Winn, Betty Winterfeldt and Naomi Zarate of Pismo Beach, California, were very happy to meet Chief Pyle and his staff during a visit to Durant on May 9. During the week-long trip, the three toured various museums including the Indian City USA in Anadarko, passed through Turner Falls, paid homage to Geronimo in Fort Sill, stopped in Betty and Naomi's hometown of Roff, stayed at the luxurious Choctaw Inn, and spent a little time gaming at the Choctaw Casino in Durant.

Although Betty and Naomi were born in Roff, neither has returned to Oklahoma for 60 years. The highlight of the trip was meeting with Chief Pyle, who was most gracious and informative. A big thank you to Chief Pyle and staff.

## Program is wonderful asset

Dear Choctaw Nation,

I would like to formally thank the Choctaw Nation for all that they did in making my higher education experience successful. The tribal scholarships I received for both my undergraduate and graduate degrees have helped me immensely. I am grateful to the Choctaw Nation for making higher education more affordable. The higher education program is such a wonderful asset to our community. I would also like to say thank you for the support and encouragement I received from everyone within the tribe. Yakoke.

Adrienne L. Wilson, MPA  
OKCIC Health Educator

## Hurricane victims have place to call home

Dear Editor,

We would like to take this opportunity to openly express our gratitude to Chief Pyle and the Choctaw Nation of Oklahoma for the generous assistance after the hurricanes of 2004 in Florida.

During Hurricanes Charley, Frances and Jeanne, the house that we were living in was damaged. FEMA provided us with a 30-foot trailer in which to live. After months of no work due to the hurricanes in our towns of Wauchula and Bowling Green, I began to do construction work; I was on the job for a month and was injured. My wife was the only one working. I was working to renovate the house also; when it was finished the landlord decided to move back into his house, leaving us nowhere to live. With so many people displaced there was nothing to rent and if you could find something the rent was extremely high. FEMA offered to sell us the travel trailer.

Through the generosity of the Choctaw Nation we were able to purchase the travel trailer. Now we have a place to call home.

Again, we would like to express our appreciation to Chief Pyle and the Choctaw Nation.

May God bless you all.

Jerry and Debra Noah

## Looking for information

Dear Editor,

I am looking for anyone who has any information regarding the birth of Sebert Glenn Nelson on July 8, 1949, in Oklahoma City. The paternal sir name was Firestone. If you can help me, it would be deeply appreciated. No obligation, no problem. Please write to Robert Foster, P.O. Box 377, Saddle River, NJ 07458-0377. Thank you.

## Goal is achieved

Dear Chief Pyle and the Choctaw Nation,

I want to thank you very much for providing me with a scholarship to attend the University of Texas at Austin. Your generosity helped me graduate in only three years and achieve my goal of being a college graduate. While at the University of Texas I was able to excel in my classes and be active in student activities. I now have a great job in Austin, Texas, and am on track with my career. Thank you again for all your assistance, it truly made a difference in my life! I will forever be proud to represent the Choctaw Nation!



Kendall Payne  
Desoto, Texas

*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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BISHINIK® 2006

## Soldiers treated with kindness, respect

Dear Editor,

I would like to thank Chief Pyle, Assistant Chief Bailey and the Choctaw Nation for the generosity you have shown the 1-180 Infantry during our mobilization. From feeding us a BBQ lunch to allowing us to use the coliseum to providing busses for soldiers to ride home on leave (saving each soldier several hundred dollars in air fare) you have treated us with kindness and great respect. We will not forget it. Again, thank you for all you have done for our soldiers. See you next year!

LTC Bobby Yandell, Commander

## McAlester senior citizens say thank you

Dear Editor,

The McAlester Choctaw Senior Citizens would like to thank the following establishments for their contributions for the baskets given away at the annual Senior Citizen Day celebration in Durant, Wednesday, May 31: Snell's Bakery, Heavenly Delights, Schwans, and Lovera's Meat Market. We all had a wonderful time and hope to see everyone again next year.

## Seeking information

Dear Editor,

I am seeking information on relatives of John Riley Hunt and Sibby Loring. Sibby was the daughter of Elias and Louisa Hopper. Children of John and Sibby Hunt were Emma Beatrice (Stafford), Nellie, Inez, Roscoe or Rocky, Loretta Fay (Daggett) and John W. Emma Beatrice married Coy Ray Stafford around 1935. Known children of Emma and Coy were Patsy, Helen, Billie, Johnnie, Glenda, Coy Jr., Iva Ethel Lorraine, Robert Lee, Izola Dolores (Smith), Irene Yvonne and Thomas Walter. (Emma Beatrice Stafford, b: 1913, d: 1967.)

Please contact Mary Dean Oliver (biological daughter of Emma and Coy Stafford, name given at birth Julia Ann, b: 1945) at 4603 Erie, Midland, TX 79703, grandma58@cox.net, or 432-218-7335. Thank you.



## Pittsburg County Premium Sale

Dear Choctaw Nation,

Thank you for purchasing my 2006 premium sale animal at the Pittsburg County Fair. Your support is very appreciated and you all are such a good thing for all kids. A special thanks to Brandon and Brad Spears. Keep up the good work.

Hunter Mason  
Hartshorne, Oklahoma

## Exceptional dentist at McAlester Clinic

To the Choctaws,

I am a Choctaw Indian from Kansas. I am writing to thank you for the privilege to get my teeth all pulled at the Choctaw Clinic at McAlester, Oklahoma. The staff and people there, the dental assistants were the best. Dr. Means is the best dentist I have ever been to. He is so patient and kind and very efficient. He lets you know what he does and I had no pain. As you leave you get the medication you need. Dr. Means is an exceptional dentist and very thorough. He cares about his patients and considers all your needs.

Dianne Pybas Inkelaar

## Looking for friend

Dear Editor,

I am trying to get in contact with Charles Iscomber, long time friend living in San Diego. Please feel free to contact him or give me a call at 1-858-755-7753. This is very important. Thank you very much.

Rebecca Smith

## Rodeo donation appreciated

Dear Editor,

The Smithville Ropers & Riders would like to thank Councilman Kenny Bryant for the donation for the Smithville Rodeo again this year. We sure appreciate his help. Thank you.

Dale Toon, President

## Visit is uplifting

Dear Gary Batton,

Thank you for taking time to visit during Ev's illness. As always, you have that genuine caring quality that makes you special. It was uplifting to have the chance to visit with a long-time friend. We do so appreciate you and your staff.

Evelyn and John Detten  
Antlers, Oklahoma



## Stigler senior class says 'thank you'

Dear Choctaw Nation,

The 2006 senior class of Stigler High School, Stigler, Oklahoma, would like to thank the Choctaw Casino for the donation of a bus and driver for their senior trip. They went to Six Flags Over Texas on May 25. A very special thanks to the bus driver who was very professional and very friendly. We just wanted to let the rest of Oklahoma know just how much we appreciated the Choctaw Nation for its part in making a trip that Stigler's seniors will never forget. Thanks again.

The Stigler senior class and its sponsors



## Party held for Northrip's 100th birthday

Antlers senior citizens held a birthday party for Mattie Northrip's 100th birthday. Family members came and celebrated with her. District 7 Councilman Jack Austin Sr. presented Mattie with a throw and a plaque.

Mattie was born near Moyers, Indian Territory, in 1906 and has lived in Southeastern Oklahoma all her life. The only daughter of Lasit and Sally Simpty, Mattie was orphaned at an early age. Her father died when she was three and her mother when she was 11. Her only brother, Solomon, died while serving the military during World War II. She recalls that as a child she took delight in riding horseback and spent many hours riding and exploring the countryside. Going to a small country church in a horse-drawn buggy which her mother drove is a memory she cherishes. "How would I know," she said, "that one day there would be airplanes and I would take my first flight when I was a grandmother?"

Following her mother's death, she lived with an aunt and uncle, but spent considerable time with friends in Moyers. After graduating the eighth grade at Moyers School, she ran away to live with friends in Tuskahoma. There she found work in a home doing household chores and helping to care for the family's five children. She returned to Moyers to make her home when she married Joe Henry Northrip on February 22, 1927. The couple had two children, John Henry and Floyd. For a number of years, the family lived in a cabin near the Kiamichi River where the bounty of the land, river, forest, and a large vegetable garden provided most of the food for the table. Poke greens, wild onions, berries, fish, squirrel, rabbit and deer were plentiful. The boys became skilled hunters and fishermen at an early age.

Both sons moved to Colorado when they were married. They blessed Mattie with two grandsons, a granddaughter, and subsequently, four great-grandchildren.

Great sorrows came into her life when a tragic accident took the life of John Henry, and several years later, Floyd died following a long illness.

Mattie worked for many years as a domestic for families in and near Moyers and Antlers. She was highly respected for her kind manner and efficient work habits. She worked longer than most individuals and at the age of 83, decided it was time to retire.

Today, she lives in a neat, comfortable, two-bedroom home which was one of the first 15 Indian homes built in the area in 1972. She welcomes visitors with a bright smile and loves to converse in her native Choctaw language. She is concerned that so few of the present generation are learning the language. It is her hope that the language, traditions and heritage of the Choctaw Indians will continue to be preserved and passed on to future generations.

Mattie Northrip is a special lady who carries with her memories rooted in traditions from the 19th century into the 21st. Her life exemplifies these honored traditions and she is indeed an inspiration for all who are privileged to know her.

Mattie would like to thank each one of you for making her 100th birthday such a big success. For the cake, blanket, plaque, lunch, and to care enough to share this wonderful occasion with her. She will always remember your kindness and generosity.

## Yeley retires from nursing field

Seems nursing has always been a part of my life. I worked at Choctaw Memorial Hospital my junior and senior years in school. I would work four hours a day while I was going to school for four hours a day. I worked on weekends and in the summer. When I graduated Hugo High in 1954, I became a full-time employee for five years.

I took another job outside of the nursing field for five years. I left this job after getting married and having one child.

When I decided to return to work it was back to nursing. I enrolled in the Licensed Practical Nursing program in 1981 at Kiamichi Technology Center in Hugo and graduated in July of 1982.

I became employed with St. Joseph Hospital in Paris, Texas, in August of 1982. I would car pool and work there with some great people for two years.

In June of 1984, I went to work with Choctaw Nation of Oklahoma as a Community Health Representative for Choctaw County. I transferred to the Hugo Clinic on February 1, 1985, as a clinical nurse where I remained until my retirement March 10, 2006.

I have enjoyed my years with Choctaw Nation and becoming acquainted with lots of Choctaws as they would come in as patients. I can remember having a part in treating five generations of one family while at the Hugo clinic.

I received many awards while with the Nation but the greatest one was the retirement party my facility director, Betty Malone, and co-workers gave me. The tables were decorated with Choctaw colors along with flowers, gift cards, and a huge lunch along with a large cake and punch, all prepared by my co-workers.

In attendance were former employees and family members; also, Bob Blum, Deputy Administrator Southern Region; Randy Hammons, Executive Director Outreach Services of Durant.

Many kind words were expressed by former employees as well as present employees. After expressing words of appreciation and kindness from Gary Batton, Executive Director of Health Services, I was presented a beautiful plaque in appreciation for commitment and dedicated service to the Choctaw Nation.

I will always cherish my memories and the years of my employment. Also, the many patients that I was able to help in some way. May God bless each and every one of you. Thank you.

Frankie Oakes Yeley, LPN, a proud Choctaw





From desk of Chief Gregory E. Pyle ...

# What the American flag means to me



Chief Gregory E. Pyle

Independence Day brought with it a request to explain what the American Flag means to me. The United States flag symbolizes emotions that rise like flood waters within all of us. I have a sense of patriotism when the flag is in a parade, a feeling of pride when it is raised high, an admiration of the beauty when it waves in the wind, and last, but not least, a sadness when it drapes a casket.

Respect for the flag is vital – military personnel are giving lives daily while fighting for the ideals that the flag represents. Recently, services were held for a Choctaw Marine who was killed in an Iraq bombing. Hatak Yearby returned to his family under the shadow of the flag he defended. The Purple Heart was presented during his funeral, and the flag was folded with a serious intent and purpose before being handed to those who will miss him most.

Two other Choctaws, Brian Joplin and Jerod Dennis, have also lain under the red, white and blue American flag as their lives were

commemorated after returning from the War Against Terrorism. These brave young soldiers should be held in high esteem for their actions. Thousands of others risk injury and death each minute they are in service to all of us.

Each time my eyes rest upon an American flag, breath stops for a brief moment as my heart aches with sympathy for those who have lost loved ones. Breath returns to my lungs after that moment, my heart beating faster with a fierce pride that our great country has so many who are willing to fight for what the flag symbolizes: Liberty, Love and God’s Blessings to America.

We just laid to rest another veteran, former Councilman Leslie James, who was also covered with the American flag. Native Americans have the highest percentage per capita of any other race of volunteering for service in our military. Thank you, veterans, thank you to all soldiers, and thank you to armed services families.

From the desk of Assistant Chief Mike Bailey ...

## A privilege to meet with country’s leaders

Chief Pyle and I have been honored to meet frequently in the past month with national leaders regarding issues such as regulations of gaming and Congressional recognition of our Code Talkers.

Having our photo made with President Bush at a recent event was a thrill, and it was tremendously important to sit down to lunch with Vice President Cheney, Senate Majority Leader Bill Frist, Senators Richard Burr, Thad Cochran and Norm Coleman and tribal leaders to discuss proposed legislation that could



Assistant Chief Mike Bailey

affect the Indian Nations of America. The privilege of expressing our views and concerns directly to these people was a

priceless opportunity.

On the same note, Chief Pyle’s visits to Senators and Congress people to request gold medals for Code Talkers has proven very effective. To date, there are 50 co-sponsors in the Senate and 71 co-sponsors in the U.S. House of Representatives.

Numerous letters from individuals who have contacted their Senators and Representatives have been an enormous help, encouraging support of the Code Talker Recognition Act.

Thank you to all who have been involved in this effort.

## We are to let our light shine

We thank God for Freedom. Continue to pray for the brave men and women in our armed forces to keep this Freedom.

The Choctaw Nation of Oklahoma is growing both numerically and economically. May the spiritual life of our nation grow correspondingly.

Today, if we could only realize that a nation can rise no higher, can be no stronger, and be no better than the individuals which compose that nation!



Chaplain’s Corner  
The Rev. Bertram Bobb

There is nothing wrong with the nation, the trouble lies with the nation’s people. If the nation is bad, then the people are bad. If the nation is confused the people within the nation are confused. If this is a Godless nation then the people are Godless.

proved unfaithful to his God.

The Apostle Paul shone for God as he went out, the first missionary to a heathen world telling them of the God whom he served, and who had sent His Son to die a cruel death in order to save the world.

Today people are looking for joy in life and I would like to share with you and to challenge you with a joy that can be yours. This joy can be yours as you lead a person to accept Jesus Christ as his or her personal Savior. To lead someone to Jesus Christ and to help him to grow in Him is the joy of Christian service.

Men reviled him and his teaching, they laughed him to scorn when he spoke of the Crucified One but he went on preaching the gospel of the Son of God. He was regarded as a poor tent maker by the great and mighty ones of his day but no one can tell the names of his persecutors or of those who lived at that time, unless their names happened to be associated with his and they were brought into contact with him.

Now the fact is, all men like to shine. We may as well acknowledge this fact. Go into the business world, see how men struggle to get into the front ranks. Everyone wants to outshine his neighbor or his competitor. There are very few who shine in the world.

Along with the joy that can be received in the Lord’s service now there is another wonderful promise recorded in the Book of Daniel 12:3:

“And they that be wise shall shine as the brightness of the firmament: and they that turn many to the righteousness as the stars for ever and ever.”

But in the Kingdom of God, the very least and the weakest may shine, if they will. Not only one can obtain the prize but all may have it, if they will. How empty are the glory and the prize of this world. If we are wise, we will live for God and for eternity. We will forget ourselves and will care nothing for the honor and glory of this world.

This is a testimony of an old man and one who had the richest and deepest experience of any man living on the earth at the time.

God has left us down here on earth to shine. We are not here to buy and sell and get gain, to accumulate wealth, to acquire worldly positions.

Daniel was taken to Babylon when he was a young man. If anyone had said, when this young Hebrew was carried away into captivity he would outrank all the mighty men, probably no one would have believed it. Yet, for 500 years no man whose life is recorded in history shone as did this man.

This earth, if we are Chirstians, is not our home, our home is in heaven. God has sent us into the world to shine for Him, to lighten up this dark world. Jesus Christ came to become the Light of the world, but men put out that Light. They took it to Calvary and blew it out. Before Jesus Christ died on the cross, He said to His disciples, “You are my witnesses, go forth and carry the gospel to the perishing nations of the earth.”

We hear and often say that the mission field we are laboring in is hard, that it is a difficult one. But think of the field in which Daniel had to work. He was not only a slave but he was held captive by a nation that hated the Jews, the Hebrews, the Israelites – his people. He did not know the language, he was among idolaters – people who worshipped other gods.

So God has called us to shine just as much as Daniel was sent into Babylon to shine. Remember, a small light will shine a great deal when it is in a very dark place. Put a little candle in the middle of a large dark hall and it will give a good deal of light.

Yet Daniel commenced at once to shine, he took a stand for God from the very first and stood with him through his whole life. He gave his life as a youth to God and he continued to be faithful right on till his ministry was finished.

How true are the words of Daniel, “And they that be wise shall shine as the brightness of the firmament; and they that turn many to righteousness as the stars for ever and ever.”

Notice that all those who have made a deep impression on the world have shone most brightly have been men who lived in a dark day.

Remember that chorus, “This Little Light of Mine, I am going to let it shine”? We are to let our light shine.

Look at Joseph, he was sold as a slave into Egypt by the Ishmaelites. Yet he took his God with him into captivity, he remained true to Him, he did not give up his faith because he had been taken away from home and placed among idolaters. He stood firm and God stood by him.

May God bless you. Continue to pray for our fellow Americans. Pray for our leaders. Praise God for Who He is, and for what He has done, and for what He can do.

Look at Moses who turned his back upon the treasures of Egypt and identified himself with his despised and downtrodden nation, choosing rather to suffer affliction with the people of God, than to enjoy the pleasures of sin for a season. If a man ever had a hard field, it was Moses, yet he shone brightly, he never

## Appreciation dinner held at Wilburton’s Choctaw Center



Chief Gregory E. Pyle and Assistant Chief Mike Bailey are honored at a dinner at Wilburton.



Chief Pyle is presented a handmade bow by Councilman Joe Coley as a symbol of appreciation from his district.



Songs are sung in the beautiful Choctaw language.



Councilmembers and Tribal Judge Mitch Mullin are among the people who attended the Wilburton dinner.



Mary Coley holds her handsome grandson, Isaac.





HEALTHY LIFESTYLES

15 Tips to Better Parenting

By Jeremy Bull  
CARES Project Communications/  
Media Specialist

Many phone calls to our office are simply par-ents on the other end of the line who are looking to become better and more effective parents. Par-enting is not an inherited trait, but rather a learned behavior. Listed below are 15 tips to assist in de-veloping one’s parenting skills.

1. **Be Realistic.** Many parents set unrealistic goals for themselves. One of these is to be *the best parent in the world*. Being a good parent is good enough for children. Don’t down yourself for not being perfect. No-body is.
2. **Be the Best Role Model You Can.** The most powerful and influential teaching tool is the model. Your children watch you every second they’re with you. *Do as I say, not as I do* doesn’t work. They will do as you do, so do the best you can.
3. **Talk with Your Children, Not at Them.** Children know when they’re being talked at, and they dislike it as much as adults do. They shut down so you can’t get through to them. When you hold conversations, invite their input. Show respect for their opinions and solutions. Then *you* make the final decision – you are the parent.
4. **Give Your Love Openly.** The more chil-dren feel loved by you, the more they will listen to you and learn. Unconditional love is a great teacher. Give it with your hugs, kisses, and words!
5. **Keep Your Promises.** If it proves impos-sible, apologize and make it up to them. Better yet, don’t make promises you may not be able to keep. Everything you say becomes suspect when you go back on your word.
6. **Lighten Up.** Don’t take yourself too seri-ously. Allow yourself to laugh when things don’t go as planned.
7. **Encourage Creativity.** Ask questions to stimulate your children’s curiosity and interest. If they seem to be repeating old ways, ask them to brainstorm how they could do things differently.

8. **Celebrate Every Success.** Acknowledge everything good that you and your children experience, no matter how small.
9. **Admit Your Mistakes.** Everyone makes them. Help your children learn from your own mistakes by talking about them, and by showing your children that you have learned to do things differently.
10. **Get Involved.** Know where your children are and what they’re doing. Learn about their friends and their friend’s parents. Find ways to be active in their school and stay involved in their homework and study skills.
11. **Respect Your Children’s Reality.** We all experience things differently. Respect the right of each of your children to see and absorb things in his or her unique way. This will help your children learn to respect and tolerate others and gain confidence in themselves.
12. **Discipline with Love.** Treating your chil-dren fairly and firmly will help you estab-lish a positive connection with them. It will also provide them with a firm foundation of solid values and necessary boundaries that will last a lifetime.
13. **Establish Traditions.** Build lasting memories and traditions that will bring your family closer together. Celebrate special occasions and cultural and national holidays as a family with events that can be shared and remembered.
14. **Make Time for Each Other.** No matter how busy you and your children are, sched-ule time to be together to talk, do chores, shop, watch TV, or do any other activity that will result in greater understanding and togetherness.
15. **Think Positively.** Research has shown that a positive attitude helps you feel optimistic and is contagious to others. If you start the day in a positive way, so will your children. Obviously, parenting involves more activities than this, but these 15 fundamentals of parenting will enhance your skills and increase your effec-tiveness with your children. For more informa-tion on parenting skills, contact the Choctaw Na-tion CARES Project at (918)-567-4128.

WIC Eat right ... Exercise ... Have fun

By Debi Currie, Nutritionist  
Choctaw Nation WIC

The old Food Guide Pyramid has been replaced by the new “My Pyramid.” To help unravel the new “My Pyramid” can be a little difficult, so here are some easy ways to learn how to use the new pyramid. The portions of each food group are a range of 1,000 to 2,000 calorie diets per day. These amounts will work for both adult and children depend-ing on your individual calorie needs.

Take small steps to a healthier you! Be active for at least one hour most days. This does not have to be an organized exercise plan. It can be a 15-minute walk, or just parking your car farther away from where you shop or work. Small amounts of physi-cal activity add up. Encourage children to run and play instead of watching television or using computer games for long periods of time.

**My Pyramid is divided into 7 areas**

Fruit group, vegetable group, grains group, meat and beans group, milk group, oils, and dis-cretionary calorie allowance.

**Grains:** 3 to 6 ounces, AND make half your grains whole. An example of a serving is 1 slice of bread or 1 cup of dry cereal.

**Vegetables:** Vary your veg-etables, choose many different COLORS. A serving size is 1 to 2 1/2 cups a day. Choose more dark-green veggies, like broccoli and spinach; orange veggies, like carrots and sweet potatoes; yel-lows, like squash.

**Fruits:** Vary your fruits and in-clude different colors. A serving size is 1 to 2 cups a day. Go easy on the fruit juices. Remember to eat a variety of colorful fruits.

**Meat and Beans Group:** Go lean with proteins. One ounce of lean meat, poultry, or fish, 1 egg, 1 tablespoon peanut butter, 1/4 cup cooked dry beans, or 1/2 ounce of nuts or seeds are equiv-

alent to 1 ounce from the meat and beans group. Choose low-fat or lean meats and poultry. Bake, broil, or grill meat.

**Milk:** All fluid milk products and food made from milk like cheese that retain their calcium content are part of the milk group. A serving is 2 cups a day. For ex-ample, 1 cup of milk or yogurt, 1.5 ounces of natural cheese, or 2 ounces of processed cheese are equivalent to 1 cup.

**Oils:** Include fats from many different plants and from fish – 3 to 6 teaspoons daily. Check your labels to keep saturated fats, trans fats, and sodium low.

**Discretionary Calorie Allow-ance:** Choose foods and bever-ages low in added sugars. Sweet-ened foods add calories with few, nutrients. Just one chocolate chip cookie can be 140 calories, and a 12-ounce soda averages 155 calories. Discretionary calories should only be 165 to 267 calo-ries a day depending on your en-ergy needs.

2006 REACH 2010 Fitness Camp



Terry Feehan and Gerrick Johnson demonstrate Tae Kwon Do.



Physical Therapist Richard Brantley tests their grip strength.

90 youth enjoy day at Tuskahoma

Not even the wet, rainy weather could dampen the spirits of the 90 campers who attended the REACH 2010 Fitness Camp in Tuskahoma on June 1. Some original games planned had to be changed due to the weather but the kids still enjoyed a day of fun, games, and education on physical fitness and nutrition.

The guest speaker was Master Terry Feehan. Terry holds a 5<sup>th</sup> degree black belt in Tae Kwon Do. Terry began his martial arts in 1967 when he was sent to Mysawa AFB in Japan while in the armed forces. He is a retired Air Traffic Controller and teaches Tae Kwon Do at the McAlester Wellness Center. Terry, and as-sistants Zella Kincaid, Steve Young, and Gerrick John-son, dazzled the kids with various demonstrations in-cluding breaking cement blocks and boards with their hands, fists, elbows, feet, and their heads.

Teaching flexibility and assisting Terry was Zella Kincaid. Zella has a 2<sup>nd</sup> degree black belt. She has an associate’s degree in child development, teaches water aerobics, line dance, and Tae Kwon Do at the McAlester Wellness Center as well as at her personal studio in her home.

Teaching Cardiovascular Endurance was Kim Little from the Muskogee Creek Nation Diabetes Program. She was assisted by Irene Cole, also from Creek Na-tion.

Muscular Strength and Endurance was taught by Richard Brantley from the Physical Therapy depart-ment at the Choctaw Nation Health Care Center. He was assisted by PTA student James Robertson.

Body Composition was taught by CNHCC dieti-cian Raina Sparks. She works in the community and clinical setting and is also known as “Ms. Carrot” with the “Salad Sisters.” Raina was assisted by Mary Nell Southard, who is also a dietitian and the dietary direc-tor for the CNHCC.

Teresa and Doris from the REACH 2010 program would like to thank all the volunteers who helped, Gary Batton, presenters and those who assisted them, drivers, EMS, the CHRs who helped, and anyone else who helped make this camp a success. Most of all they would like to thank the kids and the parents.



Malacha Austin and Mariah Frederick.



Gerrick Johnson and Steve Young demonstrate strength.



Raina Sparks presents a demonstration on body composition.

“GET MOVIN”

A healthy lifestyle is made up of lots of small choices. Below are a few ideas and ways that you can improve your eating habits by choosing to do things just slightly different.

IF YOU NORMALLY....	THEN TRY THIS INSTEAD!
Use whole or 2% milk.....	Use fat-free milk
Drink soda .....	Drink diet soda or 100% juice
Eat dessert .....	Eat fruit for dessert
Have second helpings.....	Put the food away as soon as you serve
Eat big portions .....	Eat off a smaller plate
Eat a lot of white bread or pasta.....	Go for variety of whole-grain foods
Use butter .....	Try oils low in saturated fats
Eat fast food on the road .....	Pack fruits and vegetables for car rides
Eat red meat .....	Prepare lean cuts of beef or pork, skinless chicken or turkey, or fish
Snack on chips and junk food .....	Keep fruits and veggies in the fridge instead
Skip breakfast.....	Try eating a healthy breakfast each day
Fry your food .....	Grill or roast your food
And remember to get at least 30 minutes of exercise every day.	

To the youth of the Nation ... Abortion: Taking lives of unborn children

By Kaytlin Eastwood

Abortion ... It’s amazing how one small word is the reason for so many innocent lives being taken away. I don’t understand how people can kill someone. Those babies will never be able to experience life. Can you imag-ine killing a child? Could you do it? The baby that is growing in-side of the woman is depending on her. Many women choose to have an abortion because they are

not ready for the responsibilities of having a child. Many teens get pregnant and do not want to give up their time for another life.

First of all, if you’re not ready to have a child, you shouldn’t be taking those risks.

Secondly, you do not have to choose to have an abortion. Adoption is something women should strongly consider before thinking about getting an abor-tion. There are so many fami-lies out there that aren’t able to


have children and would love to have a baby to take care of. It’s hard thinking of giving up your child to some other family, but wouldn’t you rather do that than kill that unborn child?

Think about it this way – What if your mom had gotten an abor-tion? You would not be here to-day. All the joy and memories and fun things you’ve been able to ex-perience would never have hap-pened. You wouldn’t have ever known your friends. You would never be able to have a family of your own. Everything you have dreamed of doing, you never would be able to do. What about your brothers or sisters? If your mom had an abortion, you would have never known them. Hard to picture, right? Well, abortion is real and it’s happening every day. Innocent unborn children are be-ing cut short of life. According to statistics, there are over 460,000 abortions every year.

Many people do not care about abortion, but they should. Think of someone you love more than anything else. Someone you would do anything for. Now picture this: that person never existed. Now, do you have a dif-ferent perspective on abortion? I hope that in some way this arti-cle changes at least one person’s mind about having an abortion.

WIC Breastfeeding Classes

- HUGO**  
**Class Two: Tuesday, August 1, 10 a.m. to 12 noon**  
**Choctaw WIC Office Conference Room, Hugo ATOKA**
- Class Two: Tuesday, August 8, 10 a.m. to 12 noon**  
**Choctaw Community Center, Atoka McALESTER**
- Class One: Tuesday, July 18, 10 a.m. to 12 noon**  
**Class Two: Tuesday, August 15, 10 a.m. to 12 noon**  
**Choctaw Community Center, McAlester DURANT**
- Class One: Tuesday, July 25, 10 a.m. to 12 noon**  
**Class Two: Tuesday, August 22, 10 a.m. to 12 noon**  
**Choctaw WIC Office, Durant TALIHINA**
- Class One: Tuesday, August 29, 10 a.m. to 12 noon**  
**Class Two: Tuesday, September 26, 10 a.m. to 12 noon**  
**Choctaw Community Center, Talihina**



## 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



## Child abuse prevention

In January 2006 the Oklahoma Department of Human Services (DHS) had 1,073 confirmed investigations and assessments of child abuse and neglect for the state. Of these, 131 were in the 10 1/2 county service area of the Choctaw Nation. In fiscal year 2005, the Oklahoma DHS annual report showed that the Choctaw Nation service area was at or above average in the confirmed child abuse and neglect investigations and assessments. They also reported that nationally, an average of three children die every day as a result of child abuse or neglect.

**What is child abuse and neglect?** There are four major types of child maltreatment: neglect, physical abuse, sexual abuse, and emotional abuse.

1) Neglect is defined as failure to provide for a child’s basic needs. Examples include:

- Physical – lack of appropriate supervision or failure to provide necessary food, shelter, or medical care
- Educational – failure to educate a child or attend to special education needs
- Emotional – inattention to a child’s emotional need or exposure to domestic violence

2) Physical abuse is defined as a physical injury. Physical injury is considered abuse regardless of whether the caretaker intended to hurt the child or not. Examples include:

- Minor bruises to severe fractures or death as a result of punching, beating, kicking, biting, shaking, throwing, stabbing, choking, or burning
- Hitting with the hand, stick, strap, or other object

3) Sexual abuse includes activities by a parent or caretaker such as:

- Fondling a child’s genitals
- Penetration
- Incest, rape, sodomy
- Indecent exposure
- Commercial exploitation through prostitution or the production of pornographic materials

4) Emotional abuse is any pattern of behavior that impairs a child’s emotional development or sense of self-worth. Examples include:

- Constant criticism
- Threats or rejection
- Withholding love, support, or guidance

**Who is at risk of being abused?** Boys and girls are almost equally likely to experience neglect and physical abuse. Children of all ages, races, and ethnicities experience some form of child abuse, though the most vulnerable are children between the age of 1 and 6. Children are at a greater risk when they live in families where parents abuse alcohol or drugs, are isolated from families or communities, have difficulty controlling anger or stress, appear uninterested in the care or safety of their children, or seem to be having serious financial, housing, or personal problems. Studies have shown that when multiple risk factors are present, the risk is increased.

**Who is the perpetrator?** By definition, perpetrators of child abuse and neglect are the very people responsible for the child’s safety and well-being (including parents, relatives, and babysitters). In 2001 the U.S. DHS reported that nationally 41 percent of child victims were abused by their mother, and 19 percent by both mother and father.

**What are the warning signs of child abuse?** Some of the warning signs that a child might be abused or neglected include:

- Nervousness around adults
- Aggression towards adults or other children
- Inability to stay awake or to concentrate for extended periods
- Sudden, dramatic changes in personality or activities
- Acting out sexually or showing interest in sex that is not appropriate for his or her age
- Frequent or unexplained bruises or injuries
- Low self-esteem or poor hygiene

**How can we prevent child abuse and neglect?** The goal of child abuse prevention is simple – to stop child abuse and neglect from happening in the first place. Prevention efforts build on family strengths. Through prevention activities such as parent education, home visitation, and parent support groups, many families are able to find the support they need to stay together and care for their children. It is also the responsibility of each individual to report any suspicion of child abuse. Early intervention can possibly minimize or eradicate the short- and long-term effects that abuse has on children.

**What programs are available?** The Choctaw Nation, as well as state agencies, offers a variety of family support and parent education. Examples include, but are not limited to:

- Choctaw Nation Injury Prevention Program 1-877-285-6893
- Choctaw Nation Children and Family Services 1-800-522-6170
- Choctaw Nation Adolescent Family Life 1-800-349-7026, ext. 6441
- Choctaw Nation WIC 1-800-522-6170
- Choctaw Nation Head Start 1-800-522-6170
- OSU Extension Office – in your respective county
- State Department of Human Services (your local DHS or welfare office)
- State Department of Health (your local health department)
- Your family physician

**How do I report suspected child abuse?** Any time, there is suspicion of child abuse, report it and keep reporting it until something is done. You may call one of the numbers listed below 24 hours a day. All of the numbers listed have assurance that your call will stay anonymous.

- National – 1-800-4-A-CHILD (1-800-412-4453)
- Oklahoma – 1-800-522-3511
- Contact your local Department of Human Services (DHS), or police department

Information for this article was provided by U.S. Department of Health and Human Services 2004 Child Abuse Prevention Community Resource Packet 2<sup>nd</sup> addition, Oklahoma State Department of Health and Human Services web site www.okdhs.org, Choctaw Nation Children and Family Services, and the Choctaw Nation Programs and Services booklet. This article is sponsored by Choctaw Nation Injury Prevention. If you have any questions regarding this article or the Choctaw Nation Injury Prevention Program please call 580-326-8304 and ask for Beckie Morris, IP Coordinator, or e-mail RMorris@choctawnation.com.

# Healthy Marriage/Healthy Kids Project

Members of the Healthy Marriage/Healthy Kids Project are passionate about helping families reach their full potential and are excited to be a part of an organization that shares that passion. Current employees on this project include Gary Nunley, Ed.D., LPC, Chief of Behavioral Health and Project Director. He has a beautiful and kind wife, Kerin; a fun daughter, Kallie; four grown children and three grandchildren. He is master trainer of the new Choctaw Nation Challenge Course, and is currently training for the Pikes Peak Marathon run in August. He is a caring father and enjoys taking the family outdoors exploring caves and hiking. He has encouraged many couples through the PREP training.

Barbara Brown, BA, is the Marriage Education Specialist. She comes to the project with

*“Broken families take a huge toll on our culture and the state budget. Strong, healthy marriages mean families are less likely to live in poverty, children typically do better in school and children and adults are more successful.”*

– January 4, 2006, Oklahoman Editorial explaining why the Oklahoma Marriage Initiative is a worthwhile investment

much experience in helping dysfunctional families through DHS services. She has been married to the same husband for 33 years and has three stepsons, eight grandchildren, nine great-grandchildren and two great-great-grandchildren. She loves to care for her family. She is a professional performer and sings gospel and country music. She loves art and teaches painting. She is very passionate about her presentations of the PREP course.

Mary Ayn Tullier, RN, is the new Project Coordinator. She has

a wonderful husband and celebrated four years of blissful covenant marriage on May 25. They have three children and one granddaughter. Mary Ayn loves to ride bikes and clog dance. She finds it encouraging that the Choctaw Nation Health Services Authority promotes and understands the value of healthy marriage so children can benefit and grow.

The primary purpose of the Healthy Marriages/Healthy Kids Project is to improve the well-being of children in native communities by fostering healthy mar-

## Nutrition Notes – Green tea and your health

By Mary Nell Southard, RD, LD  
Director of Food and Nutrition Services  
Choctaw Nation Health Care Center

The American Institute of Cancer Research has reported some findings on the cancer-fighting power of green tea. Research now shows that a major component in green tea may short-circuit the cancer process even more extensively than scientists had previously realized.

AICR reports that a biochemical property of green tea allows its protective effects to extend to many different kinds of cells. One of the active green tea substances – called EGCG – seems to be able to target one protein common throughout our bodies to a degree of precision that cancer drugs still are not able to match. This protein, called HSP90, is present at high levels in many cancer cells. Scientists believe that in some circumstances, HSP90 helps to trigger the series of changes in cells that eventually lead to cancer.

However, when green tea’s EGCG binds to this protein, it helps to prevent these changes from happening. EGCG targets HSP90 from passing on signals that can start the cancer process. As a result, potentially harmful genes are less likely to get turned on.

Research continues but studies that track the diets of human subjects over several years have associated regular usage of green tea with lower risk for cancers that are vastly different from one another.

Asian data links green tea to reduced risk for breast, prostate, bladder, colon, stomach, pancreatic and esophageal cancers. This new finding shows that EGCG may be effective against an important “common denominator” for many different cancers, at the very start of the cancer process.

Because cancer cells tend to have higher levels of HSP90 than healthy cells, pharmaceutical researchers have tried to develop a drug that keeps HSP90 from sending the biochemical signals that can trigger cancer. But nothing seems to work as perfectly as green tea’s EGCG.

Unlike black tea or oolong, regular green tea leaves are baked or steamed before they can oxidize, so their EGCG level remains high. Regular green tea has more EGCG than decaffeinated green tea, although you can drink more cups of the decaffeinated kind to compensate. As for caffeine alone, regular green tea has 30 mg per cup compared to 43 mg in black tea and 135-170 mg per cup of caffeinated coffee.

#### How Much?

Studies show Japanese and Chinese people drink an average of 3-4 cups of green tea daily, per person.

“Drinking some green tea every day is a good way to add to the cancer protection we get from eating a diet high in plant foods and low in fat and salt,” states Dr. Ritva Butrum, Senior Science Advisor at AICR.

Try different kinds of green tea to find which ones you like best. Create your own special brew with lemon, honey or mint.

#### Hints for a Better Brew

**Type of water:** Some experts prefer filtered tap

water, because many bottled waters contain less oxygen, an important factor in making green tea.

**Water temperature:** The higher the water temperature, the more bitter the taste of the tea can become. Bring the water to a boil, remove from the heat, and allow it to cool 1-3 minutes until the steam drifts sideways rather than straight up. Never boil the water in an aluminum pot, it can ruin the taste.

**Brewing time:** For 1 cup, 30 to 45 seconds; for 2-4 cups, 1-2 minutes. Experiment with brewing times; the more delicate the tea, the less steeping time is needed and the sweeter the tea will be.

**Teapots and cups:** Do not steep tea in plastic or aluminum, they badly affect the taste. Good choices for teapots are glass, so you can monitor the strength of the tea. China or porcelain cups as well as glass cups or mugs are commonly used.

Ideally, teas should be made in a teapot with loose tea to allow enough room for the leaves to “blossom” or open, and move through the water. If you use a tea ball or basket (remember not aluminum), it should be large enough for the leaves to unfurl.

Resource: Newsletter on Diet, Nutrition and Cancer Prevention, Issue 90, American Institute of Cancer Research Winter 2006.

In case you like recipes, this one for Barley Soup was presented at our May Health Fair at our hospital. We thought it was pretty good.

It is very easy to modify to your own preferences, change vegetables and seasonings and is essentially low in calories and a good source of nutrients. It can be served cold or hot, and can be kept well in a crock pot when you want a healthy dish to take to a community or family get-together. If you like, you can add chicken or shrimp and it becomes a dish much like Chicken Gumbo or Shrimp Gumbo.

#### Barley Soup

by Mary Nell Southard, RD, LD

1 cup barley  
4 cups chicken broth

In a large pot cook barley in chicken broth for 45 minutes until tender. After the barley is tender, add and simmer until tender:

3 medium sized chopped onions  
10 cloves of minced fresh garlic  
1 cup chopped celery

Add and simmer:  
2 cups frozen English peas  
5 chopped green onions  
3 to 4 cups large chopped green cabbage

Lastly add and simmer (avoid boiling or over-stirring to avoid breaking up the okra too much)  
4 cups frozen or canned cut okra  
3 cans chopped tomatoes

You can adjust ingredients to your own preferences. For a one pot meal you can add chopped cooked chicken.

Add salt (or other seasoning) to taste

Simmer till all is hot and tender but don’t over-cook or over-stir. Serve with bread or crackers or even cornbread. You can make this dish hotter with Ro-tel Tomatoes or jalapeños and could use a Mexican cornbread instead of plain.



## Over-the-counter drug abuse

Over-the-counter drugs are often considered “safe.” They generally are, when used according to the directions to handle a physical condition. But over-the-counter drugs can also be abused. An example is cough syrup. Many brands of cough syrup contain Dextromethorphan, or DXM. DXM is a semisynthetic narcotic related to opium. When taken in quantity, it can cause a “high” similar to opiates.

It can also cause a host of other adverse effects: nausea; vomiting; paranoia; headaches; irregular heartbeat; high blood pressure; loss of consciousness; even death. Just like any drug, the amount taken determines the effect. A small, correct dosage can handle the physical problem but taking more than the recommended amount results in build up of toxins in the body, and the associative side-effects.

As stated earlier, drugs are basically poisons. The amount taken determines the reactions of side effects. Taking more than the recommended dosage can have negative consequences and can lead to addiction, just like any other drug. Therefore it is important to take medication as instructed. This includes knowing when to stop using an over-the-counter drug, and how not to mix drugs with other drugs. Virtually any drug can be toxic, however mixing drugs can be of greater concern for a potential serious side-effect. Therefore it is recommended that a person should know everything about the drug before putting it into his or her body. Over-the-counter drugs can be as harmful and addictive as street drugs. Get the facts about your over-the-counter drugs today from your local pharmacy or local physicians.

riages.

The PREP (Prevention and Relationship Enhancement Program) curriculum has been very effective in teaching couples how to reduce conflict and improve communication. Healthy Marriage/Healthy Kids Project staff have taught classes for Kiamichi Vo Tech, Chj Hullo Li, and the Choctaw Nation Health Care Center.

The PREP 12-hour course is scheduled for

**July 22 & August 19  
9 a.m. to 4 p.m.  
at the First Baptist Church  
Wilburton, Oklahoma**

Couples are encouraged to attend to learn effective techniques to better communicate in your relationship!

Please call 918-567-3065 to let us know convenient times to present this 12-hour course in your community.

## Healthy hydration

Water is one of the most essential components of the human body, yet many people do not understand the importance of a well-hydrated body nor how much water is lost during the day. Water regulates the body’s temperature, cushions and protects vital organs, and aids the digestive system. And, because water composes more than half of the human body, it is impossible to sustain life for more than a week without it.

#### WATER LOSS

Necessary to the healthy function of all internal organs, water must be consumed to replace the amount lost each day during basic activities. Water not only composes 75 percent of all muscle tissue and 25 percent of fatty tissue, it also acts within each cell to transport nutrients and dispel waste.

Water also regulates the body’s temperature, allowing heat to evaporate from the body in the form of sweat. In one hour of exercise, the body can lose more than a quart of water, depending on exercise intensity and air temperature.

If there is not enough water for the body to cool itself through perspiration, the body enters a state of dehydration.

#### DEHYDRATION

In a dehydrated state the body is unable to cool itself, leading to heat exhaustion and possibly heat stroke. Without an adequate supply of water the body will lack energy and muscles may develop cramps.

For regular exercisers maintaining a constant supply of water in the body is essential to performance. Dehydration leads to muscle fatigue and loss of coordination.

Even small amounts of water loss may hinder athletic performance. To prevent dehydration, exercisers must drink before, during and after the workout.

#### FLUID BALANCE AND REPLENISHMENT

It is important to drink even before signs of thirst appear. Thirst is a signal that your body is already on the way to dehydration.

It is important to drink more than thirst demands and to continue to drink throughout the day.

One way to check your hydration level is to check the color of your urine. The color should be light to clear unless you are taking supplements, which will darken the color for several hours after consumption.

Water is the best fluid replenisher for all individuals, although sports drinks may replace lost electrolytes after high-intensity exercise exceeding 45 to 90 minutes.

And remember – not all fluid has to come from pure water. Other choices include fruits, 100% juices, soups and vegetables. It is easy to prevent dehydration with pure, healthy, refreshing water, so drink up!

#### HYDRATION HINTS

- Drink one to two cups of fluid at least one hour before the start of exercise.

- Drink eight ounces of fluid 20 to 30 minutes prior to exercising.
- Drink four to eight ounces of fluid every 10 to 15 minutes or so during exercise.

- Drink an additional eight ounces of fluid within 30 minutes after exercising.

- Drink two cups of fluid for every pound of body weight lost after exercise.

- Both caffeine and alcohol can have a diuretic effect, so be sure to compensate for this additional water loss.

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



PEOPLE YOU KNOW

Ida Lewis Turner celebrating 100th

The family of Ida Lewis Turner would like to wish our Pokni a wonderful and happy birthday. She was born on July 14, 1906, at her parents’ home in Glover, Oklahoma. Her parents were Lena Carney Lewis and David Lewis. She is the third eldest in a family of nine. All of her siblings are deceased. Her eldest brother, James Edwards, was one of the original Choctaw Code Talkers. The family is very proud of him and his accomplishments in helping the war.

Ida attended Wheelock Academy for girls and later Folsom Academy. She moved to Oklahoma City with her daughter, Roberta Turner Romero, with whom she resides. Roberta is the mother of her two grandsons, Tony Enriquez and Mario Morales Jr. Tony is the father of her only great-granddaughter and our own special little angel, Antonia Enriquez. Mario is currently in the Army stationed in Kuwait. This is his second tour of duty in the Middle East. We are anxiously awaiting his return in October of this year.

Ida is a 25+ year breast cancer survivor, quite an accomplishment in itself. Although she has faced much adversity and has had to work hard all her life her attitude has always remained upbeat and cheerful. We all feel that this attitude has had a great deal to do with her long life.

When she was younger she made and sold Choctaw Indian dolls. Some of her dolls reside in countries as far away as Australia, France, Germany, South Wales and England. They are also in many parts of the United States. Many of the Indian stores here in Oklahoma feature her dolls which were all signed and dated.

A big party celebrating Ida’s 100th birthday is planned, with relatives and friends expected from all over to come and help celebrate the life of this much loved and wonderful woman, our Pokni, as she is affectionately known.



Chief Gregory E. Pyle and Betty Hickman Humble spent some time reminiscing at Wheelock Academy after the Trail of Tears Walk in May. Betty attended Wheelock at the same time as Chief’s mother in 1945.



Glenn family shows school spirit

Five members of the Henry Glenn family take time to show their Buffalo Pride during Hugo Homecoming festivities. The Glenn family takes pride in family, being graduates of Hugo and being Choctaw. Eight members of the family were Hugo High School lettermen – Henry Grady Glenn, 1924, football; Billy Steve Glenn, 1950, football; Mary E. Glenn, 1951, tennis; Dorothy “Dot” Glenn, 1954, tennis; Kay F. Glenn McIntyre, 1956, tennis; Fayette Glenn West, 1967, tennis; Larry Jack Glenn, 1970, track and field; Parker Glenn, 1972, track and field. Behind the group is the family’s white buffalo, erected last year.



Congratulations!

The Chahta Vlla Vlheha from Oklahoma City placed first in Spoken Language and Hymn Singing at the 4th Oklahoma Native American Language Fair at the Sam Noble Museum, Norman. Pictured, back row, are Crystal Duncan, Shohana Mitchell, language teacher Brenda Samuels, Rainey Fulphu, and Lorenzo Gonzalez Jr.; front, Juanita Gonzalez, Triston Gonzalez and Faith Mitchell. Great job!!

Classmates

Betty Ketcheshawno, Adeline Hudson, and Katherine Battisti meet in Katherine’s home for coffee and dessert each Tuesday evening after Choctaw Language Class in Hugo.



Happy birthday, Billie

Happy birthday to Billie J. Stearns who turned 82 years old on June 21.



Christian turns 8

Happy birthday to Christian Hunter Smith who turns 8 on July 17. He is the son of Robyn Bybee; grandson of Carol and Robbie Lee Bybee; great-grandson of Carrie Mae Whitworth Bybee Dyer and Raymond Bybee; and great-great-grandson of original enrollee Nora Williams Bybee. Christian is very proud of his Choctaw Indian heritage. He is looking forward to traveling from his home in Long Beach, California, to Durant, Oklahoma, sometime soon. He wants to visit Wade cemetery, the old homestead, still owned by the family, as well as the Choctaw Nation headquarters.



Look who’s 6

Happy belated birthday wishes to our precious angel, Jerry Dale Noah. Jerry turned 6 years old on April 19. From grandpa and grandma, Orville and Linda Noah; mother, Michelle Noah; uncle, Gerry Noah; uncle and aunt, Phillip and Kelly Wafford; and cousins, Jeana and Laney.



He made 13!

On March 30, Milton Flournoy Jr., son of Milton Sr. and Cynthia and grandson of Pauline Wilson, celebrated his 13th birthday. He was excited to be called a teenager. His day began with breakfast, served to him by his sister, Jasmine. His grandmother took him to his favorite restaurant for dinner. The main event was a birthday party at the ice skating rink in Carson. Helping him celebrate were friends, classmates and relatives. Milton is a very good student in school with a B+ average. He is also a very polite and responsible young man. Congratulations, Milton!



Can it be you’re 3?

Parents Larry and Michelle Ingle, grandparents Melanie Morris and Larry Ingle Sr. and Uncle Wade Mathews would like to send a happy birthday to a very special little boy. Trystan Lane Ingle will turn 3 years old on July 22. He will celebrate with a Spiderman party. Happy birthday, Trystan!



She’s a teenager!

Jennifer Lynn Williams, Idabel, celebrated her 13th birthday on May 14. She is the daughter of Barry and Linda Williams, Idabel. Her grandparents are Mr. and Mrs. Arvel Williams, Summerfield, and Mr. and Mrs. Donald Scott, Idabel.



30!! 30!! ... Who’s 30??

Miss Candice Drew ... that’s who! Happy 30th birthday, Candi, from Dad and Carol.



Happy third birthday!

Jaron Andrew Swearingen celebrated his third birthday on June 24. He is the son of Nicolette Swearingen and the grandson of Willean and Jack Swearingen. His great-grandparents are the late Lena and Isom Wallen and the late Clara Potts and Aria Swearingen.



Nicolette is 21

Nicolette Elane Swearingen turned 21 years old on March 21. She graduated from Eastern Oklahoma State College in December where she made the Dean’s Honor Roll with A’s and B’s. Her parents are Willean and Jack Swearingen. Her grandparents are the late Lena and Isom Wallen and the late Clara Potts and Aria Swearingen.



Happy sixth birthday

Happy sixth birthday to Creed Peirce! She is the daughter of Deana Willingham-Peirce and Ron Peirce of Moore, Oklahoma, and the great-granddaughter of Jesse James Willingham.



Happy first birthday

We would like to wish La’Marcus Davis a belated happy birthday. He turned 1 on April 6. His parents are Ashley Tonihka and Jermaine Davis of Paris, Texas. Grandparents are Tonya Tonihka Bailey of Paris, DeWayne Bailey of DeQueen, Arkansas, and Clifford Davis and Benny Sheppard of Paris. Great-grandparents are Louise Tonihka of Clarksville, Texas, and Larry Tonihka of Wichita, Kansas; aunts are Amber Tonihka, Karita Tonihka; Tina Tonihka of Paris and Amy Bailey of Broken Bow; uncles are Jesse Tonihka of DeQueen and Tony Tonihka of El Dorado, Kansas, and Kerry Tonihka of Broken Bow. Cousins are Keithan, Kaylee, Kerslyn, Keith, Ray-Ray, and Baby of Broken Bow, and Ryan Tonihka of Paris. Cord Franklin and Justin Clayton of Paris would also like to wish La’Marcus a happy birthday!!!



Grant golf team places at tournament

On May 16, the Southern Plains Indian Housing Association held its annual golf tournament at the Cherokee Hills Golf in Catoosa, Oklahoma. The tournament was held in conjunction with the Spring Meeting and Trade Fair. The Choctaw Casino in Grant, Oklahoma, has had a team entered in and placed for the past two years. Last year, the team placed second and this year they placed third out of 17 teams entered. We paid first, second and third places. The top three teams were really close, shooting a 55, 56, and 57, playing 18 holes.



This year’s team from the casino consisted of Derek Zamora, Derrick Parker, Charlie Jones and James Barnett (not pictured). In addition to placing third as a team, Derrick Parker won closest to the pin on hole #7.

The Southern Plains Indian Housing Association represents member tribes from Kansas, Louisiana, Oklahoma and Texas.

Happy 10th birthday

Jerald and Annie Renteria would like to wish their little sister, Jessica Nicole, a happy 10th birthday on June 29. They are the children of Jamie and Lupe Renteria and the grandchildren of M.T. Greenwood and the late Mildred Cole Greenwood and the late Raul and Paula Renteria.



Happy birthday, Mom

Loving wishes for a happy birthday are sent to Claudette James of Boswell from Steve, Tony, Jacqueline, Carol, Delivia, Georgia, Claudine, Delicia and Earl. Claudette turned 66 on July 10. Happy birthday!



Happy birthday

Cleburn and Joyce Harrison would like to wish their son, Ulmont M. Harrison, a happy 59th birthday on July 18.



Happy birthday

Ben and Judy Gipson celebrated their birthdays in June. Ben was 65 years old on the 14th and Judy’s birthday was June 6. The couple celebrated at their home in Skiatook with their family. Ben is formally from Broken Bow and the son of the late Robert and Lucinda Gipson of Broken Bow. Judy is formerly from Broken Arrow and the daughter of the late Pauline Hough of Broken Bow.

Congratulations

Rachel Critchfield and Teddy Tyner, Del City, Oklahoma, were married July 8, 2006, at Hillside Christian Church in Wichita, Kansas. Rachel is the daughter of Julie and Craig Critchfield of Augusta, Kansas; granddaughter of Monna Pinaire and the late Eugene “Jack” Critchfield, the late Roman and the late Leona Schauf. She is a 1999 graduate of Augusta High School and a 2003 graduate of Newman University, Wichita, with a degree in education. She is a teacher at Andover Central Middle School. Teddy is the son of Nina and Clif Smith of Del City and Tom Tyner of Salt Lake City, Utah; grandson of the late Geraldine and Luke Harris, and the late Bill and Vera Tyner. He is a 1997 graduate of Del City High School and a 2002 graduate of Bethany College, Lindsberg, Kansas, with a degree in physical education and health. He is a para-professional at Andover Central Middle School. The couple planned a honeymoon to Jamaica and will reside in Augusta.



Three generations of Choctaw artists

He is known as “Shukata,” which is the Choctaw word for possum. That was the childhood nickname given to George Willis by his father when he would play sick in his bed to avoid going to school. Shukata is also the trade name Willis uses to sell his hand-crafted jewelry and art.



Born in Quannah, Texas, George served in the Marines in Japan before returning to study art at University of Texas at Austin. After operating a retail jewelry business for over 25 years, George began incorporating Choctaw tribal motifs into his designs, like the diamond pattern that represents the diamondback rattle snake. His jewelry and sculptures have also included Choctaw cultural icons and historical images, like stickball players and the World War I Code Talkers.

Shukata is well-known on the Native American art show circuit, which has taken him from New York to Hawaii and back to Oklahoma, where he won the Best in Division award at the annual Red Earth show in 1997. He was named Indian artist of the year by the Indian Arts and Crafts Association in 2000 and was elected president of the IACA in 2001. In 2002, he was honored along with his son and several other native artists with a showing at the Smithsonian Institution’s Renwick Gallery, across the street from the White House on the national mall.

His son, George Roland Willis, worked for his father as a jeweler until age 23 when he moved to Los Angeles. “Ro,” as his family calls him, now uses many of the same tools and skills in his career as a sculptor and prop maker in Hollywood. His work can be seen in such films as “Titanic,” Apollo 13,” “Edward Scissorhands,” and the upcoming “X-Men 3.” He has written several award-winning short films and was a consultant on “The Killing Blanket,” a stage play about the last Choctaw tribal execution. He is still a partner in his family’s jewelry business.

Shukata is now semi-retired from jewelry-making, but continues to create native art from traditional materials such as buffalo horn, pipestone, and porcupine quills. He spends his free time teaching art and jewelry techniques to other artists, including his granddaughter, Zoe White. Although only 11 years old, Zoe has created many of her own designs, including Christmas ornaments that have been sold at the American Indian craft shop at the Department of the Interior in Washington, D.C.



## NURSERY NEWS

### Peyton Marie Williams

Peyton Marie Williams was born to Preston and Dana Williams of Oklahoma City on October 5, 2005. Her grandparents are Mark and Donna Concienne of Broken Arrow and Michael and Gay Williams of Edmond. Petyon is the great-great-great-grandchild of original enrollees Thompson and Nellie Hayes Wilson.



### Hunter Wayne McAlister

Hunter Wayne McAlister was born January 1, 2006, to Marinelle and Josh McAlister of Kansas City, Missouri. Grandparents are Jana Lou and John Callaway and Debbie and Rick McAlister, all of Kansas City, Missouri. Hunter is the great-great-great-grandson of original enrollees Thompson and Nellie Hayes Wilson.



### Reese Hartlyn Williams

Reese Hartlyn Williams was born February 15, 2006, in Oklahoma City to Erik and Casi Williams. Grandparents are Michael and Gay Williams of Edmond and Doug and Tina Walker of Crescent, Oklahoma. Reese is the great-great-great-granddaughter of original enrollees Thompson and Nellie Hayes Wilson.



### Breanna Danielle Banks

Cheyenne Michelle Banks would like to announce the birth of her new baby sister, Breanna Danielle Banks. Breanna was born at 5:30 a.m. December 17 at OU Medical Center. She weighed 6 pounds 15 ounces and was 21 inches long. Mommy and Daddy are Kristi and Angelo Banks of McLoud, Oklahoma.



### Jamien

His proud family, Terree and Jerry, would like to announce its newest addition, Jamien. He was born February 5, 2006. He is the grandson of Juanita Thompson and the great-grandson of Caroline Thompson. He has a devoted brother, Tori, and a very sweet sister, Jayla. They take very good care of their brother. Jamien was an early arrival, weighing only 4 pounds 1 ounce. He had to remain in the hospital for several weeks but is now gaining weight and is a spoiled, lovable baby.



### Edward Lewis Cobb

Edward Lewis Cobb was born April 9, 2006, in Newark, Delaware, weighing 9 pounds 2 ounces and measuring 21 inches long. Edward is the son of tribal member Goodwin Keener Cobb IV.



### Mahaley Lyn Cole

Johnny and Mary Cole of Antlers would like to proudly announce the birth of their beautiful baby girl, Mahaley Lyn Cole. Mahaley was born at 5:57 p.m. April 23, 2006, at the Medical Center of Southeastern Oklahoma, Durant. She weighed 7 pounds 1.5 ounce and was 19 inches long. Proud grandparents are James and Michelle Thomas of Wister, Wayne Rodgers of Antlers, and Johnny and Retha Cole of Antlers. Great-grandparents are Marvin and Faye Crawley of Ada, Marvin and Ava Cole of Antlers and Luther and Mary Eastham of Antlers.



### Jaycie Leigh Bull

Jalyn Grace Bull of Buffalo Valley would like to announce the arrival of her baby sister, Jaycie Leigh. Jaycie was born at 8:23 p.m. April 24 at the Choctaw Nation Health Care Center, Talihina. She weighed 6 pounds 2 ounces and measured 18 inches in length. Proud parents are the Rev. Jeremy and Rachel Bull of Buffalo Valley. Grandparents are Wendell and Theresa Schaeffer of Bluffton, Arkansas, and John and Genevieve Bull of Buffalo Valley. Great-grandparents are the Rev. and Mrs. Elwayne Schaeffer of Idabel, the Rev. and Mrs. Jerry Hankins of Ola, Arkansas, George "Buck" Burnett and the late Elizabeth Burnett of Talihina and the late Lonnie and Emily May of Wilburton. Opal Hankins of Rochelle, Illinois, is Jaycie's great-great-grandparent.



### Dylan Eugene Brown

The Brown family would like to announce their newest family member, Dylan Eugene Brown. He was born May 6, 2006, to Courtney Brown of Oklahoma City.



### Marissa Renee Anderson

Marissa Renee Anderson was born April 26, 2006, weighing 7 pounds 8.5 ounces and was 19.5 inches long. Parents are Scott and Amy Anderson; brothers, Austin and Tyler, all of Mooreland, Oklahoma. Grandparents are James and Patsy Airington of Durant and Arvid and Judy Anderson of Mooreland, Oklahoma. Great-grandparents include Doris Walker of Durant and Lesley and Betty Howenstine of Superior, Wisconsin. Melissa would like to wish



her big brothers, Austin and Tyler, a happy birthday. Tyler will be 8 on July 10 and Austin will be 11 on July 29.



Chief Gregory E. Pyle accepts a gift from Councilperson Delton Cox during an appreciation dinner held at Spiro.



Councilperson Charlotte Jackson presents a gift of appreciation to Assistant Chief Mike Bailey.

## Spiro Center holds appreciation dinner



Pat Shaw and her 20-month-old grandson, Core Howell, above, attend the dinner at Spiro. Below, District 5 Little Miss Brandy Sockey draws for door prizes.



Councilmembers Charlotte Jackson and Delton Cox join Spiro senior citizens in singing hymns.



Marilyn and Leon Mize enjoy the fellowship.

## EVENTS

### Birthday Singing

The third annual Birthday Singing honoring Truman Jefferson will be Saturday, July 15, at the Eastside Community Building in Broken Bow, Oklahoma, next to the Lily Mae Young Park. Supper is at 5:30 p.m. with singing at 7 p.m. Special guests are the Tribesmen of Antlers, Inheritance of Wilburton, Jan and Virgil of Durant and the Taylor Family of Sobol. The singing is hosted by Truman's children, son Robert Jefferson and daughters Priscilla, Vicky and kids, and April and husband Darrell Burris. For more information call 580-286-9216. Bring your lawn chairs. Concession available at 8 p.m.

### Summer Retreat

St. John's Presbyterian Church in Rufe, Oklahoma, is announcing a Summer Retreat – two days of praise and worship, August 18-19. Guest speakers from Texas and Oklahoma with personal testimonies are scheduled throughout the event. Everyone is invited to join them at 7 p.m. on Friday night. Bring your tents or bedding and spend the night in the church. Everyone who attends Saturday, 10 a.m.-3 p.m., is asked to bring a covered dish for a potluck lunch at 12:30 p.m. Everyone is welcome!

### Wilson Reunion

The Wilson Reunion, sponsored by descendants of Norwood Wilson, Smithville, will be 10 a.m. to 2 p.m. September 2 at the Smithville Community Center. A potluck lunch will be at noon followed by an auction. All friends, relatives, near relatives, in-laws, out-laws and all ex's are welcome. Bring your favorite food and something for the auction. The funds made will be used for needed family projects. For more information, call Opal Ludlow, 580-244-3462.

### Group plants window boxes at museum



Tuskahoma Shoulder Bones met May 18 at the kitchen on the grounds of the Choctaw Museum. The group planted herbal window boxes. While planting the boxes the group discussed the high nutrition value in the culinary herbs. It is important to learn how to use these powerful plants while cooking. The planter above contains chives, sage, basil, purple basil and rosemary.

Tuskahoma Shoulder Bones meets on the third Thursday of the month at the senior kitchen area on the Council grounds.

TSB is sponsored by Oklahoma State University Extension Office in Antlers, Little Dixie Community Action Agency, PRIME and Jack Austin of the Choctaw Nation of Oklahoma. The group's center is Crossroads Salon and Market at Hwy. 271 and Council House Road. For more information, contact Nancy Tucker at OSU Extension, Antlers, 580-298-5563.

Come join us!

### Garlic abounds

Beautiful, healthy stalks of garlic are only a part of the organically grown vegetables in Eldon and Marilyn Crabtree's garden in Cartwright, Oklahoma. Eldon, 62, says he also grows tomatoes, watermelon and red and yellow cantaloupes. The abundant delicious bounty is known county-wide since the Crabtrees sell what they don't need.



## Intertribal Indian Club of Tulsa hosts the 29TH ANNUAL POW-WOW OF CHAMPIONS

August 11, 12, 13  
Expo Center – lower level, Expo Square  
Tulsa, Oklahoma  
For more information visit our website  
[www.iicot.org](http://www.iicot.org)

VOCATIONAL REHABILITATION						
AUGUST	SUN	MON	TUE	WED	THU	FRI
			1	2	3	4
						5
	6	7	8	9	10	11
		Antlers by appt only	Stigler by appt only McAlester 10 am-2 pm	Talihina 10 am-2 pm		Idabel 10 am-2 pm
	13	14	15	16	17	18
2006		Durant 10 am-2 pm	Crowder and McAlester by appt only	Atoka 10 am-2 pm Coalgate 10:30-1:30		Broken Bow 10 am-2 pm
	20	21	22	23	24	25
			Bethel by appt only	Wright City by appt only		Poteau 11:30 am- 1 pm
	27	28	29	30	31	
		Durant by appt		Wilburton 10:30 am- 2 pm		

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.



Dorsey is ECU graduate

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Echo Nichole Dorsey who graduated in May from East Central University, Ada. Echo earned a Bachelor of Science in Environmental Health Science.



National honor student

The U.S. Achievement Academy has announced that Taylor Kay Tedder of Antlers is a National Honor Student Award winner. Taylor is the daughter of Regina Tedder of Antlers and Eddie Tedder of Hugo. Grandparents are Janet and the late Williston Taylor of Antlers and James and Darlene Tedder of Hugo.



Congratulations

Jimmy Eugene Hudson graduated from Crowder High School on May 13. His family is very proud of him. He is the son of Jim and Diane Hudson, McAlester. His grandparents are Bill and Edna Sharp, McAlester, and Gene Hudson, Talihina.



Also, happy birthday to Jimmy on July 2.

LeBlanc earns nursing degree

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Shawna Marie LeBlanc on earning a Bachelor of Science in Nursing. Shawna graduated in May from East Central University, Ada, Oklahoma.



Outstanding daughter

Jennifer Arledge graduated May 25 from California State University, Long Beach, with a Bachelor of Arts in Political Science with an emphasis in Comparative Politics and a minor in Anthropology. All of Jennifer’s family from Oklahoma and California are very proud of her and want to wish her the best. Her Shawnee family includes mother, April Gillham Hall; grandmother, Allie Reeves Gillham; and great-grandmother, Sylvia B. Ditzler Reeves.



Hammond graduates with honors

Heather Nicole Hammond graduated June 15 with honors from Branham High School in San Jose, California. She has balanced family, church, friends, and school, taking advanced placement classes, to graduate with a 3.9 gpa.



Heather, we are so proud of your accomplishments and the person you have become. We are confident you will continue to shine, like the bright star you are, throughout your life journey – Mom, Dad, Ashley, Nana and Papa.

Lexington High valedictorian graduates from OU

Deana Kay Scott Andrews graduated from the OU College of Nursing May 13 with special distinction. Deana earned her Bachelor of Science in Nursing while maintaining above a 3.8 gpa and took her state RN boards in June. She is currently employed at Unity Health Center in Shawnee and plans to further her career by obtaining her paramedic license and becoming a flight nurse.



Deana graduated from Lexington, Oklahoma, High School in 2002.

FOOD DISTRIBUTION

August 1

Stigler 9 a.m.-12 noon

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

August 2

Idabel 9-11 a.m.

Broken Bow 12 noon-2 p.m.

August 3

Bethel 9-10:30 a.m.

Smithville 12 noon-2 p.m.

August 4

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

August 8

Warehouses open

August 29

Last day for warehouses

August 30 & 31

Closed for inventory

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

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

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Ott is honor graduate

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Amanda Lynne Ott. She graduated in April from Simpson University with a Bachelor of Arts in Liberal Arts with distinction in the Alpha Sigma Lambda honor society. Amanda’s goal has been to enter the field of education. While attending college, she has been earning a living and gaining experience in the field by working as an after-school community education teacher at Rother Elementary School. She has also gained a certificate in massage therapy through the State of California and has opened a small business, Body Wellness Massage Therapy. Amanda’s goals are to continue working in the field of education, build up her business, and possibly go on for either her master’s in education or her teaching credentials. Her parents and family are all very proud of her achievements and know that she will do well in her goals for the future.



Student shares culture

Amber Buker, pictured with coach Wylene Hudson, also a Choctaw, is an incoming senior at Skiatook High School. Amber is a fancy shawl dancer and Native American storyteller. She is also the JOM Pow Wow Princess for Skiatook. Amber has donated a lot of time at a local preschool telling Native American stories and demonstrating the fancy shawl dance. Amber carries a 3.958 gpa. Everyone is very proud of all of her accomplishments.



Hartshorne salutatorians

Cousins were named salutatorians of the 2006 graduating classes at Hartshorne Public Schools. Johnna Ratliff earned one of the top honors for Hartshorne High School’s 2006 Senior Class, while Candace Ray earned the same honor from Hartshorne Jr. High’s 2006 Freshman Class. Their family is so very proud of them! Johnna plans to attend Oklahoma State University in Stillwater this next fall.



Congratulations

We would like to congratulate siblings Eric David Fisher, Elise Marie Fisher and Emily Nicole Fisher on their respective milestones reached this spring.



Eric received his high school diploma from Liberal, Kansas, High School; Elisa received a Certificate of Surgical Technology from Seward County Community College, Liberal, Kansas; and Emily graduated Oklahoma Panhandle State University, Goodwell, with a B.A. in business with an emphasis in marketing and a minor in management.

Riley to attend OSU

Jeremy Chad Riley graduated from Springtown, Texas, High School with the Class of 2006. He was involved in FFA and qualified the last two years for state in Wildlife Management. Jeremy is also an Eagle Scout. He loves fishing and hunting. Jeremy plans to attend Oklahoma State University at Okmulgee and receive an Associate’s Degree in Natural Gas Compression. Jeremy is very proud of his Choctaw heritage. His parents are Steve and Valerie Riley of Springtown. Grandparents are Carlos Thomas and the late Lola Thomas of Corsicana, Texas, and Casper Riley and the late Patricia Riley of Springtown. Jeremy is the great-great-grandson of original enrollee Jo Willie Clover.



Ashmore is OISHS member

Stephen Charles Ashmore, son of Steve and Vickie Ashmore of Warner, became a member of the Oklahoma Indian Student Honor Society (OISHS) during an induction ceremony held recently to honor Native American Students who maintained a 3.9 gpa; demonstrated moral character; leadership skills; and participated in cultural activities. Honorees received certificates, eagle pins, and T-shirts. Also, Warner Schools JOM Committee presented him with a special watch. Some of Stephen’s other accomplishments during his sophomore year include: Oklahoma State Honor Society member, National Honor Society member, Regional Champion Science Bowl Team member, Tournament of Champions first place in computer science, Sophomore Class Parliamentarian, Science Club Webmaster; and accepted in the Oklahoma School of Science and Math Program.



Holdenville graduate receives 10-year Gates Scholarship

Ellyott Lucas, a graduate of Holdenville High School, has been named a Gates Millennium Scholar. One of seven valedictorians of the Holdenville senior class, Ellyott received several scholarship awards and will receive a “full-ride” scholarship for her college education and post graduate studies. She will receive over \$250,000 in college scholarship money, including up to ten years of free college tuition. Lucas plans to attend Oklahoma City University for her undergraduate studies and will later attend graduate school out of state. She will enroll at OCU in the fall to begin her pursuit in a career of graphic art.

James among tribe’s brightest

Tamara James was recently selected among Native America’s 18 brightest to participate in a one-of-a-kind leadership development initiative, the American Indian Ambassadors Program. During the two-year program, James will meet with leading Native decision-makers, national policymakers and international dignitaries. Among tasks, she will develop and implement a needed community-based initiative and explore family and tribal histories.

After graduating with a B.S. in biology from the University of Tulsa, James is currently on a post baccalaureate research fellowship at the National Institute of Diabetes, Digestive and Kidney Diseases at the National Institutes of Health. This summer she begins a Ph.D. program in Biomedical Sciences-Structural Biology at New York University.

Tamara’s family resides in Oklahoma, the majority of them in the Choctaw Nation’s 10 1/2 counties.

McClure scholarships awarded two Jones students

Two Jones Academy students were awarded the James “Mickey” McClure Scholarship on May 15. The scholarship is sponsored by the Robert H. Wood family in honor of James McClure. Robert Wood was a coach and teacher at Jones Academy from 1942 through 1947. McClure was a student at the academy as well as captain of the boxing team.



The recipients, Tranette Turrietta and Caylen Ahtone, were presented with the awards at a reception for graduating high school seniors and their parents at Jones Academy. The scholarships are bestowed to students who have demonstrated strong leadership skills and academic excellence. The students must have also displayed good citizenship and sportsmanship qualities as part of the grant requirements. High school seniors also need to show proof of enrollment at a post-secondary institution of higher learning.



Tranette and Caylen will be awarded scholarship grants of \$300 and \$500 respectively. Tranette, 18, is the daughter of Jessica and Victor Romero of San Juan Pueblo, New Mexico, and the late Sylvester Turrietta of Albuquerque, New Mexico. She plans to attend Northern New Mexico Community College in the fall. Tranette is pursuing a career in law. Caylen, 18, is the son of Marilyn Lovins of Newalla and the grandson of JoAnn Lovins and the late Earl Rudolph “Rudy” Lovins of Norman. Caylen is enrolled at East Central University where he will major in criminal justice.

OSU grad has double major

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Jennifer Lynn Baab. Jennifer graduated in May from Oklahoma State University with a double major in B.S. in Human Development and Family Science and Spanish, with a minor in General Business.



Brock graduates MBC

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Katherine Renee Brock on her graduation in May from Multnomah Bible College. Katherine earned a Bachelor of Arts in Biblical Studies and Intercultural Studies.



Rinehart is Twin Falls graduate

Twin Falls, Idaho, graduate Garrett William Rinehart, son of Gary Rinehart and Shannon Ross, will be attending Northwest Nazarene College, Nampa, Idaho. Garrett’s great-grandmother was an original Choctaw enrollee. Congratulations from Grandpa and Grandma, Kenneth and Joy Houston Rinehart, Seeley Lake, Montana.



Sittel is MSC graduate

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Scott Bennett Sittel on his graduation in May from Murray State College in Tishomingo, Oklahoma. Scott earned an associate’s in science.



Everett earns master’s

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Ashley Micheal Everett on her graduation in December 2005 from the University of Central Oklahoma with her master’s in business administration.

South Point grad to attend UNC

Desirée A. Moreno is a senior at South Point High School in Belmont, North Carolina. She graduated June 10 and plans to attend UNC, Charlotte, North Carolina, this fall, majoring in business administration. Desirée is proud of her Choctaw heritage and is the great-granddaughter of the late Jerry Johnson Jacobs and Artie Mae Barcus. Her very proud parents are Shannon and Estella Johnson. Congratulations, Desirée, and may our Lord and Savior Jesus Christ continually guide you through the upcoming years.



Roberts receives Folsom scholarship

Randa Roberts, a 2006 graduate of Haileyville High School, was chosen as one of the recipients of DataTrac Information Systems Inc.’s annual Folsom Scholarships. She was chosen from Choctaw applicants from across the nation competing for the \$5,000 award. Randa is the daughter of Lee Ann Roberts and the granddaughter of Jane Sherrill, Hartshorne, Oklahoma. She was salutatorian of her senior class. Randa will attend Rose State College in the fall, where she will study to become a licensed dental hygienist.



Lewis graduates with nursing degree

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Rebecca Joy Lewis who graduated May 5 with a Bachelor’s of Science in Nursing from the University of Central Oklahoma.

Page earns B.A. in history

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Sabra Kylene Page. She graduated in May from MidAmerica Nazarene University with a B.A. in history. Sabra is pictured here with her dad, Leon, and mom, Jamee.





# Senior Day

May 31  
in Durant



Gospel Singing First Place – Wilburton.



Gospel Singing Second Place – Atoka.



Gospel Singing Third Place – Smithville.



Districts 8, 4 and 7 won the Name Tag Contest. Accepting plaques are Councilman Jack Austin, District 7, third place; Councilman Delton Cox, District 4, second place; and Adeline Hudson, District 8, first place.



Hat winners include in the women's division, Dorothy Spears, first; Barbara McKee, second; Ellen Mayhall, third; and in the men's, Bertram Bobb, first, not pictured; Dixon Lewis Jr., second, above; and Oscar Sutton, third, pictured at left.



Plaques were awarded for the top three gospel singing groups – Smithville, third place; Atoka, second; and Wilburton, first.



Attending from Idabel, Raymond Brandy, Lorenza Brandy and Cheryl Hudson.



Norma Coleman, Ilene Krausch, Dixon Lewis, Joe A. Wilson and Alice Wilson of Stigler.



This group from Wilburton is enjoying the day.



Culene Ward, left, and Dorothy Spears, Mary Mumaw and Pokey Everett from the McAlester center.



Mary Jo Heron of District 9, Bryan County.



Tinker Perkins of Idaho came to the senior citizens celebration. He is pictured with Chief Gregory E. Pyle.



Newman Taylor of Wright City.



Sylvester Moore and District 3 Councilman Kenny Bryant.



Council Speaker Mike Amos is pictured with ladies from his district, Virginia Jefferson and Jasney Wade of Bethel.



Marie Waggoner, Ida Mae Jackson and Mary White of District 7, Pushmataha County.



Elders from Atoka County, Lorene Cooper, Patsy Johnson and Richard Johnson.



Councilman James Frazier is pictured with a group from Coalgate, Evelyn Guffey, Maggie Anderson and Eva and Jesse Frederick.



Lena Monoz and Joyce Lankford of District 4.



From the Hugo center, Barbara McKee, Hattie James, Dutch Crews and Barbara Plotner.



Raymond and Julia McKinney, Bill Amos and Laurance Battiest of Broken Bow.



Clay Simpson, Councilman Anthony Dillard and Kay Wight of the Atoka Choctaw Center.



Admore residents Etta Johnson, Ruth Hancock and Gene Hancock and from Broken Bow, Tom and Mary Wilkonson.



Virgil Sam, Lodean Stan, Arlene Wilson, Anna Carlile and Harry James of the Talihina Center.



Councilman Ted Dosh visits with Bryan County seniors Selah Schulze and Rhonda Schulze.



# in concert

# LABOR DAY

## *Festival 2006*

*at Tushka Homma*



### Clint Black

From the very beginning, Clint Black has pushed himself to grow as a musician, singer, writer and artist. He learned music by ear and once the opportunity arose to work with great musicians, he wanted to learn from them. Continually forcing new challenges on himself, Black succeeded in expanding his artistry. He has even branched into other forms including acting and record productions. He led country music's resurgence with his 1989 RCA debut album "Killin' Time," and over the next 10 years enjoyed every possible measure of success – album sales, critical acclaim, awards from his peers and dozens of chart-topping radio hits. His 13 years with RCA came to a close in 2001 and Black's career and life undertook a dramatic transformation. He relocated to Nashville from California, built a world-class home studio, celebrated the birth of his first child and became a founding partner in a record company bent on reworking the artist-label relationship. "Spend My Time" was Equity's first release, and it put Black right back into the limelight. "A lot of people are misguided about the true source of happiness," he says. "It's not money or fame or awards. It's doing what you love to do."



### Charley Pride

Born to poor sharecroppers, one of 11 children in Sledge, Mississippi, Charley Pride is a timeless everyman, revered by his musical peers and adored by countless millions of fans around the globe. His golden baritone voice has transcended race and spanned the generations. Pride's first single hit the airwaves in January 1966 and just like that his star was on the rise. He has always set his own goals, one of which was to become an internationally known artist. He has achieved this by performing in Europe, Australia, New Zealand, Japan, Fiji, as well as the provinces of Canada. He still tours these countries today and even takes in a few extra countries on USO tours, entertaining our service men and women who are stationed overseas. Over the past 30 years, Pride has remained one of the Top 20 best-selling country artists of all time. His incredible legacy includes 36 #1 hit singles, over 70 million albums sold, 31 gold and four platinum albums, including one quadruple platinum. On RCA Records, Charley Pride is second in sales only to Elvis Presley. In 1994, Charley released his autobiography, "Pride: The Charley Pride Story." Aside from detailing great moments of his amazing career and journeyman stint as a ballplayer, "Pride:" is an often moving, sometimes hilarious tale of his almost improbable dream come true and journey to the top of the charts.



### Craig Morgan

Some singers try to change the world, one issue at a time. Others break hearts, or pack the dance floor, or pose as rebels and outlaws through their songs. Craig Morgan, though, has set a higher goal for himself. On "My Kind of Livin'," his third album and second full-length project for Broken Bow Records, he moves further up the path he's chosen to follow as an observer of the small, meaningful things in our everyday lives. "Somebody told me not long ago that whenever they hear a song that visually paints a picture, they think of me because that's the kind of writing I've come to do best," he explains. "The point I try to make is that the mundane things aren't so mundane after all. The simple things, like being on a boat with your buddies, or sitting on a porch after church on Sunday, or the tractor you see in "Rain for the Roses," aren't always a part of everybody's life, because we're all in such a big rush. But they are all part of who we are."

**Friday,  
September 1**  
6 p.m. - Craig Morgan  
8 p.m. - Chris Cagle  
10 p.m. - Charley Pride

**Saturday,  
September 2**  
6 p.m. - Nashville Star Tour  
8 p.m. - Miranda Lambert  
10 p.m. - Clint Black

**Sunday,  
September 3**  
Gospel singing begins at  
2 p.m. with area groups  
8 p.m. - Mercy Me



### Mercy Me

After a decade as a band, they've learned how each member plays an important role in who MercyMe really is. Guitar player Mike Scheuchzer met frontman and songwriter Bart Millard when he was in the Florida youth group Millard worked with. After graduation he pulled him on stage and they've been playing together ever since. MercyMe added their latest member, additional guitarist Barry Graul this past spring. Then there's Robby Schaffer, drummer and financial wizard. He's in charge of the band's finances and is known as the "responsible one." Bassist Nathan Cochran is the quiet one of the bunch so when he does have something to say it's usually worth listening to. Jim Bryson, a keyboard player, is often called on for his expertise in repairing the band's bus. The popularity of MercyMe's mega-hit "I Can Only Imagine" has put the pressure on the band, but it has only pushed them to be their best. And looking back, Millard has only good feelings about the song, written for his father who died of cancer while Bart was in his late teens. "I couldn't pick another song I'd rather have be with me the rest of my life because of what it meant to me," Millard says, adding "Imagine" will always be a part of us and we'll play it every night." But MercyMe is also looking with excitement toward the future. "It's a new season and I shake with anticipation at letting people know where we're at and what we have for them now."

### Chris Cagle

A man who lives life at full-speed, taking corners on two wheels, Chris Cagle is one of country music's more interesting characters. There aren't many in the industry who can put passion and energy on stage or on record the way he can. But a man doesn't go gold with his first albums and produce seven hits – more than bravado. Chris' secret weapon lies in his ability to rope the whirlwind, to capture its motion and emotion with his pen and his voice. The two sides of Cagle's compelling psyche come together beautifully on his third album, "Anywhere But Here," a collection that crystallizes the promise of the first two and takes him another big step forward. Its first single, "Miss Me Baby," is four minutes of raw drama sung with a nuanced intensity that announces Chris' growing maturity as a vocalist. It also represents the eighth time he has hit the Top 40 with a song he has written or co-written.



### Miranda Lambert

Do not be misguided by her dimpled smile, her blue eyes and her tender heart. Miranda Lambert demands respect as a serious artist. With the debut of her major-label CD, she proves to be not only a dazzling vocalist on this country showcase, but a major songwriter as well. Five of the songs – "Kerosene," "There's a Wall," "What About Georgia," "Love's Looking For You," and "Love Your Memory" – are her solo compositions. All were written when she was between 17 and 20 years old. Few songwriters in country-music history have demonstrated such uncommon insight at such a young age as Miranda Lambert. Born in 1983, Miranda is a native of Lindale, Texas, about 80 miles east of Dallas. Her Texas roots run deep. Texas fans like their country music straight-up and strong and so does she. Texas has provided more major talents to the country scene than any other state. Add Miranda Lambert's name to that long list.



### Nashville Star Tour

You watched them every week...you voted for them...and now they're coming to Tuskahoma. The Nashville Star Tour features the four finalists from the hit USA Network's Nashville Star TV talent search that captivated the nation for the fourth consecutive year. Chris Young, this year's dazzling Nashville Star winner, heads this package of young country talent. Nicole Jamrose, Matt Mason and Casey Rivers – the three Nashville Star runners-up – will also perform on the tour which kicked off in June. This year's tour runs from mid-June through late September, stretching across the United States and Canada. The 2006 Nashville Star Tour recreates the energy and feel of the hit USA Network television series. The tour utilizes an interactive video package of highlights, and lowlights, of each artist's tenure on the show, thereby acting as a "virtual host" of the show. To add further authenticity, backing up the artists will be the Nashville Star Band from the television series.





LABOR DAY FESTIVAL SCHEDULE OF EVENTS

THURSDAY, AUGUST 31

10 a.m. Princess Pageant

FRIDAY, SEPTEMBER 1

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  
2 p.m. Gourd Dancing 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  
Choctaw Nation Basketball Clinic at Courts

SATURDAY, SEPTEMBER 2

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  
Health Expo, next to Council Chambers  
Photo ID booth open  
Indian Art Show, 2nd floor of Capitol Museum  
Playground supervised  
Horseshoe Pitch Tournament  
Co-Ed Volleyball Tournament  
Quilt Show at Information Center  
Choctaw Dancers, Capitol lawn  
Terrapin Races, playground  
Choctaw Dancers, Capitol lawn  
Buffalo Tours  
Free-Throw Contest at Basketball Courts  
3-Point Contest at Basketball Courts  
Tough, Tough Choctaw Registration, Council Chambers lawn  
Tough, Tough Choctaw Contest, Council Chambers lawn  
Concerts at Amphitheater

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

SUNDAY, SEPTEMBER 3

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 Dancers, Capitol lawn  
Activities begin in Choctaw Village  
Health Expo, next to Council Chambers  
2 p.m. Gospel Singing at Amphitheater  
2-4 p.m. Buffalo Tours  
4 p.m. Choctaw Dancers, Capitol lawn  
5 p.m. Stickball Exhibition, Capitol lawn

MONDAY, SEPTEMBER 4

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  
Cultural demonstrations and storytelling at the village;  
Stickball-Making, Bow-Making, Choctaw Basketry,  
Choctaw Dressmaking, Beaded Jewelry, Flint-Napping  
- Specialty Acts -  
• Mechanical Bull • Mobile Archery Range • Traditional Bow Shoot  
• Superplay • Rock-Climbing • Magician Russell Turner • Robinson's Racing Pigs  
• The Jabali Acrobats • Frisco Elephants

CHOCTAW VILLAGE SCHEDULE

Saturday, September 2

10 a.m. Choctaw Dancing  
10:30 a.m. Stickball Skills  
11 a.m. Banaha Making  
11:30 a.m. Storytelling:  
Tim Tingle  
Children's Activities:  
1 p.m. Stickball  
1:30 p.m. Language  
1:45 p.m. Arts & Crafts  
2:15 p.m. Choctaw Dancing

Sunday, September 3

1 p.m. Flint Napping  
1:15 p.m. Silversmithing  
1:30 p.m. Primitive Weapons  
1:45 Storytelling:  
Tim Tingle  
Children's Activities:  
2:15 p.m. Corn Game  
2:40 p.m. Pottery  
Village Demonstrations  
Saturday and Sunday

T-Shirt & Souvenirs  
Order Form



To order, send payment (No Personal Checks) with completed form to:  
Labor Day T-Shirts  
PO Drawer 1210  
Durant OK 74702

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone Number \_\_\_\_\_

✓	Item	Size	Quantity	Total Price
<input type="checkbox"/>	A - Waterproof drawstring backpack with Seal - can be worn as backpack or carried - \$10.00	N/A	_____	_____
<input type="checkbox"/>	B - Labor Day Shirt -\$15.00	_____	_____	_____
<input type="checkbox"/>	C - Labor Day Cap - \$12.00	N/A	_____	_____
<input type="checkbox"/>	D - Labor Day Cap - \$12.00	N/A	_____	_____

T-shirt sizes available are:  
Children - (2-4), (6-8), (10-12), and (14-16)  
Adult - Small, Medium, Large, X-Large, XX-Large and XXX-Large

(Price includes postage and handling)

Order Total

Labor Day Festival

Quilt Show

Entries need to be dropped off at the Information Center from 12 noon to 5 p.m. on Friday, September 1, and picked up by noon Monday, September 4.

Checkers & Domino Tournaments

There will be two divisions this year in the Checkers and Dominoes Tournaments including those 13 years old and under in one division and 14 and over in the other.



5 KM Run

Race Begins at 8 a.m.

September 2, 2006

Tushka Homma, Oklahoma

Race day registration is from 6:30-7:45 a.m. in front of Crossroad Cafe on U.S. Hwy. 271, 5 miles north of Clayton. Pre-registration is \$10.00. All entrants must be postmarked by August 28, 2006. Race-day registration is \$12.00.

Age Categories and Awards

5-8 years • 9-12 years • 13-15 years • 16-19 years and succeeding 5-year age brackets up to 65 and older for women and 70 years and older for men.

Top three finishers in each age bracket for men and women will receive medallions.

RACE DIRECTOR

Linda Tyler – 580-924-8280, Ext. 2319  
Race Coordinator – Glen's Road Race

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police protection will be provided, there will be a possibility of traffic on the course. I assume the risk of running traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather, including extreme cold and wind, and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I also am fully aware that baby strollers and wheels of any kind (except competitive wheel chairs), animals (aside from canine participants in canine and human race) and head phones are strictly prohibited and I agree not to go back onto the course after finishing. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, Choctaw Nation of Oklahoma employees and volunteers, tribal police including any and all of their agents, employees, assigns or arising out of, or in the course of, my participation in this event. This release and waiver extends to all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to sponsors and/or agents authorized to them to use any photography/videotapes, motion pictures, recordings or any other record of this event for any purpose.

Please Print

Name \_\_\_\_\_

Signature \_\_\_\_\_

Waiver must be signed Date \_\_\_\_\_

Applications for minors accepted only with a parent's or guardian's signature.

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Telephone \_\_\_\_\_

Age as of September 2, 2006 \_\_\_\_\_ Sex (M/F) \_\_\_\_\_

Check one T-shirt size only  
(Adult) S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ XXL \_\_\_\_\_

Detach and send entry form and fees to:  
Choctaw Nation of Oklahoma, Attn: Linda Tyler  
5KM Road Race/Walk  
P.O. Drawer 1210, Durant, OK 74702-1210



to be held during the

Labor Day Festival

September 1, 2, 3, and 4, 2006

at the Choctaw Capitol Grounds  
in Tushka Homma, Oklahoma

\$150 entry fee – money orders only

– Deadline for entry is August 18, 2006 –

For more information, please call 580-924-8280  
or toll-free 800-522-6170, Ext. 2224  
or fill out the application below and return to our office

Name of team \_\_\_\_\_

Contact Person \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Please circle one:

Men's team or Women's team

and return to:

Larry Wade  
Choctaw Nation of Oklahoma  
P.O. Drawer 1210  
Durant, OK 74702-1210

Choctaw Nation Co-Ed

Volleyball Tournament

Saturday, September 2, 2006

First 12 teams accepted  
Maximum 10 players per team  
Entry fee: \$100 (non-refundable)

Team Name \_\_\_\_\_

Team Captain \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work Phone \_\_\_\_\_

Form of payment:

Cashier's Check or Money Orders Only  
No personal checks accepted

Mail entry to:

Choctaw Nation of Oklahoma  
Co-ed Volleyball Tournament  
P.O. Drawer 1210  
Durant, OK 74702  
Attn: Rebecca Clapp

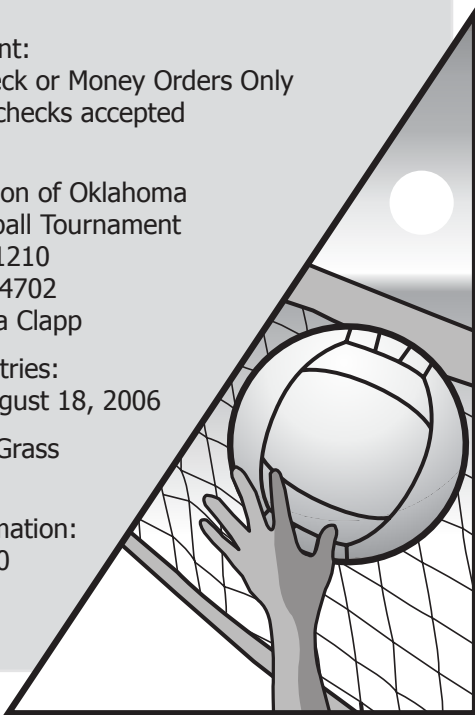
Deadline for entries:

4:30 p.m. August 18, 2006

USA Volleyball Grass  
Rules enforced

For more information:

580-924-8280  
Ext. 2212  
or 2258











# Attention Code Talker Descendants

A documentary is being filmed on the Choctaw Code Talkers by Red-Horse Native Productions. Information is being sought from all families and friends of the original Code Talkers of World War I, and also from the Choctaw Code Talkers of World War II. If you have stories to tell, pictures to show, or letters to share, please contact Valerie Red-Horse at (818) 705-2588 or write her at 6028 Calvin Avenue, Tarzana, California 91356 or [valerie@executivespecialties.com](mailto:valerie@executivespecialties.com).

## CHOCTAW NATION GED CLASSES

– Choctaw County –  
Beginning July 17, 2006  
Mondays and Wednesdays from 1:30 p.m. to 4:30 p.m.  
Choctaw Nation Community Center, Hugo

– Latimer County –  
Beginning July 17, 2006  
Mondays and Wednesdays from 1 p.m. to 4 p.m.  
Choctaw Nation Community Center, Wilburton

– McCurtain County –  
Beginning July 18, 2006  
Tuesdays and Thursdays from 1 p.m. to 4 p.m.  
Choctaw Nation Family Investment Center, Broken Bow

– North LeFlore County –  
Beginning July 18, 2006  
Tuesdays and Thursdays from 1 p.m. to 4 p.m.  
Choctaw Nation Family Investment Center, Poteau

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



### DAR dedicates historical marker

The Little River Chapter Daughters of the American Revolution dedicated a bronze historical marker at the District Choctaw Chief's House in Swink on May 12. Councilman Perry Thompson was among the dignitaries attending the ceremony. District Chief's House was completed in 1837 and is the oldest house in the State of Oklahoma still on its original site. It was the home of Apuckshunnubbee District Chief Thomas LeFlore and the allotment of Henry David Swink, the oldest son of David R. Swink, the founder of the town of Swink. The site has been renovated recently adding handicap facilities.

### Choctaw Nation of Oklahoma Jones Academy

Hartshorne, Oklahoma

#### POSITIONS AVAILABLE

- **Dorm Matrons**  
Minimum requirements: Associates degree  
Transporting students to weekly activities  
Required to work evenings and weekends  
May be required to get CDL
- **All Applicants**  
Good interpersonal and communication skills  
Experience in caring for and educating children/young adults  
Ability to supervise children/young adults  
Good organizational skills  
Positive attitude  
Have a valid driver's license
- To Apply**  
Send resume and request employment application:  
**Brad Spears** Phone: 918-297-2518  
**Jones Academy** 888-767-2518  
**HCR 74, Box 102-5**  
**Hartshorne, OK 74547**

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.

### Choctaw Code Talkers' Association 2006 Annual Cookbook

*Halito!*  
Do you have a favorite old recipe or perhaps a new recipe that you would like to share with others? Would you like your recipe to be included in our 2006 cookbook that goes on sale at the Labor Day Festival in Tuskahoma? If so, please complete the following information and attach your recipe. We would also like to know if you are a Choctaw Code Talker Descendent and have any stories.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Telephone \_\_\_\_\_

*Mail to:*  
Anella (Bobb) Garcia or Evangeline Wilson  
10210 N Garfield Ave. P.O. Box 1671  
Kansas City, MO 64155 Chickasha, OK 73023  
816-734-2840 405-222-0142  
[agarcia63@hotmail.com](mailto:agarcia63@hotmail.com)



Okla Chahta royalty crowned during the annual gathering in Bakersfield, pictured with Chief Pyle, are Head Princess Feather Long, Jr. Princess Kelsie Strohmaier, Little Miss Shaylah Youngdale and Tiny Tot Mania Wells.

### Applications available for elderly residential development in Poteau

The Housing Authority of the Choctaw Nation of Oklahoma is accepting applications for occupancy of a new 23-unit, 1-bedroom, elderly residential development in Poteau. Applicants must be at least 62 years of age. Applications can be obtained at the Housing Authority office at 1005 S. Fifth St., Hugo, OK 74743, in

the Rental Department or at the Poteau Family Investment Center located at 208 B. St., Poteau, OK 74953. Applications will be mailed upon request by calling 800-235-3087 or 580-326-7521.

### Copy of Choctaw Veterans Association constitution and bylaws available

The Choctaw Veterans Association would like to announce that a constitution and by laws have been drafted and approved. A copy of the constitution and by laws can be obtained by contacting Melvin Tom at (580) 584-6196 or e-mail [Melvin@melvintom.com](mailto:Melvin@melvintom.com).



## Choctaw Office Solutions

→ A Division of Choctaw Archiving

### OFFICE PRODUCTS & SUPPLIES

#### Authorized Federal Supply Schedule Catalog

Also servicing our local  
commercial customers in  
Southeastern Oklahoma

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- Office and janitorial supplies
- Local commitment

For more information  
visit our website  
**www.choctawofficesolutions.com**  
or call 1-866-202-4266



We are pleased to announce  
the award of a



## Powwow Your Summer With Excitement!

### Native American Dance Exhibitions

Choctaw Casino Resort at Center Stage  
Friday 6 pm & 10 pm • Saturday 2 pm, 6 pm & 10 pm • Sunday 2 pm & 6 pm



US 69/75 • Durant, Oklahoma • [www.choctawcasinos.com](http://www.choctawcasinos.com)

Don't Miss Our Second Annual Powwow – November 25th at Choctaw Coliseum.  
Over \$44,000 in prize money. Native American art, crafts and food booths available. Call Sharon Polk at 580.920.0160 ext. 1141 for information.



# OBITUARIES

## A.J. Kirk

A.J. Kirk, 76, of Bennington passed away June 15, 2006, in Durant. He was born February 26, 1930, in Durant to Johnny “Shorty” Kirk and Florence Julia Durant Kirk and was a descendant of Dixon Durant, founder of the city of Durant.

A.J. attended school in Durant and then went on to graduate from CLEET Law Enforcement Academy.

He married Doris Helback on April 11, 1950, in Sherman, Texas, and to this union eight wonderful children were born. A.J. served his community as a law enforcement officer for 25 years in many communities in Bryan County. He retired from Southeastern Oklahoma State University and the Choctaw Nation Security Department. He was of the Baptist faith and enjoyed being with family, helping children in need, hunting, fishing and bird-watching. He will be missed by all who knew him.

He was preceded in death by his parents; son, Jackie Lee Kirk; sisters, Ann Sorrels, Janice Meece and Willie Mae Loccy; and brothers, Johnny Floyd “Son” Kirk and Melvin Clinton “M.C.” Kirk.

Survivors include his wife of the home; sons, Johnny Kirk and wife Sherry of Durant, Joe Kirk and wife Vickie of Bennington, Gene Kirk and wife Ruth of Durant and Robert Dan Kirk and wife Denise of Wolfe City, Texas; daughters, Kathy Damron and husband Teddie of Caddo, Susan Williams and husband Jackie of Roberta, and Debbie Hunnicutt and husband Tommy of Silo; brothers-in-law, Jake “J.E.” Helback and Morris Lee Helback; 15 grandchildren, 21 great-grandchildren, numerous relatives and a host of friends.



## Ida Mae Perkins Hawkins

Ida Mae Perkins Hawkins, 67, of Caney passed away June 20, 2006, at her home. She was born October 23, 1938, in Caney.

She married Billy E. Hawkins on August 23, 1982, in Murfreesboro, Arkansas. She was a member of the Caddo Full Gospel Church, was very active in the church and enjoyed visiting with friends. Ida Mae was a nurse and had worked as a Community Health Representative for the Choctaw Nation. She was retired.

She was preceded in death by her parents, Noah W. and Jincey Gibson Perkins; brothers, Paul, Silas and Impson Perkins; and sisters, Ozella Woolsey and Alene Tucker.

Survivors include her husband of the home; nephews, Michael Perkins and fiance Liza of Denton, Texas, Ron Perkins and wife Donna of Paden, Tim Tucker and wife Linda of Moore and John Tucker and wife Lila of Idabel; nieces, Alicia Dickerson and husband James of Coleman, Anna Brown of Caney and Paula Kay Woolsey of Durant; and numerous other nieces, nephews and family members.



## Otto Bill Cummins

Otto Bill Cummins, 78, of Colbert, Oklahoma, passed away May 27, 2006, at his home surrounded by loved ones. He was born February 21, 1928, in Kiowa, Oklahoma, and attended Blanco School.

He married Alma Dean Pitner on August 17, 1950, in Lindsey, Oklahoma. He retired in 1985 after 27 years at Conagra Mills in Sherman, Texas.

He was the son of the late Audman Charles and Susie Nail Cummins and was also preceded in death by three brothers, Raymond, Frank and Audie Cummins; sister, Lorene Peters; son-in-law, Arnold Medler; and special nephew, Jackie Peters.

Otto was a very loving husband, Father, Papa and Uncle. He opened his heart and home to many and in doing so became Papa to many children and made many lifelong friends. He will be dearly missed.

He loved to coon hunt and go to Trade Days.

Survivors include his wife, Alma Dean Cummins of the home; children, Louise Lemons and husband Donnie of Calera, Royce Cummins and wife Joyce of Calera, Otis Cummins and wife Susan of Calera, Bernadine Medler of Colbert, Henry Cummins and wife Kathy of Colbert, and Robby Cummins and wife Teresa of Colbert; special nephews, Joe Peters and wife Sarina of Denison, Texas, and Ronnie Peters of Colbert; special nieces, Kathy Meade and husband Ray of Denison, Betty Keith and husband David of Colbert, Becky Peters of Denison and Irene Johnson and husband David of Colbert; brother, Edmund “Bucky” Cummins and wife Glenda of Talihina; sisters, Corene Barnes and husband Leon of Grant, New Mexico, and Morene Gooch and husband Mitchie of Ponca City; 16 grandchildren and 11 great-grandchildren.



## Reva Estel Holson Knight

Reva Estel Holson Knight, 78, passed away May 17, 2006, in Dallas, Texas, after a courageous battle with cancer. She was born December 22, 1927, in Dallas to Lila Brown Holson and Choctaw original enrollee James L. Holson.

Reva was raised in Dallas, graduating from North Dallas High School in 1945. On May 1, 1948, Reva married T.C. Knight. They had two daughters, Reva Knight Henderson and Neva Lois Knight, who they enjoyed immensely, sharing many Highland Park and Baylor University football games. The family enjoyed extensive travels throughout the United States, Canada, Mexico and England.

She was preceded in death by her parents; infant brother James Holson Jr., and sister, Bettie Van Meter.

Survivors include her husband, T.C.; daughters, Neva and Reva; son-in-law, John R. Henderson; special grandson, Michael R. Henderson; beloved granddaughters and light of her life, Neva Lynne Henderson and Reva Anne Henderson; twin sister, Neva Yoder; brother, Don Holson; sister, Tommie Deaver, and loving niece and nephews.



## Mary Marie Ingram Avery

Mary Marie Ingram Avery, 81, of Holdenville passed away September 19, 2004, in Oklahoma City. She and her twin, James Lee, were born February 25, 1923, in Stonewall, Oklahoma, to John Richard Ingram and Mary Ann Rowe Ingram. Her grandparents were Dr. John Henry Rowe and Leatha Ann Brashears Rowe. Marie was proud of her Indian heritage.

She graduated high school at Gerty, Oklahoma, and was a lifelong resident of Hughes County.

She was preceded in death by her husband, Willie Milton Avery, and one son, James Sherfield.

Survivors include four sons, Milton Avery of Maud, Oklahoma, John Avery of Holdenville, Leon Avery of McAlester and Buster Sherfield of Kilgore, Texas; eight grandchildren; six great-grandchildren, and a host of relatives and friends.

## Maurine Boyd

Maurine Boyd, 90, of Marlow, Oklahoma, passed away April 20, 2006, in Marlow. She was born December 28, 1915, in Marlow to J. Hines “Deacon” Jones and Stella Anderson Jones, both early Indian settlers of the area in the early 1890s. Her father was an original Dawes enrollee.

Maurine was a certified medical transcriptionist at Houston, Texas, area hospitals. She was also a musician, playing the piano; a champion ballroom dancer who taught ballroom and tap dancing; and a newspaper reporter. She formerly lived in Bellaire, Texas, and Tulsa.

She was preceded in death by her husband, Jesse Thomas Boyd; sister and brother-in-law, Jean and Frank B. Smith; and niece, Jan Smith Shaw.

Pancho Smith, her beloved poodle who was her constant companion and protector, covered her with kisses and caresses when she crossed over. He then crossed over the morning after her funeral.

Survivors include her daughter, Jeanie Boyd of Marlow; her nephews, Darren Shaw of Chelmsford, Massachusetts, Bill Hill of Ada and Bob Hill of Marlow; and many cousins and friends.

## Doyle Mitchell Bacon

Doyle Mitchell Bacon passed away on May 30, 2006. He was born August 19, 1965, the son of Mary Jane Robinson Bacon and Leonard Bacon.

He was preceded in death by his mother.

He was the youngest of four siblings, Linda York of Locust Grove, Mike Bacon of Tulsa and Darryl Bacon of Tulsa. He was an uncle to many nieces and nephews and he has many aunts, uncles and cousins from Broken Bow, Oklahoma, to Talihina, Oklahoma, to Missouri and California.

Doyle grew up on the west side of Tulsa. He attended school at Robertson Elementary, Clinton Junior High and graduated Daniel Webster High School in 1983. He was very competitive in sports, including baseball, football and wrestling. He continued his education at Northeastern Oklahoma in Miami for a short time then completed his auto mechanics degree at Okmulgee State Tech. He continued to play competitive softball for many years after school. Some of his other activities he enjoyed greatly was socializing with all friends at the lake and various places. He enjoyed surfing the net, recording music, beading and avoiding the camera.

Doyle was very devoted to his mother all her life. He had many lifelong friends. He was always available to help friends, family and acquaintances whenever he was needed. Doyle enjoyed his life for the very short time that he was with us. He will be deeply missed by family, friends and acquaintances.



## Rosa May Beal McDowell

Rosa May Beal McDowell, 86, a longtime Atoka area resident, passed away April 23, 2006, at the Medical Center of Southeastern Oklahoma, Durant. Born October 1, 1919, at Coalgate, she was the daughter of John Peeler and Rosa M. White Beal.

She attended Limestone Gap School and was a graduate of the Navarro Junior College in Corsicana, Texas, where she received her psychiatric nurse technician degree. She worked as a nurse in Little Rock, Arkansas, and owned and operated a motel in El Dorado, Arkansas.

A longtime member of First Baptist Church in Atoka, Mrs. McDowell taught pre-school children in Sunday school for 27 years. She was also a volunteer for over 16 years in nursing homes and hospitals.

She married W.M. Francis McDowell on October 30, 1937, at Atoka. He preceded her in death on September 17, 1986.

Also preceding her in death were her daughter, Regina Bridwell; her parents; and three brothers, Jones, Emer and Leroy Beal.

Survivors include two grandsons, Dowell Bridwell and wife Cindy, Bay City, Texas, and Tony Bridwell and wife Mary of Mead, Oklahoma; three great-grandchildren, Kasey Lynn, Aaron and Braden Bridwell; her son-in-law, Leon Bridwell, along with numerous nieces and nephews, other relatives and many very dear and loved friends.

## Jo Ann Swink

Jo Ann Swink, 77, of Swink, Oklahoma, passed away June 13, 2006, at Hugo. She was born January 9, 1929, in Swink, the daughter of H.M. Mahon and Grace Harkins Mahon and has lived in the Swink community for about eight years.

She married David Swink on November 25, 1945, in Amarillo, Texas. She worked as a switchboard operator in McCuistian Hospital, Paris, Texas. Jo Ann liked to dance and play slot machines. She enjoyed people and being with her family and friends.

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

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

## J.T. Ott

Jay Taylor “J.T.” Ott, 60, passed away May 17, 2006, in Lawton, Oklahoma. He was born September 6, 1945, in McAlester, the son of Sam Jr. and Alpha Ott.

He was a graduate of Borger High School and a Baptist, and was a roustabout in the oil fields. Mr. Ott had lived the past 14 years in Frederick, Oklahoma.

He was preceded in death by his parents.

Survivors include one son, Jerry Ott of Washington; three daughters, Diane Ott of Washington and April Ott, both of Arkansas, and Denise of Frederick; two brothers, Henry Ott and wife Alice of Borger, Texas, and Mack Ott of Fritch, Texas; one sister, Rose Munholland of Fritch, and several grandchildren.

## David Olen Fite

David Olen Fite, 50, of Ada passed away May 6, 2006, at his home. He was born May 7, 1955, at Ada to Oscar and Marie Yvonne Brandon Fite.

He grew up in Hickory, southwest of Ada, and lived in Ada all of his adult life. He graduated from Roff High School and retired from concrete construction.

He married Phyllis Holt in August 1998 and was a member of Hickory Baptist Church.

Survivors include his wife, Phyllis, of the home; a daughter, Dava McNally and husband Roger, Ada; a son, Jeremy Holt and wife Sara, Ada; a stepson, Timothy Brown and wife Calli, Ada; two grandchildren, Cara McNally and Kaden Holt; a stepgranddaughter, Hailee Brown; his mother, Marie Yvonne Hill and husband Ralph, Ada; his father, Oscar Fite, Hugo; a sister, Carla Eidson and husband, Wesley, Ada; an aunt, Helen Proffitt, Ada; two nieces, Holly Eidson and Lisa Eidson; one nephew, Scott Eidson and wife Krista; and one great-niece, Kaylee Marie Eidson.

David will be deeply missed by family and friends.

## Marine Lance Corporal Hatak Yuka Keyu Martin Yearby

Marine Lance Corporal Hatak Yuka Keyu Martin Yearby, 21, of Overbrook was killed in hostile action on May 14, 2006, in Al Anbar Province, Iraq. Hatak was born March 11, 1985, in Lawton, the son of Justin and Mary Martin Yearby.

A lifelong resident of Love County, Hatak graduated Marietta High School in 2003. While attending school he participated in football and weightlifting. He was also very involved in Native American cultural activities and was a member of the Upward Bound Program at Southeastern Oklahoma State University. He and Lindsey Poythress were married February 10, 2006.

Hatak joined the U.S. Marine Corps and was assigned to the 3rd Battalion, 3rd Marine Regiment, 3rd Marine Division, III Marine Expeditionary Force from the Marine Base at Kaneohe Bay, Hawaii, now deployed to the War on Terrorism/Operation Iraqi Freedom. His hobbies included hunting, fishing, poaching and spotlighting. Hatak was a member of Marietta’s Eastside Baptist Church.

Survivors include his wife, Lindsey Michelle Yearby of the home; father and mother, Justin and Mary Yearby of Overbrook; two sisters and brother-in-law, Samarra Renae and Chris Bell of Marietta and Shema Yearby of Overbrook; grandmother, Rebecca Kingsbery of Tishomingo; a niece, Vegas Bell of Marietta; and a nephew, Teedenae Yearby of Overbrook.



## Willard Mitchell

Willard Mitchell, 85, of Hillsborough, North Carolina, passed away at his home on May 14, 2006. He was born March 15, 1921, in Blanchard, Oklahoma, on his mother’s Choctaw land allotment; but, he lived most of his youth in Foster, Oklahoma. In his early teen years, he moved to Manteca, California, where he worked on the farm of Swedish immigrants. He joined the Army in Sacramento in 1941.

Mr. Mitchell was a veteran of the U.S. Army serving during World War II in the European Theater. Through the military, he settled in Durham, North Carolina, where he married and raised his family. For the past 35 years he lived in Hillsborough. He retired from Liggett & Myers Tobacco Company and was a member of the American Legion, Unit 1981, and VFW 2740. Although a devout Baptist, he attended his daughter’s church, Palmer’s Grove United Methodist, in his latter years. In his younger years, he enjoyed boating and water skiing. He was an avid gardener with a very green thumb raising squash, tomatoes, cucumbers, and corn every summer. He had his last small garden of tomatoes the summer of his 84th year. He loved to raise peonies and roses for his wife, Ruth. There are many peach trees that he sprouted from seed and gave to his granddaughter, Kim, and grandson-in-law, Tim, and friends. He also loved to do lawn work and cut the grass at Palmer’s Grove UMC for several years in his late 70s. Many folks at the church said it was the best the lawn ever looked.

Mr. Mitchell was the great-grandson of Choctaw original enrollee Rhoda Tolbert McCurley (Curley) and Mac McCurley.

He was preceded in death by a son, Gary Willard Mitchell; his mother, original enrollee Arizona McCurley (Curley) Mitchell; his father, Jasper Newton Mitchell; sisters, May Mitchell Owens, Ada Mitchell Bailey, and Rhoda Ann Mitchell Manus; and brothers, J.M. Mitchell, Carl Mitchell, Robert Mitchell, Roy Mitchell and Russell Mitchell.

Survivors include his wife, Ruth Dunn Mitchell; daughter, Barbara Mitchell Seago, and son-in-law, Jerry R. Seago, Hillsborough; son, Russell E. Coffey, and daughter-in-law, Teena Coffey, Bangor, Maine; sister, Daisy Hundertmark, Coksachie, New York; brothers, George W. Mitchell, Orland, California, and David Mitchell, Reno, Nevada; six grandchildren; nine great-grandchildren and a host of nieces and nephews from California to New York who loved him very much.



# UNCLAIMED FUNDS

The Accounting Department of the Choctaw Nation of Oklahoma is trying to contact the individuals listed below. Choctaw Nation is in possession of unclaimed funds that may be due to these individuals. If your name is listed below, please contact:

**The Choctaw Nation of Oklahoma**  
**P.O. Drawer 1210**  
**Durant, OK 74702**  
**Attn: Lacy Ritterhouse, Payroll Accountant**  
**or phone 580-924-8280, ext. 2197**

H. Michael Aaron	Janie Malik
Kelli Battisti	Gary Mays
Collin Blackard	Jennifer McCoy
Leah Burns	Elliott McLemore
Jina Capps	Michael Moore
Amy Cassell	Rebecca Mosley
Jaquita Coleman	Jason Page
Amanda Cox	Marguerite Reeves
Linda Darneal	Rebecca Reynolds
Deborah Davis	Carrie Romero
Leslie Duncan	Roy Rose
Tiffany Evans	William Ross
Michael Farley	Steven Roy
Darla Fox	Erica Sanders
Gregory Gardner	Britnee Stearman
Joshua Hamilton	Samson Syharath
Thomas Henry	Amanda Tabor
Relena Hernandez	Priscilla Taylor
Sarah Hilborn	Cameon Thompson
Stephanie Hill	Micah Tiger
Tanya Horton	Brian Trevino
Sandy Jackson	Nathan Vanblaricom
Dianne Johnson	Tara Walton
Matthew Johnson	Pamela Webb
Casey Jones	Kenneth Westbrook
Joni Kester	Carolyn Wilcox
Charisse Ladd	Cherrrie Williams
Kristina Long	Nakina Williams