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Serving 178,834 Choctaws Worldwide

November 2006 Issue

Students fill coliseum for DARE rodeo



Gov. Henry speaks to teens

Approximately

7,000 seventh-, on Page 9 eighth- and ninthgraders filled the coliseum in Durant on October 10 for the action-packed 2006 DARE Rodeo. "Flying High Without Drugs" was the theme this year, a sentiment stressed by Oklahoma Governor

Brad Henry as he emphasized the dangers of drug abuse. "Think about your future, your dreams, your goals - and just say no," he said.

Keynote speakers also included astronauts John Herrington and Katherine Thornton. Herrington is the first American Indian in space; Thornton, as a female, also beat the odds. Neither could have reached their dreams if drug abuse had been a part of their life.

Councilmembers approve new budgets

The Choctaw Nation Tribal Council met in regular session October 14 at Tushka Homma. Six items of new business were on the day's agenda, kicking off with a Council Bill on the budget for the Rural Domestic Violence and Child Victimization Enforcement. Councilmembers approved the budget of \$898,853 allotted by the Department of Justice.

Also receiving approval were the continuation of the Healthy Marriages/Healthy Kids grant for the remainder of the project period for the tribe; an oil and gas lease; a right-of-way agreement; becoming a member of the National Congress of American Indians; and revising and updating the Choctaw Nation Gaming Ordinance to reflect the many changes in the gaming industry.

Funds to aid Shady Point School

Shady Point School students are benefitting from the cooperation of Choctaw Nation, U.S. Congressman Dan Boren and AES, a power producer for OG&E since 1991. Shady Point Superintendent Sandy Thompson said 71 percent of the children at Shady Point are Native American.

The AES power plant agreed to match the first \$10,000 that the school could raise for new playground equipment. One of the first calls the Superintendent and AES made was to District 2 U.S. Congressman, Dan Boren. Realizing the immense safety issue, Boren contacted Chief Greg Pyle and shared the concern of replacing the old equipment.

The Choctaw Nation Healthy Lifestyles Program was able to grant the school with a one-time, \$5,000 gift. Although other fundraising efforts have commenced with Shady Point, the match for the AES \$10,000 has not yet been reached. In spite of this, AES found made their donation so that the equipment could be ordered and a partial payment made.



Tribe breaks ground for new clinic

Shovels turned dirt at Broken Bow on October 18 in a symbolic celebration of the construction beginning on the newest addition to the Choctaw Nation Health Services. A clinic is being constructed east of Broken Bow on Hwy. 271. The new clinic will be near the tribe's Family Investment Center and Boys and Girls Club and will be a same-day appointment facility.

Similar to an urgent care center, the Broken Bow Health Clinic will have doctors and health professionals who diagnose illness and chronic problems, and provide up to a three-day supply of medicine. Additional pharmaceuticals will be given through a mail-supply refill pharmacy being constructed at Poteau.

The same-day appointment clinic in Broken Bow will take calls beginning at 8 a.m. each morning and give a time slot for patients to come in and see the physician. Follow-up care will be provided at other Choctaw clinics, such as the one in Idabel.

Chief Gregory E. Pyle talked about Choctaw projects in the works for improved access to health care. "We are getting ready to build a clinic in Atoka, and the clinic in McAlester is rapidly taking shape.

"The Pharmacy Refill Center in Poteau is under construction and we hope to have it finished by early summer, in conjunction with the Broken Bow Clinic."



The school is working hard to raise the remainder of the needed funds to have the playground completed. A 3-on-3 basketball tournament, Fall Festival, and saving box tops, ink cartridges and old cell phones are all efforts the school is encouraging in order to raise money to finish paying for the playground equipment.

Students attend Shady Point through eighth grade, then are bused to high school at Panama.

nnovative housing units open for elders

A ribbon-cutting ceremony held October 19 marked the opening of a 23-unit complex for Choctaw elders in Poteau. Choctaw Poteau Properties Inc., the first of its kind for the tribe, is located on 20 acres just behind the Choctaw Travel Plaza and next to 10 existing homes the tribe initially built in 2003 to provide elders with an independent living community.

The \$1.5 million development, a joint venture of the Choctaw Nation and HUD's multi-family division, also includes a large community room complete with a television, kitchen area, laundry room, and an above-ground storm shelter.

All of the housing units are equipped with call switches, emergency lighting, a sprinkler system and other fire prevention items. Four are equipped as full disability units, including wheelchair accessibility, roll-in shower facilities and safety grab bars.

These new homes will help alleviate some of the demand for affordable housing in the Poteau area and at the same time, provide a safe, clean and comfortable environment in which our elders can live. A second complex consisting of 19 units will soon be under construction in Idabel and grants have been submitted for Hugo and Calera.



Graduation ceremony held at EOSC for GED students

A record number of graduates received diplomas September 29 during the Choctaw Nation's ninth annual graduation ceremony for GED students.

Held in Eastern Oklahoma State College's Mitchell Auditorium, Wilburton, the milestone event has become a symbol of hope and aspiration.

The graduates, from various

of ages, all have one goal in life three in CLEET training. - to succeed.

yourself, but stay within your limits," Keynote Speaker James Dunegan told the group. "Some will grow fast, some not so fast, but try to learn something new every day."

Among the graduates unable to attend the ceremony are walks of life and a wide range four who are in the military and

The top student of the year "Be positive, be proud of is Mary Cruz; also in the top ten are Andrea Bounds, Tristan Brisbon, Gari Hamilton, Brandi Hampton, Beckie Johnson, Gabriel Leflore, Courtney Page, Autumn Romero and Stacy Yandell.

> Completing the graduating class of 2006 are Kathleen

Code Talker exhibit premieres

The Oklahoma Museum of History, a division of the Oklahoma Historical Society, will open a new exhibit on November 10 featuring the history of the Choctaw and Comanche Code Talkers. This exhibit will complement the traveling exhibit "Native Words, Native Warriors," a project of the National Museum of the American Indian that will interpret the history of Indian Code Talkers from across the United States. After it completes the appearance at the Oklahoma History Center, it will travel to other museums across the nation.

At the end of the 19th century the assimilation policy of the United States government threatened to eradicate hundreds of native languages. By the time of World War I, the speakers of native languages had become a quantifiable statistic. Boarding schools and other institutions habitually punished children for speaking the language of their ancestors. Talking in their own language had to be done clandestinely.

The first organized official code talkers were a group of Choctaws from Southeast Oklahoma who fought with the 36th Infantry Division in France during World War I.

In 1917, 18 Choctaw soldiers serving in France provided an See GRADS on Page 2 opportunity for the U.S. Army

'Hidden Voices, Coded Words' features history of the Choctaw and Comanche Code Talkers

to secure communications from enemy eavesdropping. The venture was so successful that before the beginning of World War II, the U.S. Army developed a plan to actively recruit Indians for the same duty the Choctaw performed in World War I.

In 1940, the U.S. Army recruited and trained 17 Comanche Indians from Oklahoma to serve as radio operators using their native language to send and receive coded messages. On June 6, 1944, the 4th Signal company was among the units making the D-Day landing on the coast of Normandy. The first message from Utah Beach was sent in Comanche by Larry Sauppity. Sauppity was assigned to Brig. Gen. Theodore Roosevelt Jr. as his personal radio operator.

Soldiers from other tribes also used their language to fight the enemy during World War II. Many of these men did so in impromptu ways, most of them temporary. The distance between then and now has eroded away the memory of many of site www.okhistorycenter.org.

these men so that we will never truly know all of their contributions.

In developing the title "Hidden Voices, Coded Words" several thoughts arose. "Hidden Voices, Coded Words" refers to the inability of the German and Japanese troops to understand the languages that they heard on telephone lines and radio waves. The very nature of the Code Talkers was to hide their voices and words in plain sight. On another level, it refers to the largely unknown history of Indian Code Talkers in American history.

"Hidden Voices, Coded Words" will tell the story of the U.S. Government's attempts to eradicate native languages through boarding schools, how students of those boarding schools later used their native language to fight the enemies of the United States, and how the legacy of those men fits into contemporary language programs.

"Hidden Voices, Coded Words" will be on exhibit to the general public from November 10, 2006, to January 15, 2007.

The Oklahoma History Center is located at 2401 N. Laird St. Hours of operation are Monday through Saturday 9 a.m.-5 p.m.; Sunday noon-5 p.m. For more information contact the Oklahoma Museum of History at 405-522-5248 or go to the museum web

NOTES TO THE NATION



A fullfilling year Halito,

This past year as Junior Miss Choctaw Nation has come and gone. There are no words to describe this past year as your princess. I would first like to begin by thanking my heavenly Father for watching over me during this past year. Without God I know I could not have made it. Also, I would like to thank

Chief Gregory E. Pyle and Assistant Chief Mike Bailey, and the Councilpersons for all the support and opportunities of service they made available to me. I want to also thank you the Choctaw people for allowing me to represent you in California, Colorado, and Georgia and in many of your local home towns. I want to thank the school districts and communities for allowing me to serve you. I want to extend a thank you to my friends and family that have supported me throughout this year. A special thank you goes out to my grandmother, Novelle Townsend, for all the love and encouraging words she gave. Erica and MaKenzie thank you for sharing a year of your life with me. I love you and will cherish our memories forever. This summer I was able to attend the Indian Olympics in Colorado, and as the thousands of youth from different tribes went onto the Broncos field a wave of great pride came over me as I knew I was representing the "Greatest Tribe" ever. I was representing the "Great Tribe of the Choctaw Nation." Thank you for letting me serve you!

Jenny Townsend

Seeking info on Pfc Robert Walker

Dear Editor,

I am seeking any information, pictures or help of any kind in finding information on the late Pfc Robert Walker. Robert was killed in action on January 30, 1945, as a member of Co. 1-160th Infantry Regt. 40th Infantry Division. He was a Native American from Seminole, Oklahoma, born in 1923. I am looking for what tribe he was and where he was buried. If anyone could help me with any of this I would be very grateful. Please contact me: Scott Plenskofski, 1300 E. Cushmore Road, Southhampton, PA 18966, scottplen@comcast.net.

Searching for Dollarhide relatives Dear Editor,

I am searching for Dollarhide relatives. My dad's mother was full-blood Choctaw, Bessie Dollarhide. I don't know of any of her relatives and can't find out any information on her. If anyone knows any information please contact me: Steven Sloan #129984, WSHCC Unit APO Box #61, Fort Supply, OK 73841.

Thank you to the Choctaw Nation Dear Chief Pyle,

I want to thank you for the help that I have received. It's hard for a widow to make ends meet. We have very good people working for the Choctaw Nation, and I would like to thank all these people that care and have checked on me: Council Lady Charlotte Jackson; Sherry Beeler, office secretary at the Choctaw Community Center at Stigler; Jeanne Garner, CHR; Larisa Gonzalez, counselor for the elderly; and my son-in-law, Paul Gonzalez, who will do anything he can to help me.

Grads continued from Page 1 Imogene Terrell

Housing crews commended

Dear Choctaw Nation,



A touch of home

More than 150 boxes of Girl Scout cookies recently brought smiles to soldiers from the 1/180th Infantry Battalion deployed in Afghanistan. The Choctaw Nation of Oklahoma partnered with Red River Valley Troop 11, a Girl Scout troop in Durant, to send a touch of home to the troops serving in harm's way. The effort was successful and well appreciated by the soldiers, many of whom are from Durant.



Recovery Center unveils new program

September 19 in memory of the late Randy Bailey who was Director of Agriculture for the tribe.

Five acres have been utilized, with a new barn built along a line of towering pine trees.

"The calm surroundings help the clients have an environment where they feel safe working on their tough issues," said Dr. Gary Nunley. "The clients are encouraged to interact with the horses because horses have an instinctive sense about benefit to everyone involved."

The Choctaw Nation Recovery Center in people. Clients can benefit from the opportunities Talihina dedicated its new equestrian program of giving something back through the daily care, feeding and grooming of the horses."

> Nunley thanked Chief Gregory E. Pyle, Assistant Chief Mike Bailey and Councilmembers, stating that he is proud to be a part of the Choctaw Nation family. "If they believe it's good for the people, they're behind it 100 percent," he said.

> "The Randy Bailey Equestrian Program is a reflection of Randy's kindness to everyone," said Chief Pyle. "The unique program will be a great

Aaron, Keith Battiest, Allison Battles, Michael Kimberly McCormick, Keelee McKinney, Ash-

Benjamin, Cayde Blackwell, Melvin Eugene lynn McNeal, Kisha Miller, Crisie Morgan, Roy for the very nice care packages I Bowles, Legenia Braswell, Bailey Burgess, Newberry Jr., Laura Ott, Kimberley Page, Dan- have received from the Choctaw tal Pryor, Leah Punneo, Lance Reeves, Jessica Resnick, Ryan Rogers, Elizabeth Sequra, Susan Shelton, Shannon Sherfield, James Smith, Jacqueline Smith, Jarad Sockwell, David Strange, what you do. It helps you keep Kevin Strange, Martha Taylor, Amanda Terry, your head held high. Sophia Thompson, Kari Tom, Christina Tomlin, Robert Turner, Johnny Wallace, Richard Walton, Joni Waterman, Lilly Watson, Justin Watts, Lee home and my packages mean a Wesley, Cody Williams, Debra Wisenhunt and Devin Wylie.

A big thank you from the 1-180th in Afghanistan **Dear Chief Pyle and** the Choctaw Nation,

Your generosity is appreciated by the 1-180th Infantry Battalion of the 45th Brigade in Afghanistan. There is no way to express the gratitude we felt when we all received the many boxes of Girl Scout cookies. It is always a pleasure to see food from home but it's especially nice when there is enough to share with all of your buddies.

We would like to thank all the girls from Girl Scout Troop 11 in Durant and their parents for all the cookies and the Choctaw Nation of Oklahoma for providing shipping for these items.

Thank you for the care packages

Dear Chief Pyle,

I would like to thank the tribe

I would like to thank David Davis and Kevin Waugh, inspectors Amanda Burris, Erica Carney, Robin Clanton, iel Parnell, Dannie Phillips, Dora Pond, Crysof Choctaw Housing, and Brian Chandler Construction and crew Brandy Comely, Kyla Connell, Sonia Craft, Shirof Soper for such a good job they did. Thank you.

Searching for relatives

Dear Editor,

I have been searching for relatives and children who were born of Josephine Roberts Bacon who used to live in Choctaw Hunter, Oklahoma, around 1930. Her children were Cecil Bacon, Roda Bacon (deceased around 1941 after she had her daughter, Edith Kay Bacon), Collen Bacon. We are trying to search for Collen Bacon, around 70 to 80 years old, who would be her uncle. Last we learned he had moved to Oklahoma City. If you know anything about this person, please contact us. Thank you.

P.O. Box 261, Chinle, AZ 86503 Memorial Project.

Looking for family

Dear Editor,

My name is Floyd J. Johnson and I am looking for information about Thomas Webster, a full-blood Choctaw. He was buried in Stigler in 1919. He was a great uncle of mine. His sister, Carline Caudle, was my great-grandmother. Please fell free to contact me to remember our veterans. at: Floyd J. Johnson 203 W. Cherokee, Marietta, OK. 73448.

ley DiAguanno, Tamy Davidson, Marcus Dean, Debbie J. Watts Morgan Earls, Ashton Evans, John Favor, Rita Franklin, Joshua Frazier, Alisha Frye, Heather Gallup, Amanda Gayton, Ashley Gayton, Brittany Harjo, Rusty Hayes, Brittany Henderson, Bobbie Hendrix, Nashoba Hill, Kimimi Homer-Mountain, Cassie Hopper, Aneliese Jacoway.

Also, Mandy Johnson, Leslie Johnson, Shelly Ludlow, Angel Lyman, Vernon Clark Mayo,

Caddo creating veterans memorial Dear Choctaw Nation,

The Caddo Civic and Cemetery Club would like to express its Edith Bacon sincere gratitude for the donation that you made to our Veterans

> The memorial will be visible from the highway and every person who enters the cemetery will take note of it and be reminded of the sacrifices of our men and women who have served or are presently serving in the armed forces. The names of those who died will be permanently inscribed on the stone.

Thank you so much for your generous donation with helping us

Members of the Caddo Civic and Cemetery Club

Nation.

These packages were full of very nice items to be used here. It's great to be supported for

I'm in Hong Kong and as you know that's a long way from great deal to me. Thank you. **DCFN Earl Phillips**

Looking for family information

Dear Editor,

WHAT: Career Fair

WHEN: Tuesday, November 14, 2006

9:00 a.m. to 12:00 Noon

WHERE: Choctaw Nation North Arena

WHO: Choctaw Nation of Oklahoma

Oklahoma Department of Agriculture.

Lunch will be on your own.

message.

Durant, OK

Hwy 69/75 & Choctaw Road

U.S. Department of Agriculture

Area Colleges and Universities

Oklahoma Department of Agriculture

The Choctaw Nation of Oklahoma will be sponsoring a Career Fair

for $9^{th} - 12^{th}$ Grade Students. There will be booths from the Choc-

taw Nation of Oklahoma, U.S. Department of Agriculture and the

Please RSVP with approximate number of students that will be attending from your school by Tuesday, November 7, 2006. Please

call 580-924-8280, Ext. 5134. If there is no answer please leave a

I am looking for family information for the family tree. My great-grandfather, Thomas Going (Goins), was married to Gertrude Kelso Goins and they had a child named Ethel Goins (Knight? Crowder?). We would appreciate any information on his first family. Apparently Gertrude died in 1914 and we would like any info on that and place of burial as well. Anyone who may know Ethel, please let her know she has family who would love to meet her. Thank you.

CHOCTAW NATION OF OKLAHOMA

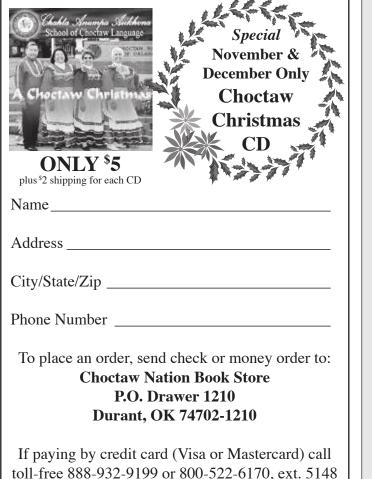
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NATURAL RESOURCES CAREER FAIR

Teddy Boehm 2701 Ave. J, Ingleside, TX 78362 tedro@cableone.net

Gregory E. Pyle Mike Bailey Chief Assistant Chief The Official Monthly Publication of the Choctaw Nation of Oklahoma Judy Allen, Executive Director Lisa Reed, Editor Vonna Shults, Webmaster Brenda Wilson, Technical Assistant Melissa Stevens, Circulation Manager Janine Dills, Administrative Assistant P.O. Drawer 1210 Durant, OK 74702 (580) 924-8280 • (800) 522-6170 Fax (580) 924-4148 www.choctawnation.com e-mail: bishinik@choctawnation.com The BISHINIK is printed each month as a service to Tribal Members. The BISHINIK reserves the right to edit submitted material which it finds inaccurate, profane, offensive or morally unacceptable. Copy may be edited for proper grammar and punctuation. Copy will be accepted in any readable form, but where possible, it is requested that material be typewritten and double spaced. You must include an address or phone number where you may be reached. If you are receiving more than one BISHINIK at your home or if your address needs changed, we would appreciate hearing from you. The BISHINIK is a nonprofit publication of the Choctaw Nation. Circulation is monthly. Deadline for articles is the 10th of the month for the following month's edition.

BISHINIK® 2006



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

Tribal program gets statewide award – Champion of Oklahoma Health



An exceptional drinking and driving prevention and awareness program developed by staff of the Choctaw Nation Health Services has been chosen as the Champion of Oklahoma Health, the highest recognition in the 2006 Champions of Health Awards. Through the Choctaw Nation's Project CHILD (Children's Health Interventions and Lifestyle Development) initiative, this program, called "I Died, Who's Next?," delivers a message with impact - the fact that alcohol-related vehicle crashes are the nation's #1 killer of teens. The tribal program is brought to public schools and requires direct participation from some of the students.

Over the course of two days, students are chosen, taken from the classroom, given a black T-shirt, and told they are not allowed to speak or be spoken to. A "car wreck," complete with automobile and the chosen students lying around "bloody," "injured" and "dead" is staged outside, with one of the students in the "wreck" as an actor, screaming "Help me, I've killed my friends because I was drunk." The local law enforcement and funeral homes get involved in the program and actually "work the wreck" using body bags, "arresting the drunk driver," etc. Then in assembly, an accident report and "obits" are read, and students, including the "dead" are allowed to speak about what they would have done or said if they had had a chance prior to the accident. What starts out the first day as fun to the kids turns out to be taken very seriously, with scarcely a dry eye in the house. It has been a tremendously effective program.

"I Died, Who's Next?" was selected from more than 120 Champions of Health award nominations. The Champions of Health awards program was created in 2004 by five partner organizations - Blue Cross and Blue Shield of Oklahoma, the Oklahoma State Department of Health, the Oklahoma Hospital Association, the Oklahoma Osteopathic Association and the Oklahoma State Medical Association. The awards program recognizes outstanding organizations and individuals dedicated to improving the health of Oklahomans.

I congratulate the staff of Choctaw Nation Health Services for implementing this unique program.

From the desk of Assistant Chief Mike Bailey ...

Roping event raises funds for foster children

A very special thank you goes to volunteers who worked the four-day roping October 12 through 15 to raise funds for the Choctaw Nation Foster Care Program. The rodeo event was a memorial to David Bacon, a tribal employee from Boswell who passed away in November of 2005. A rancher, David enjoyed watching his children and grandchildren riding and roping. He shared these activities with the many foster children he made a home for.

foster parents for many years prior to his death. This Memorial Roping is one way to continue the good works that he started. The majority of the proceeds from the event will be used to provide a nice Christmas for the

Let us thank Him!

frustration.

Thanksgiving greeting to you We also experience anguish and in the Choctaw language:

"Yakni m<u>o</u>ma kut yakoki achi nitak ai ulhpihisa tok a il eran's hospital and talked with afamah mak osh e hieli hokut, men who are armless, without Chihowa ut pi hullo, micha pi legs, or who carry with them nukhaklo na nan ulhpesa bieka horrible disfigurements we ho ai itunohowat afumi achuffa would be troubled by those in



Mr. Bacon and his wife were youth who are in the Choctaw given us two hands, one to re-Nation Foster Care Program.

Graham once said, "God has ity to foster children.

ceive with and the other to give Those who are interested in with." Mr. Bacon epitomized becoming a foster parent and these words with his generosity offering a home to children in to young people and I am proud need are encouraged to call 1- to have been a part of an activ-800-522-6170, ext. 2335. Billy ity that furthered this generos-



1 1	Chris	tmas me	
	Part		
/	Antlers Children		N
	Antlers Seniors		4
7	Atoka Children (ages 1-12)	-	
	at the Atoka Community Center		
/	Bethel Children		
	Bethel Seniors		
	Broken Bow Children	1	
	Broken Bow Seniors		
	Buffalo Valley Children	*	
	Burkhart Children	1	
	Coalgate Children		
	Coalgate Seniors		
	Crowder Children	1	
	Crowder Seniors	.December 13 11:30 p.m.	
	Durant Children	1	
	Eagletown Children	1	
	Heavener Children		
	Hugo Children		
	Hugo Seniors		
	Idabel Children	.December 4 6 p.m.	
	McAlester Children		
		.December 2 1-4 p.m.	
	McAlester Seniors		
	Poteau Children	1	
	Poteau Seniors		
	Quinton Children	-	
	Smithville Children	1	
	Spiro Children	.December 11 4-6 p.m.	

Stigler Children	December 15	4-6 p.m.
Stigler Seniors	December 20	11:30 a.m.
Summerfield Children	December 10	2-4 p.m.
Talihina Children	December 8	7 p.m.
Tushka Homma Children	December 5	6 p.m.
Tushka Homma Seniors	December 14	6 p.m.
Wilburton Children	December 9	2 p.m.
Wilburton Seniors	December 20	12 noon
Wright City Children	December 11	6 p.m.
Wright City Seniors	December 13	12 noon

Spiro Seniors December 19..... 11 a.m.



DFW Notive rican Chamber of Commerce ecember 7, 2006 ALL TRIBAL MEMBERS INVITED!

If you are an American Indian living in the DFW area, the DFW Native American Chamber of Commerce would like to invite you to come to the Native American Awareness Expo and MEET YOUR TRIBAL REPRESENTATIVES FACE TO FACE. Tribal Nations are partnering with the DFWNACC to bring better access to tribal resources and information to members living in the Metroplex. Some of the resources and information you will be able to access are:



moma ka il afama hokut, Yakoki! il ima hachi pullaske."

It is interpreted: "Thanksgiving Day is a day set aside as a national holiday. A day when we can pause and thank God for His love, and for His bountiful blessing bestowed upon us during the past year. Let us thank Him!"

First Thessalonians 5:18, "In clutches of alcoholism or drug every thing give thanks ..." He said in II Corinthians 9:15, a feeling of desperation and "Thanks be unto God for His hopelessness. unspeakable gift."

everything, we can begin with cannot help but wonder why happy things we enjoy regularly, the fellowships with our family and friends. Let us thank God that we are alive. If we had never been born, we would never enjoy our family. Thank the people who are making life better for you. It is good to read the many grateful expressions of thanksgiving in the Choctaw Nation official publication, "Bishinik."

Many of us know that we have learned the most through the rough experiences of life. God's way is to bring about the best in us under the pressure of tough times. God usually gets our attention when we feel our inability to cope with these circumstances. Our weakness gives God an opportunity to show His strength. "... My grace is sufficient for thee: for my strength is made perfect in weakness ..." (II Corinthians 12:9)

We live in a world filled with hurts. For millions it is by hunger, sickness, disease, and exposure to danger. It ends with death, which is usually a painful experience. Yes, suffering is a major factor of life.

Human life is also characterized by another form of misery. We humans endure mental torture as a result feelings of guilt, the suffering and death of a loved one, or fear of the future. come part of human being as a prayer now.

physical distress. But we would soon discover that the pain that they feel in their bodies is nothing compared to the mental anguish to which they and their result of man's sin. The apostle loved ones are subjected.

If we walked through a vet-

Then, too, thousands of people live daily with the fear of death hanging over them. While others, trapped in the slums of The Apostle Paul wrote in a large city or gripped in the abuse, face each new day with

If we are to give thanks for suffering that a sensitive person Eve. God has allowed it to be this way. The question keeps coming up. "Why doesn't the Lord do something about these terrible conditions?" A non-Christian may conclude that if no God exists that life is hardly worth living.

> To find the answer, we turn to the Bible. The opening chapters of the Bible make it clear that pain, grief, and death are present in the world because of sin. We read in Genesis 1:31, "... God saw that every thing that he had made, behold, it was very good ..."

Adam and Eve as living in a garden in which everything was in the state of perfect harmony. There were no sin, suffering or death.

Something happened to change the whole picture. Satan, who had been created an angelic being named Lucifer, but who had rebelled against God, led Adam and Eve to disobey God. As a result, man's perfect fellowship with God was broken, guilt plagued his conscience, fear filled his heart, and pain became a part of his life.

judgment spoken to Eve and to Adam. (Will you read Genesis 3:16-19?)

Chaplain's

The Rev. Bertram Bobb

Paul wrote of sin and death in Romans 5:12:

Wherefore, as by one man sin entered into the world, and death by sin; and so death passed upon all men, for that all have sinned."

We can say with certainty that the cause of all the suffering, heartache, sorrow, and death in Yes, our world is so filled with the world is the sin of Adam and

> As Christians we can thank God for past events that brought hope for this life and for eternity. We can thank Him for the First Coming of Jesus Christ and the Hope of the Second Coming, the Cross, and the Resurrection. We are grateful for the great writings of Paul as this verse in II Corinthians 5:19:

> "To wit, that God was in Christ, reconciling the world unto Himself, not imputing their trespasses unto them; and hath committed unto us the word of reconciliation."

Jesus paid the penalty for sin, which is death, in your place. The second chapter depicts If you have never trusted Jesus Christ as your own personal Saviour, will you do that today? You do this by faith. We read in Isaiah 1:18, "... though your sins be as scarlet, they shall be as white as snow; ..." This will be a real Happy Thanksgiving Day for you.

> November is Veteran's Day month when we pay honor and respect to our brave men and women who served and who are serving in our military services.

Pray for the Native American people for their spiritual and physical welfare. Pray for Trib-Genesis 3 records God's al leaders for encouragement, strength, and wisdom.

May God bless you and your loved ones as we celebrate Suffering and death now be- Thanksgiving Day 2006 is my

Child abuse prevention – soothing a crying infant

One of the most stressful experiences for new parents is dealing with a crying baby. Babies cry for all sorts of reasons, and it's sometimes difficult to figure out why your baby is crying and how to soothe your baby. It's important to remember that crying is one of the main ways that babies communicate and their crying can mean lots of different things. With a new baby, it may be difficult to distinguish different types of crying. As babies get older, parents may be able to tell "wet-diaper" crying from "I'm hungry" crying.

Here are some things to check for in a crying baby:

• Is the baby sick? Take the baby's temperature, and call a health care provider if there is a fever or if you're not sure about any other symptoms. If your baby cries for hours at a time, be sure to have him or her checked out by a pediatrician.

• Is the baby hungry? Try feeding the baby. Newborns like to eat frequently. Even if the baby isn't hungry, he or she may respond to sucking on a pacifier.

• Is the diaper wet or dirty? This is a common cause of crying. • Is the room too hot or cold, or is the baby overdressed or

underdressed?

• Is the baby lonely or afraid? Try holding the baby and comforting him or her.

• Is the baby over stimulated? Try turning down the lights and the noise level.

Calming the baby. Often, a parent has made sure that the problem is not hunger or sickness or a wet diaper – but the baby is still be sympathetic. crying! What are some other ways to calm a crying baby?

• Swaddle the baby in a soft blanket and hold the baby next to take a short break or a brief nap. you.

- Sing or hum to the baby.
- while holding the baby close.
- Take the baby for a ride in the stroller or car. Motion often puts a baby to sleep.
- Distract the baby by making faces or quiet noises.
- Give the baby a warm bath to relax him or her.

• Use some "white noise" such as running a vacuum cleaner or hair dryer to help lull the baby to sleep.

Calming yourself. There are few things more stressful than a crying baby. It is normal for babies to cry – sometimes as much as 2 to 4 hours a day-and sometimes nothing parents try to soothe the baby will work. Coupled with a parent's own lack of sleep and the general adjustment to having a new baby in the house, a crying baby can seem overwhelming. There are some things parents can do to maintain control over the situation, even when the baby continues to cry.

• Take a break. Put the baby safely in a crib, and take a few com

minutes for yourself in another room.

• Call a friend or relative who will listen to your problem and

• Ask a trusted friend or neighbor to watch your child while you

• If you feel as though you are losing control and might hurt your child, call a hotline, such as the 24-hour National Child • Rock the baby in a chair or swing, or gently sway your body Abuse Hotline (1-800-4-A-CHILD) offered by Childhelp USA.

> It's normal for babies to cry sometimes, and it's certainly normal for parents to feel frustrated by the crying. Different babies respond to different soothing techniques, and parents will eventually learn what works best with their baby. In the meantime, it's helpful for new parents to have some support in the form of friends, relatives, and neighbors who can lend a sympathetic ear or even some babysitting help!

> For more information about soothing infant crying, visit the National Center on Shaken Baby Syndrome website at www.dontshake.com.

> This article is sponsored by the Choctaw Nation Injury Prevention Program. If you have any questions regarding this article, other injury prevention tips, or the Choctaw Nation Injury Prevention Program, please call 580-326-8304 and ask for Beckie Morris, IP Coordinator, or e-mail Beckie at RMorris@choctawnation.

Choctaw Nation WIC WOMEN, INFANT AND CHILDREN

Serving the Choctaw Nation at 14 sites

10.00	(#3).L() (3)		
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	8:30-4:00	2nd and 4th Thursday
Wilburton	918-465-5641	8:30-4:00	1st & 2nd Thursday

Build a tasty eating style

Part 2 ...

There are lots of different ways to eat healthy. Depending on cultural traditions and ethnic heritage, Americans like to prepare and eat many different foods. That's wonderful – because variety is both the spice of life and a cornerstone of good nutrition. We continue this month with building a tasty eating style.

BUILD NUTRITION

INTO DESSERTS TOO.

The natural sweetness of fruit makes it a perfect ending to any meal. Enjoy a piece fresh fruit

Eat well to stay motivated and energized

you have to work out?

you just can't face the gym?

ter, doing so can also leave you in your brain. feeling tired, irritable and unforefreshed.

Stay with feel-good foods

ing at noon or after work even are digested and absorbed slowly lead to mild gastronomical disthough you're truly committed into the blood and don't require tress, as can some bulky foods. to exercise and it's the only time your pancreas to produce much So, you'd be wise to limit the insulin. Refined carbohydrates, amount of coffee, tea and soda Do you feel so exhausted that such as potato chips, doughnuts that you drink for a number of and cookies, are absorbed very reasons. Your diet – rather than simple quickly and trigger the pancreas sloth - may be the problem. If to produce large amounts of in- and your best time to work out you tend to skip meals in an at- sulin. So, while they may give is in the morning before you go tempt to save calories, you may you an initial boost, your energy to work. For quick energy, drink be robbing yourself of important will drop off quickly, and your some juice upon rising and avoid fuel for your workout. While mood will follow. The amount coffee. Once you've completed skipping meals may temporar- of sugar in your blood is also re- your workout, have a more solid ily make your stomach feel flat- lated to the amount of serotonin breakfast of whole-wheat cereal

cused. Then, you'll be tempted chemical called a neurotransout on the couch in front of the is where it should be, you'll not sooner. TV after work. If, however, you have a sense of well-being and follow some simple, sensible di- confidence - and feel ready to right combination of food and etary practices throughout your tackle the treadmill. Should it drink to energize your workout day, you'll get that workout drop, you may feel tired and dedone. And rather than feeling pressed. If you often experience - may take some experimenting. lightheaded and exhausted af- a craving for carbs, this may be It all depends upon your inditerward, you'll be energized and your brain's way of telling you it vidual tastes and your metaboneeds more serotonin.

Cut the caffeine

Do you have trouble exercis- blood sugar stable because they caffeine, coffee in particular, can

Suppose you're an early bird, or toast and fruit to fuel your Serotonin is an important concentration for the morning's work. If you work out and eat to forego your noontime work- mitter that helps to regulate too lightly, chances are you'll out, or go home, eat and stretch mood. If your level of serotonin get "the drowsies" by 2 p.m., if

> Keep in mind that finding the whatever time of day you choose lism. With a little patience, an open mind and a little creativity, you'll determine which foods

BUILD BEVERAGE BREAKS INTO YOUR DAY!

For peak performance, your body and brain need a constant source of refreshing fluids. Always keep a container of cold water at hand. For fitness breaks, take frequent walks to the water fountain.

BUILD MINI-WALKS INTO EACH DAY ...

Food and fitness go hand in hand. Walk around the block when you go to the mailbox. Walk around the building at work. Walk around the sidelines during your kids' sports practices or games.

by itself. Top frozen yogurt or low-fat ice cream with sliced fruit - fresh, frozen or canned.

BUILD ENVIRONMENT INTO EVERY MEAL AND SNACK

Eating well is one of life's greatest pleasures - so take time to enjoy your meals and snacks. Turn off the TV and put on quiet music. Take time to savor your food and to talk with your family.

"Eat Right Montana"

Holiday Sales 30 Choctaw Hymns - Old and New Tunes Performed by Boiling Springs United Methodist Church, Lula, Oklahoma Senior Citizens \$17 ea.; all others \$20 ea. Add \$2 for postage if purchasing two or less. If purchasing more than two, please call. Contact: Jeff Frazier 580-272-7787 Mail payment to: Boiling Springs Church 13900 CR 1554, Ada, OK 74820

One key to staying motivated to exercise is to keep the amount question. Many athletes rely on Reprinted with permission from the of sugar in your blood – and thus, your energy level – stable to prevent ups and downs. You can best do that by eating a series of small meals throughout the day – as many as five or six vour blood. Further, it can cause - that are composed of complex dehydration, which can also sap carbohydrates, such as whole your energy. While drinking a grain breads, beans and other caffeinated beverage may help vegetables, whole grain crackers and fruit. If you plan ahead and make time for grocery shopping, you can easily pack some simple meals and snacks to take to plan to engage in running or work with you. Eating complex other highly vigorous activity,

What about caffeine? Good provide.

Remember, though, that caffeine can also affect the amount of insulin, and thus, sugar, in get you to the gym, within an hour you may feel tired and too lightheaded to complete your workout, or to do it well. If you

suit you best.

caffeine for the initial kick it can American Council on Exercise. ©2002 American Council on Exercise Compliments of:

Choctaw Nation CH 2070

Strong **Be Healthy** Be

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

Breastfeeding Classes Choctaw Nation WIC

Location	Class Two		
HUGO Choctaw Nation WIC Office Conference Room 10 a.m12 noon	Tuesday February 6, 2007		
ATOKA Choctaw Community Center 10 a.m12 noon	Tuesday February 13, 2007		
McALESTER Choctaw Community Center 10 a.m12 noon	Tuesday February 20, 2007		
DURANT Durant WIC Office 1601 N. Washington 10 a.m12 noon	Tuesday April 3, 2007		
TALIHINA Choctaw Community Center 10 a.m12 noon	Tuesday April 10, 2007		
IDABEL Choctaw Community Center 10 a.m12 noon	Tuesday April 17, 2007		
POTEAU Choctaw Community Center 10 a.m12 noon	Tuesday April 24, 2007		
	HUGO Choctaw Nation WIC Office Conference Room 10 a.m12 noon ATOKA Choctaw Community Center 10 a.m12 noon McALESTER Choctaw Community Center 10 a.m12 noon DURANT Durant WIC Office 1601 N. Washington 10 a.m12 noon TALIHINA Choctaw Community Center 10 a.m12 noon IDABEL Choctaw Community Center 10 a.m12 noon		

carbohydrates helps keep your remember that some forms of Key facts about influenza and influenza vaccine

Influenza, or the flu, is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness and at times can lead to death. The best way to prevent the flu is by getting a flu vaccination each fall.

Symptoms of flu include fever (usually high), headache, extreme tiredness, dry cough, sore throat, runny or stuffy nose, and muscle aches. Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults.

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical

conditions, such as congestive heart failure, asthma, or diabetes. Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

People at high risk for complications from the flu include children aged 6-59 months of age, pregnant women, people 50 years of age and older, people at any age with certain chronic medical conditions, and people who live in nursing homes and other longterm care facilities.

People who live with or care for those at high risk from com-

FLU CLINICS Choctaw Community Centers

Nov. 6: Talihina, 10-12 noon Nov. 7: Tushka Homma, 3-6 p.m. Nov. 8: Antlers, 10 a.m.-2 p.m. Nov. 8: Bethel, 10 a.m.-2 p.m. Nov. 8: Crowder, 10 a.m.-1 p.m. Nov. 8: Stigler, 9 a.m.-1 p.m. Nov. 8: Wright City, 10 a.m.-2 p.m. Nov. 13: Hugo, 5-7 p.m. Nov. 14: Antlers, 5-7 p.m. Nov. 14: Poteau, 10 a.m.-1 p.m. Nov. 15: Coalgate, 10 a.m.-1 p.m. Nov. 15: Durant, 10 a.m.-2 p.m.

Nov. 15: Stigler, 10 a.m.-1 p.m. Nov. 15: Idabel, 10 a.m.-2 p.m. Nov. 15: Smithville, 10 a.m.-2 p.m. Nov. 15: Wilburton, 9-12 noon Nov. 16: Spiro, 10 a.m.-1 p.m. Nov. 16: Broken Bow, 5-7 p.m. Nov. 16: Wright City, 5-7 p.m. Nov. 17: Talihina, 9 a.m.-12 noon Nov. 20: Bethel, 4-6 p.m. Nov. 22: Atoka, 10 a.m.-2 p.m. Nov. 22: Poteau, 9-11 a.m.

plications from flu should also get a flu vaccination.

Some people should not be vaccinated without first consulting a physician. They include those who have a severe allergy to chicken eggs; those who have had a severe reaction to a flu shot in the past; people who have developed Guillain-Barré syndrome within six weeks of getting an influenza vaccine; children younger than 6 months of age; and people who have a moderate or severe illness with a fever should wait to get vaccinated until after their symptoms lessen.

If you have any questions about whether you should get a flu vaccine, consult your health-care provider.

November 2006, BISHINIK, Page 5

Every hour an older adult dies as a result of a fall

The National Center for Injury Prevention and Control (NCIPC) states that in 1998, more than 9,600 persons 65 and older died from fall-related injuries, making falls the leading cause of injury death among this age group. Hip fractures are among the most serious fall-related injuries. Half of older adults who suffer a hip fracture never regain their previous level of functioning, and many are unable to live independently after their injury. In 1994, the estimated cost of fall-related injuries was \$20.2 billion; it may reach \$32.4 billion by 2020.

The NCIPC recommends four things you can do to prevent falls:

Begin a regular exercise program. Exercises that improve balance and coordination are the most helpful, such as Tai Chi, or lower body strengthening.

Have your health care provider review your medications. Some medications, or combination of medicines, can make you sleepy or dizzy and can cause you to fall. Have your doctor or pharmacist review all the medicines you take, even over-thecounter medicines.

Have your vision checked. Have your eyes checked by an eye doctor at least once a year. You may be wearing the wrong glasses or have a condition like glaucoma or cataracts that limits your vision.

Make vour home safer. About half of all falls happen at home. To make your home safer, have a clear walking path free of books, shoes, and clothes. Remove throw rugs and keep items you use often in cabinets you can reach without having a step stool. Have grab bars installed in your bathroom and non-slip mats in the shower floor. Wear supportive shoes instead of slippers both inside and outside the home.

This article is sponsored by the Choctaw Nation Injury Prevention Program. If you have any questions regarding this article, other injury prevention tips, or the Choctaw Nation Injury Prevention Program, please call 580-326-8304 and ask for Beckie Morris, IP Coordinator, or e-mail at RMorris@choctawnation.com

Get the keys –

How you can intervene

The U.S. Department of Transportation's National Highway Traffic Safety Administration and the Advertising Council's Innocent Victims public service campaign emphasizes the need to intervene and get the keys away from someone about to drive drunk. Here are some helpful tips and advice from focus group research on how people can get the keys away from a drunk driver:

- If it is a close friend, try to use a soft, calm approach at first. Suggest to them that they've had too much to drink and it would be better if someone else drove or if they took a cab.

– Be calm. Joke about it. Make light of it.

- Try to make it sound like you are doing them a favor.

- If it is somebody you don't know well, speak to their friends and have them make an attempt to persuade them to hand over the keys. Usually they will listen.

- If it's a good friend, spouse or significant other, tell them that if they insist on driving, you are not going with them. Suggest that you will call someone else for a ride, take a cab, or walk.

- Locate their keys while they are preoccupied and take them away. Most likely, they will think they've lost them and will be forced to find another mode of transportation.

 If possible, avoid embarrassing the person or being confrontational, particularly when dealing with men. This makes them appear vulnerable to alcohol and its effects.



Youth participate in mentor training

priate display of emotions,

fearful, depression, chronic

physical complaints, mimic

adult roles, and chronic low low

Gina Barnett, Public Health

Educator from the Oklahoma

State Department of Health,

gave insight on the duties and

responsibilities of being a teen

mentor. She gave the follow-

ing statistics on children who

had participated in similar pro-

likely than their peers to start us-

ing illegal drugs and 27 percent

*Fifty-two percent are less

likely than their peers to skip

school and 37 percent are less

less likely to start drinking.

*Forty-six percent are less

self-esteem.

grams:

The Choctaw Nation Healthy Lifestyles and Choctaw Nation Youth Advisory Board held a mentor training for students from area schools on September 12 at the Kiamichi Area Technology Center in Hugo. Schools attending this training included Atoka, Bennington, Boswell, Clayton, Durant, Hugo, Moyers, Rattan, Soper, Tupelo and Valliant. There will be an additional training for Heavener and Buffalo Valley Schools.

The students were trained to become teen mentors for "Project Falummichechi," which is a domestic violence prevention program for second grade students.

will go to the grade classes and sively toward peers and adults,

give presentations, such as; emotional withdrawal, inability understanding one's own feelings, empathizing with others, respecting differences, standing up for one's self, and positive responses to conflict.

Joyce Wells, Martina Hawkins, Melissa Cress and Kristie Adams of the Choctaw Nation Healthy Lifestyles Program organized the event and assisted with the invocation, welcome, and Project Falummichechi Overview.

Angela Dancer, Director of Choctaw Nation Adolescent Family Life, gave an introduction to the "Effects of Domestic Violence on Children." The effects included developmental Each month from September delays, low frustration tolerance, through May, the teen mentors acting out aggressively/pas-

likely to skip class. to play constructively, inappro-

*More trusting of their parents or guardians and less likely to lie to them, and likely to feel more supported and less criticized by their peers and friends.

The last speaker for the morning was Arlinda Copeland, Oklahoma Department of Health Turning Point Field Consultant, who gave directions on Project Falummichechi Surveys and how to present then to the students.

After lunch, students attended sessions on games and crafts, puppet skills, and use of posters which is all part of the curriculum.

Everyone enjoyed the training and was enthusiastic about presenting this worthwhile program to second-graders.

Adolescent Health Conferences held in three counties

The month of September was a fun Luau theme for Healthy Lifestyles. With all the leis, straw hats, grass skirts, and the flamingo cowgirls, much fun was had by all. Along with this theme, three Adolescent Health Conferences were held, one being in Haskell County, one in Choctaw County, and the last in McCurtain County.

On September 20, Healthy Lifestyles partnered with the Health Department and Choctaw County Coalition to bring this conference to over 275 fifth-graders and teachers in Choctaw County. The conference was held at the Kiamichi Area Vo-Tech in Hugo.

On September 27, in partnership with the Haskell County Coalition, the conference was held at the Stigler First Assembly of God Church and around 200 students and teachers in attendance. The conference finished up October 11 in McCurtain County at the First Baptist Church of Idabel and was the largest attendance with over 350 students and teachers. This was in partnership with the Health Department and McCurtain County Coalition.



Presenters at the Haskell County Adolescent Health Conference.



Friends don't let friends drive drunk Pass it on

This article is sponsored by the Choctaw Nation Injury Prevention Program. If you have any questions regarding this article, other injury prevention tips, or the Choctaw Nation Injury Prevention Program, please call 580-326-8304 and ask for Beckie Morris, IP Coordinator, or e-mail at RMorris@choctawnation.com

To the youth of the nation ...

Be thankful for education

By Cody Peters, President Choctaw Nation Youth Advisory Board

Wow, 2006 has gone by so fast!

It seems like the first day of school was only yesterday and here we are almost done with the first nine weeks of school.

It's not a problem for seniors. We are counting down to the day we get to walk across the stage and get our diplomas!

Juniors, sophomores and freshmen are probably saying, "I hate school. I can't wait for this weekend or for this summer!" I want to encourage each of you to stick with school and get an education!

Unfortunately, having a free education provided to us Americans, we so greatly take advantage of it and are rarely thankful for what we have. I have been to the countries of Nicaragua and Mexico, and seeing how the teenagers of these countries live and the schools they attend, I am very thankful for the opportunities I have as an American. Most of those students wore the same clothes every day, walked or rode a bicycle to and from school (there are no buses), and sat in a classroom with bars on the windows with no air conditioners in 100-degree-plus weather! Wow! What if our schools were this way?

I was speaking to a gentleman the other day and he is almost 100 years old. One of the things he told me was to get an education, to "get my brain smarter! They can never, ever take away what is in your head!" As I sat and thought of these things, I began to see what he meant by his statement! As a child he didn't have the opportunities we have now. He did hard manual labor every day to support himself and his family! He knows that with an education you will excel greatly in life and become very prosperous!

It's my hope that each of you will understand this man's words. Whether you are a freshman, sophomore, junior, or senior, we all need to grab onto this wonderful privilege and fill our brains with as much knowledge as possible!

Individuals with a high school education generally make minimum wage at a local job. Individuals with a college education make 50 percent more than an individual with a high school education.

Which statistic are you going to be? It's all up to you! It's your choice. Will you grasp firmly the privilege before you, or will you allow it to slip by and lose one of the greatest things you can ever receive?

Presenters at the Choctaw County Adolescent Health Conference.

The topics covered in these conferences included hygiene, meth prevention, tobacco prevention, nutrition/fitness, and

self-esteem. Several prizes but no one left empty-handed. Coalitions and the Health De- cess.

were given away in drawings, Haskell and McCurtain County ing these conferences a suc-

Many thanks to the Choctaw, partments for their part in mak-

Couples benefit from marriage retreat

A Marriage Retreat, conducted by the Healthy Marriages/ Healthy Kids Project, was recently held at Lake View Lodge at Beavers Bend State Park in Oklahoma. Couples started out with a cookout and were served a charcoal broiled steak dinner - no hamburgers or hot dogs for this special group! The setting on the majestic Broken Bow Reservoir was quite beautiful.

Couples who attended expe-

rienced the PREP workshop taught by master trainer Scott Roby

with Public Strategies, Oklahoma City. Gary Nunley also added to the presentation. Barbara Brown, Mary Ayn Tullier and Eli Tullier made sure the couples were fed well.

When the couples were asked, "What is the most important thing you learned in this session?", the responses were:

• Speaker/listener technique and the XYZ statement, a technique putting emphasis on what you see and what you feel, not on blame toward the partner.

• Commitment.

• The saying, "Knowledge is of no value unless you put it to use." This workshop gives us the tools to fulfill that commitment.

- To be more open in talking to my wife.
- How to communicate better.

• That there are more ways to work out problems and how to keep a closer relationship with my husband.

- Communication skills.
- Use of time out.
- How to communicate without arguing so much.

• I learned more about what I was doing wrong in certain areas of our marriage.

• Talked to my spouse more in the last 24 hours than we have in months. Very good information.

• The process of forgiveness and how to communicate without



anger.

• How to work through problems.

· Was this about strengthening relationship or promoting marriage (as defined by main stream).

- Forgiveness.
- To communicate and how to do it!
- To make a complete commitment to our marriage.

• This class would also be very useful for engaged or newlywed couples to stop bad habits before they start.

So there you go. You heard it from the couples' mouths. We teach the same material in all the PREP workshops you will see scheduled throughout the next two years. Register to attend as you see them published or call 918-567-3065 to schedule a workshop in your community. Couples who complete the PREP or CPREP workshops are elligible to win a Grand Prize. The prizes are a vacation for two at Branson and a vacation for two at Silver Dollar City. There are also door prizes at each PREP workshop.

We would love for your family to reap the benefits of this training!

PREP Workshops

Stigler	Durant
November 2, 9 & 16	January 20, 2007
6 p.m. to 8:30 p.m.	8:30 a.m. to 4:30 p.m

PEOPLE YOU KNOW



Happy birthday

Birthday wishes go out to Dakota who turned 6 years old on August 30. His brother, Chris, turned 13 on September 20. Congratulations you are now a teenager! Their brother, Donald, celebrated his 15th birthday on September 22. I just wanted to wish all three of them a happy belated birthday. From your family; Mom, Dad, Brianna and your brothers.

Emily turned 7

Happy birthday wishes go out to Choctaw Emily M. Smith. She turned 7 on October 4. She is pictured with mentor Erica McMillian. Have a wonderful birthday, from your family, Jordan, Foy and Krista Smith and Me Maw of Petty Texas.

Happy 1st birthday

Katelynn Renea Smith turned 1 on October 12. She celebrated her birthday with her uncles, Chris and Cody. She is the daughter of Cory Smith and Wendy Pugh. Grandparents are Steve and Brenda Smith of Hochatown and Jerry Pugh and Rebecca Spradling

of Idabel. Great-grandparents are Barrentine and Nancy Tushka of Oak Hill and Glenda and Mike Ward, Hochatown, Steven Smith of Texas and Carolina Jones of Idabel. Great-great-grandparents include Lou Ellen Jones, Idabel, and the late Charley Jones.

Wow! Look who turned 15

We would like to wish a happy 15th birthday to our son, Alfred Dale Fraley, on September 13. He is an eighth grade student at Riverside Indian School in Anadarko. Alfred plays football for the Riverside Braves at the position of offensive guard. He is a big boy and stands 5'11", weighing 245 lbs. Alfred is Choctaw/Kiowa. He is the son of

Doug and Peggy Fraley of Anadarko, grandson of the late Emaline Walker of Finley and the great-grandson of the late David Walker, also from Finley. We would like to say we are very proud of him and want him to continue his education.

Bailey turns one

Bailey Reid Thorne will celebrate his first birthday on November 29. Bailey is the son of Mike and Kristy Thorne of Tucson, Arizona. His brother, Ryan, and grandparents, Gene and LaHoma Murphy Crauthers of Oklahoma City, wish him a very happy birthday. Bailey's great-grandparents are the late William T. and Ella Murphy of Idabel.



100th birthday party huge success for Ida Lewis Turner!

The family of Ida Lewis Turner would like to report that the 100th birthday party held for her on July 15 at the VFW Post 1857 in Oklahoma City was a huge success. Family and friends came from as far away as Colorado, Texas and Pennsylvania as well as from all over Oklahoma to show their respect and love for this lovely and much loved lady affectionately known as Pokni or Little Grandma.

Guests were asked to bring roses in lieu of presents. Ida had said she wanted a hundred roses. She received dozens and dozens, over 500 total. The roses were in every size and color and you can imagine the lovely scent that permeated the room.

Nephew Bertram E. Bobb, Choctaw Nation Chaplain, led the guests in prayer and sang Choctaw Hymns. Guests feasted on fried chicken, various salads, as well as tanchi labona made by Mary Aaron from Broken Bow. Mary also brought the best fry bread we've ever eaten and the cake was beautiful, decorated with a picture of Ida in her younger days.

Guests received a rare treat - Olivia Cavazos, daughter of one of Roberta's co-workers and a Champion Irish Clog Dancer, came and performed for them. Olivia travels all over the United States competing and rarely comes home with less than first place.

Elijah turns 5

Happy belated birthday to Elijah Gipson on August 22. He turned 5. Elijah is the son of Robert and Michelle Gipson of Wright City and the grandson of Sharon and the late Harold Gipson, Wright City, Todd Marable, Bethel, and the late Kim Marable of Eagletown.

Belated birthday wishes

Happy belated birthday "Kunckle" Solomon Tonihka. He celebrated his birthday September 11. From Hunter, Matthew, and your family.

Happy birthday Brittany

Birthday wishes go out to Brittany Hotella of Gans, Oklahoma, on October 26. Her mother, Angela, and grandparents, Nanna and Pa-Pa Steel, wish her the best. She enjoys playing with friends and t-ball during the summer. Brittany is very proud of her Indian heritage.

Happy birthday wishes

Happy birthday wishes go out to Deborah Ilene Moore. She turned 38 on October 15. She is the daughter of Lettie Moore and the late Billy Moore of Camden, Arkansas.



Daughter Roberta had written the "Dear Melba" column in the newspaper and asked that readers send birthday cards. The lovely people of Oklahoma responded by sending close to 200 cards of love and encouragement. Some cards came from as far away as Kansas, Arkansas, Texas and other states. People are very generous and kind.

Ida's doctor, Masarat Saheed from the Oklahoma City Indian Clinic, made a quick visit. We owe a lot to Dr. Saheed who has been a huge factor in keeping her fit and well.

The only mar in the otherwise happy occasion was the absence of her youngest grandson, Mario

Morales. Mario is a Seargent in the U.S. Army and is currently stationed in Kuwait, his second tour of duty over there. The whole family is anxiously awaiting his return, hopefully this month.

We would also like to take this opportunity to thank the Choctaw Nation, Chief Gregory E. Pyle, Assistant Chief Mike Bailey and Oneida Winship for their generosity. Onedia made the trip from Durant to bring Ida a blanket with the seal of the great Choctaw Nation's rich history. The time and thoughts are much appreciated.

All in all everyone had a good time and we are looking forward to the next 100 years.

Happy 16th **Junior Miss Choctaw Nation**

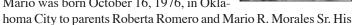
Family and friends joined in a birthday celebration to wish Ra'chelle DiNardo-ChuckLuck a Sweet 16th. This past year she has been attending pow-wows and cultural events, participating in her high school softball, basketball and track teams, Future Business Leaders of America Club, FCCLA, Student Council representative, prom committee and was on the school newspaper. She is the granddaughter of Ray and Jene Dinardo of Wilburton and Richard and Pauline Chuck-

Luck of Pryor and the great-granddaughter of Leroy Ward of Antlers and the late Alice Ward. Happy 16th and we wish her the best in all she does in the future. May God bless you in all you do. - Mom and Dad and all the family and friends.

Happy birthday to SGT Mario R. Morales Jr.

The family of SGT Mario R. Morales Jr. would like to wish our favorite "Soldier Boy" a belated happy 30th birthday. Unfortunately, Mario was stationed in Kuwait on his birthday but is expected home soon. Mario was born October 16, 1976, in Okla-











Happy first birthday

Victor Jefferson and Carmella Ramirez would like to wish their daughter, Victoria Jefferson, a happy first birthday on September 26. She is the granddaughter of Cassandra Willis, Ignacio Ramirez and Vicki Bailey of Idabel. Her great-grandparents are Bertha and Truman Jefferson, Herod and the late Hazel Willis of Idabel.

Happy birthday Cody

Grandma Louise, mom and dad would like to wish Cody Cannady a happy fifth birthday on November 2. We would like to say we love you and are very proud of how you are doing in Pre-K.

Belated birthday wishes go out to Josiah

Happy belated birthday wishes go out to Josiah Amos who celebrated a birthday on October 3. Happy birthday from your daughter, Louise.

Happy birthday Jacob

Taylor and Jayden would like to wish their brother, Jacob, a happy third birthday on September 4. He celebrated with a "Cars" party. His proud parents are Regina Tedder of Antlers and Eddie Tedder of Hugo. His grandparents are Williston Taylor and Janet Taylor of Antlers and James and Darlene Tedder of Hugo.

Walter Berg has birthday

Happy birthday wishes go out to Walter Berg of Tulsa. He will turn 52 on November 16. Walter is employed by the Central Parking System of Tulsa as a parking attendant.

Twins turn 3

David Xavier and Andrew Lynn Straiton, identical twins, turned three on August 29. They are the great-greatgrandchildren of original enrollee Frank S. Plummer and the great-grandchildren of Patricia Plummer.



Tala turns 6 years old

Birthday wishes go out to princess Tala Lynn Bohanan from mommy and daddy. Tala is the daughter of David and Beatrice Bohanan of Houston, Texas. Also wishing her a happy birthday are her brothers, Robert and Joseph; grandparents Hack and Ella Bohanan of Bethel and Dolores and Julian Estrada of Houston. Tala would also

like to wish her two cousins, Andrew and Chris Noah, a belated happy birthday; also her uncles, Bobby, Daniel and Stevie, belated birthdays. Tala would like to wish her mom, dad, Uncle Stevie and Auntie Debbie a belated happy anniversary. Tala would like to wish Grandpa Hack and Grandma Ella a happy anniversary.

Happy birthday Hayley

Birthday wishes go out to Hayley Whitley. She will turn 12 on October 27. Hayley's parents are Tammy and Billy Whitley.

Happy birthday to Jerald and Annie

The family of Jerald and Annie Renteria want to wish them both a very happy birthday. Jerald

nie turned 15 on October 20. 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-Paula Renteria.

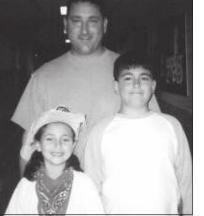
Happy birthday to Sheala

Jordan and Alvin Hodge would like to wish Sheala Hodge (Watson) a happy birthday on October 17.





Timothy Miller II would like to wish his sister, Talia, a happy seventh birthday on October 19. Also, birthday wishes go out to his mom, Debra (not pictured), on October 18, and to his dad on October 24. They all reside in Cleburne, Texas.



grandparents are centarian Ida L. Turner of Oklahoma City and the late Robert O. Turner. His paternal grandparents reside in Mexico. He has one sibling, Tony Enriquez. His great-grandparents were original enrollees David and Lena Carney Lewis.

Mario attended Jones Academy from the fifth grade through graduation. He played basketball and was a member of FFA and enjoyed showing his prize-winning hogs.

He joined the Army in 1996 and has served his county in Iraq, Kuwait, Germany and Colorado among other places. When he returns home he will be stationed at Fort Sill. That certainly makes his mom and Pokni very happy as we will be able to see him more often. He is considering a career in the Army. Currently he has nine years serving his country. Please notice in the picture above the big smile of SGT Mario R. Morales Jr.. He is receiving his Sergeant's stripes. Love mom, Pokni, Tony and our special little angel, Antonia.

Happy birthday Monnie

Happy birthday to Monnie LeVeice Sievers. She turned 69 on October 2. Monnie celebrated her birthday at Disney World with Mickey and Minnie and her husband, Erich. Monnie retired from JCPenny and GE on January 1, 2004, after 32 years. Monnie then became a Senior Caregiver



and after two years she retired again. Now Monnie has become a volunteer at granddaughter Celina's school. Monnie enjoys being with her daughter, Tina, granddaughter Celina, family, friends and relatives. Monnie thanks the Choctaw Nation for monthly contact through the Bishinik. She prays to the Lord every day for her family and the Choctaw people and leaders.

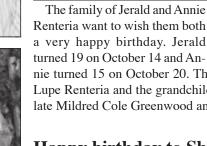
Look who's a teenager

Kara Joneise McLain celebrated her 13th birthday on September 14. She is a seventh grade honors student at Jefferson Middle School. She is an active member of the Beta Club, on the National Honor Roll. She is the daughter of Sandra Klingsick of Jefferson



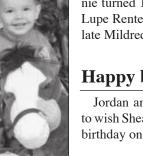
City, Tennessee. She is the granddaughter of Martha Beets of Oklahoma City and the late Maria Crane Mendiola. Her great-grandparents are the late Noah Moses Crane and Viola Mae Stribbing Crane. and her great-great-grandfather was the late Frank Ross Stribbing. She has three sisters, Theresa Williams and Ashleigh McLain, both of Knoxville, Tennessee, and Bridget McLain of Jefferson City, Tennessee. All three of her sisters would like to wish her a very happy 13th birthday. Her nieces, Anjelica Williams and Christina Williams, and her nephew, Kenneth Wayne McCallie, of Knoxville, Tennessee, want to wish their auntie a blessed birthday. All our extended family and friends wish her well on her special day, too. Her mother wants to let her know how much she is proud of her and hopes she has a very blessed birthday. Kara is very proud of her Choctaw heritage and tries to let her friends know about it as she learns more about it.











November 2006, BISHINIK, Page 7

Native American Heritage Month

By Kristy Russell CARES Project TA/Education Specialist

November has been known as Native American Heritage Month since 1990. Native American Heritage Month is cious for future generations. celebrated to recognize the inthe public about the heritage, history, arts and traditions of the Native Americans.

Heritage. What is it?

Heritage is a tradition that is passed from one generation to the next. This is a very important part of a person's life no matter what culture they are from. Heritage is something

that should be honored and in- have to do is keep in touch with thing to be proud of. Sharing stilled into the lives of our chil- our heritage and start teach- our heritage is an honor and a dren. Heritage is one thing that ing them these things from an privilege. can ultimately shape our communities. When we talk about our heritage we ultimately pre- ous resources that can help reaches in the 10 1/2 counties serve those things that are pre-

tertribal cultures and to educate most valuable resources that we have as Choctaws. There are many things to be learned about our heritage as well as be proud of. Our heritage teaches our children the way that we would like for them to act and to treat other people with respect and honesty.

> These are the two biggest things that our children need to learn these days, and all we

early age.

Today there are numer- we provide community outwith learning more about our every year. In those outreaches heritage, Choctaw Nation pro-Our heritage is one of the grams, local libraries, Internet a cultural activity to teach the and book stores. Elders in our children about the Choctaw communities are a great re- Culture. We also provide many source to learn about our heritage. Take the time to show or explain your heritage to your team-building, and self-eschildren, or nieces and nephews. It will make a world of difference if we would take 30 minutes out of our busy daily schedules to teach our children Vlla Chipunta Yvt Pi Nitak a little about their heritage.

Being Choctaw is some- Are Our Future."

65th wedding anniversary

The daughters of Howard and Elsie Goines - Nan Nelson of Crossville, Tennessee, Danna Shirley of Bartlett, Tennessee, and Paula Belden of Napa, California - wish to announce the celebration of their parents' 65th wedding anniversary.

Although Pearl Harbor was De-

cember 7, 1941, Howard and Elsie continued with their wedding plans and were married on Christmas Day at the home of the pastor, Brother Floyd Vallines of New Hope Methodist Church, Van Buren, Arkansas.

Howard joined the Army Air Corps the following December and served in Cambridge, England, with the 388th Bomb Group. After World War II, they moved to California in October 1946 and lived in Richmond, Pinole, Rodeo and finally moved to Napa where they now reside. Howard worked in steel construction when first arriving in California and then retired from Dymo Industries in 1980. Elsie was an elementary school teacher for more than 30 years, teaching in Arkansas and California before retiring in 1981 from John Swett Unified School District.

Howard is a master car restorer and works primarily on Model A Fords. Elsie is an avid reader and loves gardening. They are active members of the Diablo A's, Napa Valley A's, and Model A Ford Club of America. They have seven grandchildren, six great-grandchildren and two step-great-grandchildren.

Howard is the oldest son of original enrollee Augusta Victoria Folsom Goines, born 1901, Oklahoma Territory.

Happy 50th wedding anniversary to the Caddells

On September 15, Jack and Carrie Lou Caddell celebrated 50 years of marriage. Wed on September 15, 1956, Jack and Lou McAlester, Francisco and Maria Aguilar of Grove, and great-grandhave raised three sons, Jack Randall and his family, Lori, Savanna parents are Walter and Sarah Amos of McAlester. He also has numerand Haley; Michael Kevin and his family, Patricia, Danielle, and ous aunts, uncles and cousins that would like to welcome him. Michael; Bret Alan and his family, Brandee, Bret, Justin, Samantha, and Katie. Jack also has a daughter, Tammie, along with her Olivia Capitola Brence husband, Jesse, and their children, spouses and grandchildren, Jessica and Matt, Sydney and Shelby, Terah and David, McKenzie, Carliegh and Nicholas.

Here at the CARES Project

we always try to incorporate

other activities, which include

prevention (drug and alcohol),

For more information about

teem.

Jacee Elizabeth Bentley

Brayden Bentley would like to announce the birth of his new baby sister, Jacee Elizabeth Bentley, born August 11, 2006, at Medical Center of Southeastern Oklahoma in Durant. She weighed 8 pounds 9 ounces and was 20 inches long. Proud parents are Aaron and Anita Bentley. Grandparents

are Carolyn Bates and the late Charles Bates and Patti and Larry Bentley. Great-grandparents are Grady and Alice Glenn and Juanice Klasing. Jacee is named after her Grandpa Charles and Great-Grandpa, the late J.C. Bates.

NURSERY NEWS

Mikyla Elisse Cusher

Tomih Noley has the honor of announcing the birth of her newest cousin, Mikyla Elisse Cusher, born at 11:14 p.m. October 2, 2006, at the hospital in Idabel. Mikyla weighed 6 pounds 11 ounces and measured 19 inches long. Proud parents are Anoinette and Elias



Pete Cusher of Idabel. Grandparents are Carolyn Storey and Pete Barnes, both of Idabel, and Ennie and Lee Cusher of Broken Bow. Mikyla was named in memory of her cousin, Michael Cusher.

Hillari Mercedes Martinez

D'Shayla would like to welcome her baby sister, Hillari, born on August 21, 2006, at Idabel Memorial Hospital. She weighed 7 pounds 12 ounces and was 20.5 inches long. Proud parents are Ashley Bohanan and Jose Martinez. Grandparents are Cindy Cusher of Pick-



ens, Dana Bohanan of Denison, Texas, and Hilaria Martinez from Mexico City. We would also like to wish Uncle Mike and Brandi a happy belated birthday on August 20.

Rymee Rayne Mayer

Rymee was born on August 23, 2006, at the Carl Albert Indian Hospital. She weighed 8 pounds 5 ounces and measured 20.3 inches long. Rymee is welcomed home by her parents Shannon Bryant and Edward F. Mayer Jr. of Coalgate. Her grandparents are Edward



and Patricia Mayer, Coalgate, Joseph "Buckshot" Bryant, Talihina, and Ruthie McGee Fulton, Wilburton.

Luke Gabriel Clark

Kobe Javier Lee Clark of McAlester would like to announce the birth of his new baby brother, Luke Gabriel Clark. He was born on July 21, 2006, at Hastings Hospital in Tahlequah. Luke weighed 8 pounds 4.5 ounces and was 20 inches long. His proud parents are Kyle and Martha Clark



of McAlester. His grandparents are Ron and Becky Hallford of





Six generations

Six generations are represented in this Choctaw family with roots deep in the Goodwater community. Pictured clockwise from center are Ida Taylor, 97, of Goodwater; her daughter, Jeffie Gibson of Goodwater; granddaughter, Lora Tom of Wright City; great-granddaughter, Angela James of Fort Towson; and greatgreat-grandaughter-in-law, Candace Thomas, great-great-grandson, Chris Thomas, and great-great-great-granddaughter, Addison Thomas, all of Durant. Addison, 2, is the first of two sixth generations to be born to the family and a third is on its way.

Celebrating 94th birthday

Happy birthday to Winey Skelton Palmer who turned 94 years young in October. Mrs. Palmer is doing fine and all her family sends her our love and best birthday wishes Happy birthday mom, grandma and great-grandma!



the CARES Project, feel free to call 918-567-4128. Hvpim Tikba Minti - "Our Children

Look who's 3!

Happy birthday to McKenzie who just turned 3 years old, from Momma, Daddy, Rory and Summer.

Happy 1st birthday Victoria

Victor Jefferson and Carmella Ramirez would like to wish their daughter, Victoria Jefferson, a happy first birthday on September 26. She is the granddaughter of Cassandra Willis, Ignacio Ramirez and Vicky Bailey of Idabel. Her great-grandparents are Bertha and Truman Jefferson, Herod and the late Hazel Willis of Idabel.

Merit Scholarship Finalist

Jessie Kuvkendall was named a 2006 National Merit Finalist and received a college-sponsored Merit Scholarship from Baylor University in Waco, Texas. Jessie was also Valedictorian of her class at Wright Christian Academy in Tulsa, Oklahoma. Jessie is the daughter of John and

Julie Kuykendall, the granddaughter of Glenna Kuykendall and the great-granddaughter of original enrollee Bill Coleman.

VOCATIONAL REHABILITATION

	SUN	MON	TUE	WED	THU	FRI	SAT
D E C E M	A Vocational Rehabilitation representative will be avail- able at the locations listed. A representative is available Monday thru Friday 8-4:30 except for holidays at the Hugo office.				Idabel 10 am-2 pm	2	
	3	4 Antlers by add only	5 Stigler by appt only McAlester 10 am-2 pm	6 Durant 10 am-12 pm	7	8 Poteau 11:30 am- 1 pm	9
B E R	10	11 Durant by appt only	12 Crowder and McAlester by appt only	13 Broken Bow 10 am-2 pm	14	15	16
20	17	18 Talihina 10 am-2 pm	19 Wilburton 10:30 am- 2 pm	20 Atoka 10 am-2 pm Coalgate 10:30-1:30	21	22 Bethel by appt only	23
0 0 6	Christmas Eve 24 New Years Eve 31	25 Christmas Day	26 Keennaa (1226 - 1/1) Bosing Day (Canada)	27 Wright City by appt only	28	29	30

Gipsons have anniversary

Tyler, Ember, Elijah and Cole would like to wish their

21. a belated seventh anniversary wish to their Aunt Melinda and Uncle James Williams of DeQueen, Arkansas, on Sep-

A belated birthday wish goes to Kirkland Williams, of DeQueen. He turned 10 on September 20.

parents Robert and Michelle Gipson of Wright City a happy sixth anniversary on October

They would also like to wish tember 7.





St. John's Presbyterian holding special event

St. John's Presbyterian Church in Rufe, Oklahoma, is inviting everyone to join them for a special day of praise and worship, personal testimonies throughout the event. Everyone who attends Saturday is asked to bring a covered dish. There will be a potluck lunch at 12:30 p.m.

Veterans to be honored

The Choctaw Nation Head Start and the Good Guys program in Durant would like to invite all veterans out to the Head Start Center located behind the complex at 16th and Locust in Durant for coffee and donuts. The children from the Head Start will be handing out flags to the veterans.

All veterans are invited to attend this event on November 9, from 9 a.m. until noon. Hope to see you there.

Clayton and Gracie Brence are proud to announce the arrival of their new baby sister, Olivia Capitola, born May 10, 2006, at Integris Baptist Hospital in Oklahoma City. She weighed 6 pounds 7 ounces and was 19 inches long. Proud parents are Randy and Dee Dee Brence of Choctaw. Olivia is the



great-great-granddaughter of original enrollee Louis Mackey. She is named after her late great-grandmother, Capitola Lowe. She was welcomed by her grandmother, Kathy Lowe; aunt, Krissy Nelson; cousins, Jerryd and Shelby Nelson; great-aunt, Nancy Lowe-Clark; grandma, Jean Gregg, and Uncle Doug and Aunt Shannon. Olivia's grandfather, Sam Brence, passed away 10 days before she arrived, but he and her grandmother, Marcella Brence, and grandfather, Jerry Lowe, are watching over her every day.

Aiden Marcus Collins

Aiden Marcus Collins was born September 7, 2006, at the Women's Hospital in Evansville, Indiana. He weighed 8 pounds 2 ounces and measured 20 inches. Aiden is the son of Justin and Shellee Collins of



Hazelton, Indiana. He is the grandson of John and Colen Hornbrook of Francisco, Indiana, and Ernie and Sandy Collins of Santa Claus, Indiana. He has two older brothers, Lucus and Tristan.

Ada Cheyenne Brown

Barlow and Amanda Brown are proud to announce the arrival of their daughter, Ada Cheyenne Brown. Cheyenne was born in Perryton, Texas. She weighed 7 pounds 6 ounces and was 19 inches long. Grandparents



are Willie and Christie Metcalf. Her uncle is O'Neil Metcalf and her December 9 beginning at 10 a.m. aunt is J.J. Metcalf, all of Hooker. Great-grandparents are Hubert and Guest speakers from Texas and the late Janice Metcalf of Guymon and the great-great-grandparents Oklahoma will be on hand with are the late Lowell and Lucille "Mimmie" Metcalf of Heavener.

Jaxon Tulli Sam Jefferson

Jaxon Tulli Sam Jefferson, son of Austin O'Sam and Julie Jefferson, was born September 3, 2006. Jaxon weighed 6 pounds and 5 ounces and was 18 inches long. Grandparents are Austin and Linda Jefferson and the late Roy McKeever, Teresa McKeever and James Lawhorn.



Aryiana Journey Comley

Brandy and Keith Comley of McAlester would like to announce the birth of their beautiful daughter, Aryiana Journey Comley, a fifth generation. Aryiana was born at 6:41 p.m. on August 25, 2006, in Talihina. She weighed 7 pounds and was 20 inches long. She is the granddaughter of Karen Brojakowski and Lionel Brojakowski, Vivian and Ted Williams, and John Comley. Aryiana's great-grandparents are Sybil Brojakowski, Linda and Charlie Kolb, Allen Rinehimer, and E.D Henson. Aryiana is the great-great-granddaughter of Thelma Paisley and Ruth and James Usrey.

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Grand Champion Market Swine: Brad Spears, Judge Nick Mauk, Brandon Spears, Kelli Spears and Tristian Evans.



Breed Champion Chester White: Angel Andrade and Brandon Spears.



Reserve Breed Champion Chester White: Brandon Lowe, Agricultural Aide, and Alisha Picone.

Jones Academy captures top honors at Arkansas/Oklahoma State Fair

ited the first place Class IV Cross went on to capture the title of

student at Jones Academy, exhib- lected as Champion Cross and Jones Academy, Hartshorne. Market hog at the Arkansas/Okla- Grand Champion Market Hog. Jones Academy, exhibited the

Angel Andrade, a junior at

mium sale lineup.

Alisha Picone, a fifth-grader at lineup. Angel and Alisha's bar- Nation Tribal Council for their homa State Fair in Fort Smith, This event hosted more than 600 first place and Reserve Breed Jones Academy, showed the sec- rows were also bred and raised at continued support of 4-H and Arkansas, held September 22-26. market swine entries. The Grand Champion Chester White Market ond place and Reserve Breed Jones Academy.

Tristian Evans, an eighth grade His barrow, "Blue Neck," was se- Champion was bred and raised at Hog. Alisha's barrow, "Icee," was Champion Chester White Market selected 12th overall in the pre- Hog. Alisha's barrow, "Buster," was 19th overall in premium sale Chief Bailey and the Choctaw

The Jones Academy 4-H'ers appreciate Chief Pyle, Assistant FFA programs.

Billy teaches and entertains students

Tannehill preschool through fourth grade students were introduced to Native American Storyteller Teresa Billy at the Rotary Park Amphitheater in McAlester. She told stories of how the o'possum lost his furry tail, how the turtle got cracks

in his back, and all-time favorite, "The Little Red Hen."

After the storytelling, the children enjoyed a picnic lunch at the parks pavillion followed by an afternoon of fun and games.

Tannehill students are taught the Choctaw Language daily in a talk-back TV class. Teresa Billy is one of the instructors of the program which is taught out of Durant. The children have really enjoyed this wonderful learning experience.



Tannehill preschool through fourth grade students are getting ready for an exciting time listening to storyteller Teresa Billy from the Choctaw Nation.

Choctaws gather in San Bernardino and San Francisco



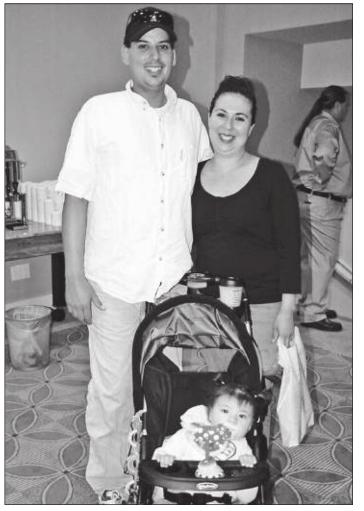


City. He is receiving housing information from Valerie Powell, Leah Williams and Russell Sossamon.

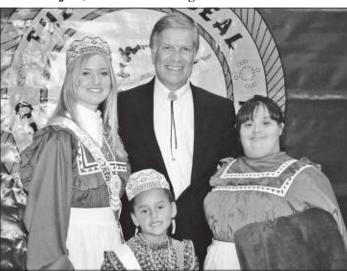


Feather Long and Congressman Joe Baca's representative, Rafael Trujillo, attend the meeting in San Bernardino.

Chief Greg Pyle gives a T-shirt to Jimena Robbins who drew the door prize tickets in San Bernardino.



Richard and Lisa Young arrive at the San Francisco meeting with baby Kiona. Richard came to get help in his effort to have a CDIB issued.



Okla Chahta Royalty pictured with Chief Pyle are Jr. Princess Kelsie Strohmaier, Little Miss Shaylah Youngdale and Honorary Princess Danaia Leyba.



Bob and Saundra Edwards gathered with other Choctaws in San Francisco. Bob is originally from Talihina.

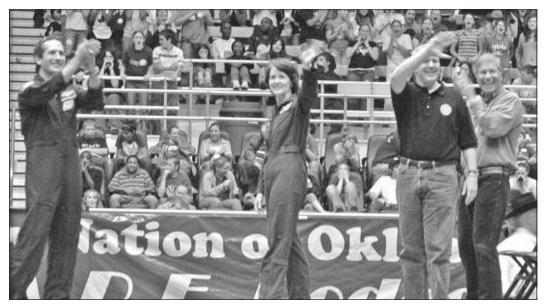


Executive Director of Health Gary Batton visits with James Wilson at the San Francisco meeting.



Ruth Price, baby Dasan Aguilera and Ada Edwards are pictured with Chief Pyle in San Francisco.

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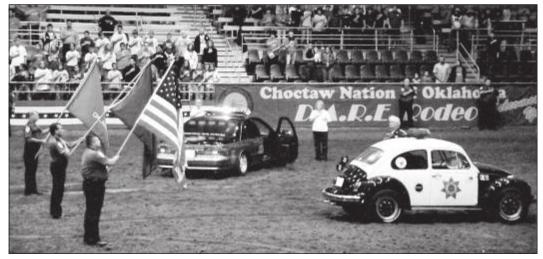


Guest speakers at the 2006 DARE Rodeo include astronauts John Herrington and Kathy Thornton, Oklahoma Governor Brad Henry and Chief Greg Pyle.





Assistant Chief Mike Bailey participates in roping events.



Law enforcement officers are recognized.



Is it a clown? No, it's the "Wild Child," Troy Lerwill.

World Champion

Jace "Peanutt" Roberts, 13, of Atwood travels extensively throughout the United States and Canada with his family participating in many different pow-wows. At the Schemitzun World Championship pow-wow that usually takes place the third weekend in August, Peanutt was crowned with the world championship title in the teen boy's grass dance category. He takes pride and honor is his traditional culture by taking part at many different native gatherings throughout the country. He is very proud to represent the Choctaw Nation. This is his second world championship title in two different dance styles. The family of Peanutt would like to take this opportunity to say congratulations and we are very proud of your accomplishment!





Seventh-, eighth- and ninth-graders filled the coliseum in Durant.



Tie-down roping is popular among area rodeo fans.

Choctaw Nation releases "Choctaw Stories Vol. 1"

Tribe's first animation of a Native American traditional story

The Choctaw Nation proudly announces the release of two beloved Choctaw traditional stories in DVD format. Both stories, "The Show-off Turkey" and "Little Ants Help Turtle," are available on one DVD, with each story presented in an English language translation and an original Choctaw language version. The Choctaw Nation of Oklahoma, in partnership with Choctaw tribal member P.K. Work, have taken our nation in a new, exciting and wonderful direction that honors our past while placing us clearly in the world of today's high technology. Tribal member P. K. Work, graphic artist and web developer, and President/CEO of Work Web Design, began working on this project in 2001 with the Choctaw Nation's Education Department under the leadership of Joy Culbreath. The oral tales and subsequent books released in the 1980s were the focal point of this project. Staying true to

graphics, P.K. Work and Work Web Design painstakingly and by hand, using the latest computer graphics available at the time, translated those characters the first computer CD form.

Work stated, "It was and is more computer animation and graph- by grandparents and parents and than just the preservation of our ics involved in this DVD. traditional language and our traditional stories which in and of itself is extremely important. We are using computer graphics to preserve and disseminate traditional Choctaw values and beliefs systems. These stories convey how we as Choctaws see our world, how we react to it. It preserves and teaches values that we as Choctaw people have lived our lives by, have used and continue to use to exemplify our Choctaw way of life. These values have preserved the Choctaw Nation over hundreds of years in spite of efforts to silence us and take away our way of life. 'Animated Traditional Choctaw Stories Vol. 1' is another example of how Chief Pyle and Assistant Chief Bailey, through the Education Department, are

the Choctaw people to preserve year by Work when a deciour culture and language using sion was made to release it in whatever medium can best serve the newer DVD format. Tribal our people," said Work, CEO of members who have grown up Work Web Design, whose Na- with these stories know them and stories frame by frame into tive American (Choctaw) owned well and will be delighted with graphics and web development this DVD. Many Choctaw chil-Speaking about this project company worked up all of the dren have been told these stories P.K. went on to say that "It was extremely rewarding and fun when our Native speakers came into the mix, then magic happened. Our exemplary native speaker did the voices of the characters and also acted a narrator in both Choctaw and English. It's amazing how long a sentence can be in Choctaw when spoken in Choctaw and how short the tion. Professor Cross is a strong translation is in English." The advocate of Native American voices, both in English and in rights and is a leading voice in Choctaw, were done by Richard Adams, Hannah Bryan, Virginia Espinoza, and Lillie Roberts, all Choctaw native speakers who teach Choctaw language classes through the Chata Anumpa Aiikhvna (School of Choctaw Language).

the oral stories and the familiar fulfilling their commitment to formats, was remastered last elders over the years.

Excitement over the release of

this DVD is widespread. Native

American and OSU Professor

John Cross of the Sociology De-

partment at Oklahoma State Uni-

versity was so excited when he

obtained a copy of it he stated he

was going to see if he could get

it included in OSU's language

department classroom instruc-

the field of the preservations of

It is hoped that the Choctaw

Nation people will add their

two thumbs up to these stores

so that more traditional sto-

ries will be done in the future.

A copy can be purchased at:

www.choctawnation.com/dsp_

naive cultures at OSU.

DVDOrders.cfm.

100% Cowboy - Jason Meadows entertains.

Eaton receives degree from CSU

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Jeffery Mark Eaton Jr. Jeffery graduated from Colorado State University in December 2005. He received his degree in Nutrition and Food Science Microbiology.

ECU grad earns master's

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate: Mindi Paige Smith Mc-Gehee. Mindi graduated in July 2006 from East Central University with a Master's of Education.

I would like to thank the Choctaw Nation for all the support and scholarship funds I received while attending school. I am proud to be a member of such a great and progressive tribe.



thanks to the Choctaw Nation, it has new roads and sidewalks throughout. The roads will make a difference when attracting more business, city officials claim.

"The park is something we can build on and the City of Antlers is thankful," Mayor Brent Franks.

"The help we can bring to an area, increasing jobs, improving the economy, helps all other problems in the area," said Chief Gregory E. Pyle. "This is going to be a huge development, one that will really stand out and be of great benefit to Antlers."

2006 North American **Indigenous Games Champion**

Our thanks to Chief Pyle and the Choctaw Nation for their assistance in making these activities possible. John Ben Seidner, 15-year-old Choctaw tribal member from Midwest City, competed in the 2006 North American Indigenous Games in Denver, Colorado, recently, winning a gold medal in Judo in the Male 15-16 years-old +148 pounds category and a silver medal in the Male Adult 180 pounds category in Judo.

Also, he won a gold medal in cadet division freestyle wrestling.

The Indigenous Games are the largest continuing Native American celebration of both sport and culture in North America. An estimate of 9,000 athletes from Canada and the United States participated in the week-long games.

David Seidner, John Ben's father and Judo coach, won a silver medal in Male Adult 180+ category in Judo. John Ben is a 2006 Oklahoma State Champion in Greco-Roman Wrestling, a 2006 Oklahoma State Judo Champion, a 2006 University of Oklahoma Open Wrestling Tournament Champion and a member of Team Oklahoma National Wrestling Team. He was also listed in this year's edition of "Who's Who Among American High School Students" and "Who's Who Among American High School Sports."

He is the son of David and Sheryl Littlecrow Seidner, grandson of Wilbur and Betty Slinker Seidner, all of Midwest City, great-grandson of William and Dorena Jones Slinker, both Choctaw, deceased, of Oklahoma City, and the great-great-grandson of original Choctaw enrollee Robinson Jones, deceased, and great-great-great grandson of original Choctaw enrollee Logan Jones, deceased, both of Smithville. He's also the great nephew of Charley Jones deceased and Lou Jones of Idabel.

The project, originally completed in 2002 in CD and VHS

Lady angler

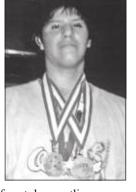
Juanita Conkright, daughter of Alice W. LeFlore, a full-blood Choctaw, finished fifth in the lady angler's division of American Bass Anglers Pro/Am tour. Over 500 people qualified for the nationals held in Paris, Tennessee. This is a week-long event with three days of practice and three days of tournament. The weather was good on the first two days, but falling water conditions made the fishing

tough. Day three started with strong winds out of the northeast and delayed takeoff for two and a half hours, shortening the day. Juanita was proud to represent the Choctaw Nation at the nationals and wore her Choctaw patches throughout the tournament. Juanita and her husband have fished tournaments for five years as a team but this is her first year fishing the Pro/Am circuit.

River of Life Baptist Mission celebrates first year

Everyone is welcome to attend the first anniversary of River of Life Baptist Mission, Hochatown, on December 2. Preaching begins at 9 a.m., dinner is served at noon and singing begins at 1:30 p.m. Guest speakers include Eddie Lindsey and Kerry Warren. Pastor of River of Life is Lee Battiest.

2006 Labor Day Festival **Softball Tournament Winners** Women's Division 1st: Ohoyo Homma; 2nd: Chatas; 3rd: Red Sox **Men's Division** 1st: Next of Kind; 2nd: Nok-a-Homa; 3rd: Native American Comanches



Choctaw Nation honors its outstanding elders



Lyman Choate, District 2, Broken Bow, is a U.S. Navy veteran who also spent years in Reserve as an electrician. He attended Antlers, Goodland and Chilocco Indian schools. He was employed by Dierks, Weyerhauser and Pan Pacific, retiring in 1999. Currently, he is enjoying his God-given talent of working with wood and has won numerous art awards. He and his wife, Ruby, have five children, numerous grandchildren and great-grandchildren. He attends Tohwali United Methodist Church and serves as a Church trustee.

Allen Williams, District 2, Bethel, (not pictured) is a Vietnam veteran and recent retiree from Weyerhauser with 39 years of service. He enjoys spending time with six daughters and granddaughters and going on senior citizen trips. Mike Amos is District 2 Councilman.



Melissa Bohanan, District 2, Bethel, a full-blood Choctaw lady, attends Kulli Chito Church, Bethel. She attends the Bethel Center for the meals program and is active with the Senior Fitness Program. She is a family caregiver to her husband of 57 years, Robert Bohanan, and has raised 10 children. Her hobbies include hunting and fishing.



Leon Bohanan, District 3, Smithville, is retired from USEM with 33 years of service as a test technician. He is currently employed part-time as custodian at the Smithville Community Center, grounds keeper, van maintenance personnel and van driver. He is an ordained Presbyterian Lay Preacher, appointed to serve 11 Presbyterian Churches, delivering his messages in both Choctaw and English. Kenny Bryant is Councilperson for District 3.





Hooser, Bohanan top elders of 2006

Choctaw elders were honored October 5 with a banquet held at the Choctaw Inn in Durant. Chosen as the Outstanding Male and Female Elder of 2006 are John A. Hooser, District 7, and Carrie Belle Tonihka Bohanan, District 2 (not pictured). Chief Gregory E. Pyle and respective Councilpersons awarded each of the Outstanding Elders and each nominee with a plaque.

Hooser, a U.S. Navy veteran, attended Eastern State College, Southeastern State College, and Oklahoma State University where he earned his master's degree and did his graduate work. He began his career as an educator in 1952, then as educator/administrator until his retirement. He began his second career as a supervisor on Veterans Education and is involved with many community activities, including president of Pushmataha County Retired Educators, board member of Clayton City Council, Clayton Cemetery Board, and Cartwright Memorial Library. He is a member of First Baptist Church in Clayton and serves on the finance committee. Hooser is also a member of Frisco Baptist Association group, a group known as "Nail Benders," who helps build and repair churches. He is also involved with the Lions Club.

During the annual meeting of the Oklahoma Historical Society in Oklahoma City, he gave a paper that may be used for the upcoming State of Oklahoma 100 years celebration, "The Mission of Peter J. Hudson for Education, Religion, History and the Choctaw Tribe," a story about his papa.

Hooser has attended many leadership opportunities at Southwestern State College in Weatherford, Florida State University, University of Maryland, Las Vegas, and University of Colorado.

His awards and honors include National Membership Chairman for National Science Teachers Association, President of Council State Science Supervisors and the Missouri Science Educators Award. He had two publications, "Editorial," Science Teacher, January 1970, and "To the Science Teachers of Missouri," Missouri Science News, April 1970. He has or had professional and academic association memberships: National Science Teachers Association, lifetime membership; Council State Science Supervisors, Phi Delta Kappa, and Science Teachers of Missouri.

Hooser married Lucille Spencer in 1944 and they have three children.

Jack Austin is his Councilman.

Carrie Belle Tonihka Bohanan was unable to attend the banquet because she was spending time with a military grandson who had returned stateside for a short time. She maintains God first, family second, and others.

Very vivid in her memory is the loss of Carrie Belle's mother at a very young age and the beginning of her formal education, one in which she was not allowed to speak her Choctaw language. Her father and grandmother cared for her and she was beside her dad at all times. Knowing that Carrie needed an education, he and a friend drove her to Wheelock. While she was being distracted by the Superintendent her dad walked out and left. She chased after her father but was unable to stop him. She spoke very little English, only "yes ma'am" and "no ma'am." Carrie overcame and adapted to changes in her life. She made eye contact with a young man attending Bacone as she was being transported to Oklahoma Presbyterian College. In 1932, on October 31, they were married and enjoyed a long and happy life through lots of hardships, schools, colleges, and seminary where two Christian lives began. Carrie did not continue her education along with her husband after they were married but began caring for the three children that blessed their lives and coping with life on a college campus. She and the children remained beside her husband, attending meetings on local, state and national levels. She held many offices in the women's church work. Carrie realized that the Choctaw Presbytery needed a van and she had heard about using green stamps. She told her women's group, "We can do it." She started a campaign for collecting green stamp books to large churches, writing letters to Presbyterian women throughout the United States. Books began pouring in and in two years and with lots of prayers she collected the 2,000 needed books. One name she remembers, because of who he was, Dick Clark, sent 600 books with a note from his church in Philadelphia. It was a happy day when she and two pastors traveled from her area to Collinsville, Oklahoma, to exchange the books and drive the van home. She dreams big, like a new beautiful church for Mt. Fork Presbyterian Church in Eagletown. Again, she began her campaign by speaking, writing to churches, hard work, and local food and crafts sales to raise the funds needed, and again, she thanks her God because it was a reality and it is a beautiful church in the country. Carrie is a positive person who wants people to reach out and do things for others. She has received awards and honors on her accomplishments as working with a local teacher and local radio program, KBEL, Idabel. News was announced in the English version and if it pertained to Choctaw families, then Carrie Belle translated in the Choctaw language. She was supported by Choctaw elders who encouraged and supported her actions and commended her. Carrie used the Trail of Tears saga and performed a skit to show the people of the hardship and sadness the Choctaw people endured and also used it to help others to understand the Choctaw Removal. She again received support from Choctaw elders and children as they worked with Carrie to carry out the skit.



Raymond Wilson, District 4, Poteau, is a U.S. Army veteran who served two years in Japan and upon returning home he enrolled and earned a degree at Poteau Community College, now known as Carl Albert State College. He then received his degree at Southeastern Oklahoma State University. He is a retired coach, educator and vocational technical specialist who taught in Smithville, Vinita, Murray State and Valliant school systems.

District 4 Councilperson is Delton Cox.



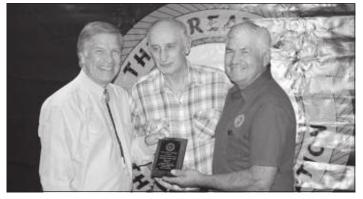
Marcella Widmar, District 4, Poteau, is active with Ladies Auxiliary of Fleet Reserve Association and is a member of Eastern Star. She has taken exercise classes to help people with arthritis and is certified in Senior Health Insurance Counseling Program, volunteering with seniors. She has worked with Leflore county and Choctaw Election Boards. She is active in fund-raising for senior trips and community activities such as the Children's Christmas Program.



Darrell Dunn, District 4.5, Spiro, was a self-employed truck driver for 40 years, becoming a leasing company to businesses and companies in the Fort Smith area. He is proud to have logged 3 million accident-free miles. His hobbies included hunting and fishing until health conditions slowed him down. For the past 10 years, Dunn and his wife, Bennie, spend a week in Tushka Homma during the Choctaw Labor Day Festival.



Leona Samuel, District 3, Smithville, is retired from the Smithville Public School as teacher's assistant with 28 years of service. She is active with the Nanih Chito Presbyterian Church serving as secretary and treasurer of Sunday School for 12 churches. Leona and her husband of 36 years attend the Smithville Senior Center. She is currently the volunteer leader for the Senior Fitness Program.



Gilbert Smallwood, District 3, Talihina, is a retired coach, educator and administrator within Rattan, Buffalo Valley and Talihina schools. He earned his BS on a SOSU basketball scholarship and MS degrees from SOSU while employed with the Talihina school system. "My career has been my pride and joy," says Mr. Smallwood, "and I hope somewhere along the way I made a difference in the lives of young people." He enjoys the daily meals and fellowships at the Talihina Center.



Viola McCurtain, District 3, Talihina, a full-blood Choctaw, attended and graduated from Wheelock Female Academy on May 26, 1939, and received her GED on January 14, 1975. She has been employed with County Extension and as a home and school aide with Talihina Public Schools. She is a faithful member of St. Paul United Methodist Church, serving as treasurer, and served as district officer in the Oklahoma Indian Missionary Conference. Her cultural activities include participating with Talihina Indian Club, Choctaw Language Classes, Native Crafts Sessions and Choctaw vocabulary and Bible sessions. She is an active Choctaw Choir member recording Choctaw Hymns. She has been active in updating the Choctaw dictionary. She was selected as The Living Legend in McCurtain County by the AAUW in April 1966 and was also featured in Oklahoma Traditions in McCurtain County.

Carrie Belle is still very active with crafts, sewing, painting, and gardening. At 92, her age may have slowed her down, but her daily routine begins with feeding the birds, admiring and talking to them. She enjoys traveling and above all is proud to be able to remain at home, doing her housework and cooking for her family. She gives thanks to God and reads her Bible daily. She enjoys the song, "Let the Beauty of Jesus Be Seen in Me," and we all see the twinkle in her eyes and a smile on her face. This is Carrie Belle Bohanan.

Doecha Carol Harris, District 4.5, Spiro, a mother of two, retired with 24 years of service with the U.S. Government Civil Service prior to her employment and retirement with the Choctaw Nation. She work with the Choctaw Nation included administrative clerk at the Rubin White Clinic, as a CHR, then as a field office worker. Her civil service duties included McAlester Ammunition Depot, Corps of Engineers, Tulsa District, and for the Public Health Service. She was recently selected as Choctaw Nation Delegate at the 2006 National Indian Conference on Aging, Tulsa.

Councilpersons Delton Cox and Charlotte Jackson share the Spiro Center.



Larry Franklin, District 5, Stigler, is a NICOA trainee, assisting the community with the upkeep of the Choctaw Community Center in Stigler. He served in the National Guard for six years as a helicopter crew chief. His hobbies included playing basketball and he attends the Enterprise Baptist Church. Charlotte Jackson is District 5 Councilperson.



Linda Sue Mitchell, District 5, Spiro, and her husband of 25 years, Edward, raised three children. She was employed as a seamstress for 20 years and CNA for 15 years. She enjoys arts and crafts and visiting with people. She also enjoys her volunteering activities at the Stigler Choctaw Community Center.

Choctaw Nation honors its outstanding elders



James M. Noley, District 6, Wilburton, served in the Army National Guard and as an Army enlistment stationed in Frankfort, Germany. He earned his BS and MS from Northeastern and worked on graduate studies at OU. He taught in schools in Oklahoma and Kansas before returning home to Eastern Oklahoma State College working with the Indian Outreach Program and with the Veterans Affairs Program. He then accepted a position with the University of Central Oklahoma and during his 13 years served as American Indian Counselor, Enrollment Advisor at Tinker Air Force Base and coordinator of multi-cultural student services. He is also an outstanding volunteer at the Wilburton Community Center as van driver, committee treasurer, and helping his fellow elders in the community.

Betty Hall, District 6, Wilburton, (not pictured) has attended Center Point Baptist for the past 40 years and she serves as pianist and assistant teacher for the Women's Class. She is currently the treasurer for Wilburton Choctaw Seniors and has served as secretary for five years. She has volunteered in the pharmacy at the Latimer Christian Free Clinic. She enjoys genealogy and is the treasurer of the Glenn-Tucker Cousins Association. She is a board member of Kiamichi Area Nutrition Project and an active member in the local chapter of Oklahoma Eastern Star. Joe Coley is District 6 Councilperson.



David Davis, District 7, Wright City, is a Vietnam veteran. He was drafted during his senior year at Central State University, Edmond. He received many honors and an Army Commendation Medal during the Vietnam campaign. After returning home, he retired from Weyerhauser Company after 36 years as an electrician. He is a member of the First Baptist Church, a Deacon and Adult Sunday School teacher. His hobbies include pitching horseshoes and hunting.



Mary Andoe, District 7, Wright City, attended Wright City High School, graduated from SOSU in 1971 and recently retired from land Presbyterian. Lorena was recently selected as Choctaw Nation



Julia Knight, District 9, Durant, the mother of two children, owned and operated a local grocery store. She did volunteer work at Choctaw Nation, teaching elders ceramics, quilting and crafts, and also volunteered with Three Valley Museum, the school system, and at the hospital for 31 years. She enjoys clubs such as Ohoyohoma, Business and Professional Women, Delphains and American Legion. Her Councilman is Ted Dosh.



Aline Ward, District 11, McAlester, serves as the Vice President of the Senior Center and she coordinates activities and trips for the McAlester Senior Center. She is a member of Victory Park Baptist Church for 45 years, serving as group leader of Naomi Sunday School class and volunteering in the Soup Kitchen every Friday for the past 23 years. She has an LPN license and the patience to work with people and students for a number of years. She worked for 23 1/2 years with Jones Academy as a house parent and health coordinator. Since her retirement she serves as caregiver to family and friends needing transportation to clinics and pharmacies. Her Councilman is Bob Pate.



Rayson Nichols, District 10, Atoka, is the father of seven children. He served 21 years with the Air Force with duties that included aviation, Intercontinental Ballistic Missile and space exploration. Retiring from the Air Force, he received a teaching certificate, taught school and then served as a school administrator. He was employed by the Choctaw Nation as the Education Director for five years. He is a member of United Methodist Church and serves as Sunday School teacher for young adults. Currently, he is a family caregiver to his sister. "I strive to be a friend to all I meet and to help those in need in anyway I can," said Nichols. His Councilman is Anthony Dillard.



Eddie H. Barker, District 12, Crowder, attended Chilocco Indian School and joined the Navy in 1954. He attended Naval Liviation School in Norman and in Memphis, Tennessee. After returning from his military duty he married Juanita and they are the parents of three children. Today, he enjoys fishing, hunting and gardening. He also enjoys being active and helping at the Crowder Choctaw Center. His Councilman is James Frazier.



Lorena Cooper, District 10, Atoka, is 83 years old and married to Mose Cooper. She has 10 children, 25 grandchildren and 41 greatgrandchildren. She is very active in her church, Coal Creek Cumber-



Mary Lee Risenhoover, District 12, Crowder, at an early age helped her grandmother raise her younger siblings. She married and had six children of her own, now with grandchildren and greatgrandchildren to enjoy. She enjoys reading, cooking and quilting and is known for Amish Friendship Bread that she has shared with many friends. The Amish Bread is very popular at the Crowder Senior Citizens weekly luncheon raffle. She enjoys the socialization at the

include reading and caring for her plants. She has served as OEA local speaks Choctaw fluently and is very active in her District 10 Senior president for 18 years and has been listed in Who's Who of American Program. She even attended the Lynyrd Skynyrd concert in Durant. Teachers. Jack Austin is the Councilperson for District 7.

Jenny Beth Caraway, District 7, Antlers, (not pictured) has served Pushmataha County as County Treasurer since July 1991 and has been unopposed for the past five terms. She is a member of First United Methodist Church and serves as Church treasurer and youth sponsor. She is a proud member of the Choctaw Nation.



Henry Rodriquez, District 8, Hugo, is an active participant and outstanding volunteer on a weekly basis with the Hugo Senior Nutrition Program. He is the father of six children and a lifetime resident of Choctaw County. His favorite hobby is going out to eat.



Tommie Jones, District 8, Hugo, raised four children and currently resides in Soper. She enjoys time with her grandchildren, fishing and attending the casino on Senior Day. She enjoys fellowship at the Hugo Senior Center and loves singing gospel music.

Perry Thompson is the Councilperson for District 8.



Chief Gregory E. Pyle, District 9, Durant, was nominated by the Senior participants and Councilmember Ted Dosh of the Durant Center. Chief Pyle is honored for this consideration but his mission statement as a tribal leader is "Always do the right things" and therefore, withdrew his biography to be considered as a candidate for Outstanding Choctaw Male. In 1999, under Chief Pyle's administration, Choctaw Nation began to recognize and honor Outstanding Choctaw elders from each district.

Wright City Public School with 33 years of service. Her hobbies Delegate at the National Indian Conference on Aging in Tulsa. She Her Councilman is Anthony Dillard.



Andrew J. Johnson, District 11, McAlester, retired from the Union Pacific Railroad as a machine operator after 33 years of service. He is an outstanding volunteer at the McAlester Choctaw Senior enlistment she raised her seven children, enrolled in college major-Center on a weekly basis. He is also an active community volunteer ing in accounting and landed a job at the Veterans Administration with Camp Plea for the past 22 years, a camp sponsored by Pittsburg Hospital in Oklahoma City. Nellie earned awards and was recognized County law enforcement for underprivileged and handicapped for her dedication and devotion to the Veterans Administration. She children. He is a volunteer with Kiowa FFA students assisting with their show animals, transporting animals to county and state events and heavily involved with fund-raising and preparing of the annual banquet. Johnson has also volunteered with the Kiowa, Pittsburg and Blanco Volunteer Fire Departments and for the past 13 years has hosted an annual gospel singing at his family home. He volunteers Choctaw Delegate to the 2006 NICOA Conference and works with with his church, mowing the lawns, cleaning the church and transporting youth to different activities. His Councilman is Bob Pate.

center's weekly luncheon. Her Councilman is James Frazier.



Nellie Hunter, District 12, Coalgate, entered the U.S. Army WAC after graduating from high school and while stationed in Ryukyu Island was chosen as WAC of the month in November of 1959. She was assigned as Administrative Specialist in the office of Commander in Chief, Pacific Representative US ARMY SIX Corps. After her returned to Tupelo to begin her family caregiving role, taking care of family. She is a member of the Choctaw Nation Color Guard, secretary/treasurer of the Choctaw Veterans Association, secretary of the Five Tribes Veterans Association and is a Veterans Service Officer. She volunteers with Coalgate Senior Center, selected as a Choctaw children and youth of Coal County. Her Councilman is James Frazier.

Choctaw artists

win at art show At the 2006 Cherokee Art Market on October 14 and 15, four Choctaw artists were honored with awards for their work. Marcus Amerman of Santa Fe, New Mexico, won the Best of Show Award for his beaded vest. Argus Dowdy of Skiatook received the Best of Division for Cultural Items for his hand-carved pipe. Gwen Coleman Lester of Claremore received the Best of Division for Water-based Painting and Norma Howard of Stigler won First Runner up for Water-based Painting. Cherokee Nation sponsored the juried art show held at the Cherokee Casino Resort in Catoosa.



Gwen Coleman Lester, Marcus Amerman, Norma Howard and Argus Dowdy.

OBITUARIES

James Lowman

James Lowman passed away May 19, 2006. He was born September 11, 1942. James had lived in Minneapolis, Minnesota.

He was preceded in death by his parents and one brother.

Survivors include his wife, Priscilla of the home, and one son, James Jr. of Minneapolis; brothers, Leroy Lowman

Lowman of Tulsa.

The family would like to thank Chief Greg Pyle, Assistant Chief Della Peacock, Ruby Hibbs and Maudie. Mike Bailey, Councilman Kenny Bryant and Choctaw Nation employees for everything they did.

Joel John Thompson Jr.

Joel John Thompson Jr., 88, passed away September 4, 2006, at his residence in Waco, Texas. He was born December 14, 1917, in Choctaw County, son of Joel J. and Ira Williams Thompson.

He moved from Oklahoma to the Commerce, Texas, area during the early Depression years. As a young adult he moved back to Hugo. He served in the U.S. Navy during World War II as a PO3. Joel was a sign painter for about 40 years in Waco. He received his airplane pilot's certificate. He was a member of Richfield Christian Church and for many years a member of Masonic Lodge Waco #92

After his first marriage to Glenna Flanagan, he married Judy Millus Thompson who preceded him in death. He then married Lena "Gypsy" Luttrell. He was also preceded in death by one daughter, Dianne Stephenson, and an infant daughter and five sisters.

Survivors include his wife; sons, Joel John Thompson III and Phil Thompson and his wife, Gwen; six grandchildren and nine great-grandchildren.

Thomas C. Holleman Jr.

Thomas C. "Geronimo" Holleman Jr., 82, passed away September 10, 2006, in New Iberia. He was born November 17, 1923, in Holleman.

He was a graduate of McAlester High School and attended Southeastern Oklahoma State University on a football scholarship. He was sent to SLI, now the University of Louisiana at Lafayette, by the U.S. Marines, for the V-12 Program during World War II. Mr. Holleman then served in World War II and the Korean War as a member of the 3rd Battalion, 1st Marine Division, 1st Marine Regiment, receiving the Bronze Star with combat V, Navy Commendation Ribbon with combat V, Korean Service medal with bronze star and the United Nations Service medal. He was a past commandant of the McIlhenny Marine Corps League. Mr. Holleman was one of the founders of Cardinal Wireline Specialist in New Iberia.

He was preceded in death by his parents and by his wife of 59 years, Eleanor Landry Holleman.

Survivors include his sons, Thomas C. Holleman III and wife Vicki of New Iberia, John Holleman and wife Betsy, and James A. Holleman and wife Kelly of New Iberia; daughters, Mary Holleman Beaullieu and husband G.A. "Buster" Beaullieu of New Iberia, and Eleanor A. Holleman of Indianapolis; grandchildren, Gerald "Beau" Beaullieu IV, Charlie Beaullieu, Paul Beaullieu, Helen Bayard, Thomas Holleman IV, Lindley Holleman, Andrew Holleman, Rebecca Holleman, Robin Boatright, Elizabeth Holle man, John Holleman Jr. and Lindsay Holleman; and great-grandchildren, Mary-Alizabeth Beaullieu, Emma T. Beaullieu, Gerald A. Beaullieu V, Thomas L. Beaullieu, Noah T. Bayard and Kennedy A. Holleman.



Ellie Redden

Ellie Redden, 94, passed away September 15, 2006. She was born February 8, 1912, near Nashoba. Her maternal grandparents were Joshua and Jane McCurtain. Her two oldest siblings, Della and Bill, were born in Indian Territory and were on the Dawes Rolls. Her younger brother, Raymond, was a decorated World War II hero, killed in action, near Achen, Germany. Her formative years were spent in the hills by Jack Creek where she attended a school that was taught by an older cousin, Ethel McKinnon.

She was preceded in death by two husbands, Virgil Cunningham of Oklahoma City, Jerry and Jimmy Lowman of Bethel and Jackie and John D. Redden; her parents, John Williams and Minnie Mc-Curtain; three brothers, Bill, Raymond and Joe; and three sisters,

> Survivors include her youngest sister, Iva Tomlin of San Jose, California; nieces, Sandra Tomlin of Pinole, California, Deborah Segerstrom and Cheryl Eagen of San Jose, Denise Tomlin of Santa Clara, California, and Kaye Hibbs Smith of San Jose.

> She had a friend for over 50 years, Myrtle Beasley, who was also her next-door neighbor. They worked together for years, operating produce stands. Ellie's husband, Virgil, brought in the produce from farmers near and far. She was a remarkable homemaker and an extraordinary cook. The last years of her life she bonded with her provider, Lisa Williams, who became like a daughter to her and was her loval companion in her final months.

She will be remembered lovingly by her family and friends.

Wanda Lee Brown Branham

Wanda Lee Brown Branham, 80, passed away November 10, 2005. She was born July 27, 1925, in Calera to Henry and Minnie Brown.

She loved life and helped anyone she could. She lived with her daughter and son-in-law, Peggy and David Hiser of Collinsville for the last 15 years.

She was preceded in death by her husband, Howard F. Branham, and a grand-

son, Kevin Branham.

Survivors include one daughter, Peggy Hiser; three sons, Eugene McAlester, the son of Thomas C. Holleman Sr. and Angie Dearen Branham, Larry Branham and Charles Branham; 12 grandchildren; 15 great-grandchildren; 19 great-great-grandchildren; and two sisters, Margret King of Oakley, California, and Joann Norris of La-Junta, Colorado.

Johnnie Vance McKee

Longtime Tussy resident Johnnie Vance McKee, 64, passed away September 14, 2006, at Integris Baptist Medical Center in Oklahoma City. He was born February 9, 1942, to Jno S. and Alta Sanner McKee.

Johnnie joined the U.S. Air Force in 1960. While stationed in Auguadilla, Puerto Rico, he met the love of his life, Dalila. The two were married on September 22, 1962. Johnnie and Dalila returned to the United States and eventually settled in Tussy, where they raised two sons.

Johnnie was an avid outdoorsman and family man. He loved spending time hunting and fishing with Dalila and the boys. Johnnie was fortunate enough to spend the last 13 years of his life with his dog, Chewey. They were constant companions and were rarely seen apart. He fondly referred to him as his third son. He was a re- in 1973 to Duncan. He lived there with tired businessman and rancher and was a member of the American

Edward Guinn Beal

Edward Guinn Beal, 86, passed away September 25, 2006, in Victor, New York. Edward was born July 12, 1920, in Eubanks, Oklahoma, to James and Minnie Beal.

Edward served with the U.S. Navy prior to and during World War II. He was a Pearl Harbor survivor.

He was preceded in death by his parents and a brother, Charles Anderson.

Survivors include his wife, Virginia; children, Virginia (Sam) Brayla of Florida, Linda (Bob) of Victor, New York, Thomas J. Beal of Shortsville, New York, and Terry (Roger) Smith of Florida; 12 grandchildren; 12 great-grandchildren; three sisters and many nieces and nephews.

David Wayne Lewis

David Wayne Lewis, 38, of Talihina passed away September 27, 2006, at his home. He was born March 27, 1968, in Norfolk, Virginia.

David married Tonya Burnett on August 18, 2006, in McAlester. He was a very caring person and was always willing to lend a helping hand.

He was preceded in death by his maternal grandparents, William J. and Jo Ann Jobe, and paternal grandmother, Lillie Thompson.

Survivors include his wife of the home; sons, David Lewis Jr. of Lake Arthur, Louisiana, and Trevor Collin Lewis of Talihina; stepson, Dale Waterback of Poteau; stepdaughter, Hailei Emde of Talihina; daughter, Victoria Belle Lewis of Poteau; father, Dallas Lewis of Talihina; mother, Kay Quinn of Wilburton; sister, Ann and husband Thomas Walls of Talihina; nieces, Heather Long of Poteau and Kimberly Walls of Talihina; nephews, Michael Long of Poteau and Jimmy Green and Thomas Walls Jr., both of Talihina; uncles, Jerry Thompson of Durant, James Quinn of Talihina and Jacky Bush of Heavener; mother-in-law, Sharon Burnett of Talihina; and numerous other relatives and a host of friends.

Dan D. Wilson

Dan D. Wilson, 88, of Cooper, Texas, passed away September 11, 2006, at Paris Regional Medical Center. He was born January 27, 1918, in Broken Bow, the son of Tom Wilson and Della Bailey Wilson.

He was a veteran of World War II, serving in the U.S. Army. He retired from the Dallas Times Herald where he was a linotype operator, completing his career of more than 40 years in the newspaper industry. He was of the Baptist faith.

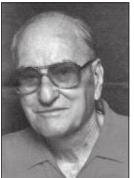
His wife, Lula Mae Belvin Wilson, passed away in May 1984.

Survivors include a son, Ronnie Wilson of Dallas; daughter, Connie Waters of Cooper; sister, Ann Jaquec of Hochatown; eight grandchildren; five great-grandchildren and one soon-to-be greatgreat-granddaughter.

Alva Paul 'Boots' Sanner

Boots Sanner, a Sun City, Arizona, resident for 14 years, passed away April 22, 2005. He was 92. He was born on September 15, 1912, in Velma, Oklahoma. Boots worked for the Skelley Oil Company for over 30 years and retired his wife, Doris, until they moved to Sun City in 1991.

Survivors include his wife; his sister,





Martha Lou Kenieutubbe

Martha Lou Kenieutubbe, 56, of McAlester passed away October 12, 2006, in McAlester. She was born June 4, 1950, in Talihina to Calvin and Gladys Jefferson Hampton.

She married Osborne L. Kenieutubbe Jr. on June 20, 1978, in McAlester. She was a member of Double Springs Baptist Church.



Martha was a homemaker. She was active in the Jefferson PTA, serving as past president. She was a member of the Choctaw-Chickasaw Women's Missionary Union, serving as past president, treasurer and as a board member. Martha enjoyed reading the Bible and sewing.

She was preceded in death by her parents and a brother, Billy Wayne Hampton.

Survivors include her husband, Osborne L. "Bones" Kenieutubbe of the home; sons, Truman L. Kenieutubbe, Taylor L. Kenieutubbe, Thurman L. Kenieutubbe and Travis L. Kenieutubbe; daughter, Teresa L. Kenieutubbe and Brian Hamilton, all of McAlester; grandchildren, Austin, Ethan and Anna Kenieutubbe; sister, Phyllis Williams of McAlester; brother-in-law, John Kenieutubbe of Las Vegas, Nevada; sisters-in-law, Regina Kenieutubbe of Anadarko, Wanda Byington of McAlester, and Janie Bear of Bell Gardens, California; a niece, Crystal Smith of McAlester and other family members and friends.

Wynema Gladys Steidley Bell

Wynema Gladys Bell, 87, of McAlester passed away August 5, 2006, at the McAlester Regional Health Center. She was born March 10, 1919, in Indianola, Oklahoma, to original Choctaw enrollee Elsie Nale Steidley and Eddie Steidley.

She married Eugene Albert Bell in 1940. She and her husband owned and operated "The New Eat Shop" and "The DeLux" restaurants in McAlester for 25 years.

She loved flowers and working in her vegetable garden. She often took her grandchildren on walks when they were young and shared her passion for nature with them. She was particularly proud of her Choctaw heritage and passed that pride on to her children and grandchildren.

Wynema was a member of the McAlester First Baptist Church most of her life.

She was preceded in death by her husband, Eugene Bell; her father, Eddie Steidley; her mother and stepfather, Elsie and Ed Clayton; a sister, Leona Harbor, and a brother, Howard Steidley.

Survivors include her son, Eddie Bell; daughter, Nell L. London; five granddaughters; four great-grandsons and four great-granddaughters.

Legion and the VFW.

He was preceded in death by his father; his stepfather, Lonnie Stevens; a sister, Dortha McKee; and an infant daughter, Mary Dalila McKee.

Survivors include his wife of the home; two sons and daughtersin-law, Darin and Randee McKee of Pawhuska and Russell and Kristie McKee of Durant; six grandchildren, Dalton and Conner McKee, Tristan and Caitlin McKee and Ashley and Cody Brown; his mother, Alta Stevens of Duncan; his stepmother, Irene McKee of Pauls Valley; two stepsisters, Elizabeth Shebester of Pauls Valley and Gladys Murrillo and her husband, Miguel, of Duncan.

Vera Ann Meshaya Frazier

Vera Ann Meshaya Frazier, 61, passed away after a long and courageous fight with cancer on September 7, 2006, in her home at Antlers. She was born January 23, 1945, in Atoka to Reed and Lizzie Leflore Williams.

She worked as a ward clerk and nurses aide for Pushmataha County Hospital for 34 years. Vera was married to the late Martin Meshaya Jr. for 30 years. She had been married to Johnny Frazier for the last nine years.

Vera was a member of the Old Cedar United Methodist Church. She enjoyed sewing, crocheting, quilting, and other arts and crafts with her best friend, Odetha, and she especially loved being with her grandchildren.

She was preceded in death by her first husband; mother, Lizzie Williams, and sister, Joyce Williams.

Survivors include her father, Reed Williams of Tushka; husband, Johnny Frazier, of the home; daughters, Tiffany Meshaya-Wilson and husband Daniel of Antlers, Stephanie Meshaya-Samuels and husband Matthew of Muskogee, Gayle Meshaya-Burr and husband Scott of Talihina and Robin Meshaya of the home; eight grandchildren, Robin Gayle Wilson, Martin Meshaya Wilson, Raven Leeann Wilson, Matthew Van Samuels Jr., Brandon Eli Samuels, Marty Nathaniel Meshaya, Jagger Reed Meshaya and Will Meshaya Osborne; a sister, Vivian "Chita" Marris and husband Woody of Tushka; brothers, Jerry Williams and wife Wanda of Antlers and Johnny Williams of Tushka, and a host of nieces and nephews.

Allen Cusher

Allen Cusher, 82, of Broken Bow passed away September 15, 2006, at his residence. He was born May 21, 1924, at Beachton to Les E. and Sina Wilson Cusher.

Allen retired from Weyerhaueser where he worked for many years. He was a decorated U.S. Navy veteran who served on the USS Block Island. He was a member of the VFW and the American Legion. He had lived in McCurtain County for the last 70 years.

He was preceded in death by his parents, four sisters and three brothers.

Survivors include his sister, Laura Carney of Smithville; nieces, Leila Spradlin of Longview, Texas, and Linda Barnes of Stinnett, Texas; nephews, Elton Carney and Con Cusher of Smithville; numerous great-nieces, great-nephews, other relatives and a host of friends.

Oma; his twin sister, Alta; three children, Elois Ann, Greg and Brett; grandchildren, Saleena, Andrea, Connor and Nicholas; and great-grandchildren, Bobby Brent, Melina, Shenandoah and Dakota.

FOOD DISTRIBUTION

ANTLERS

December 1: Poteau (A-L) 9-2 (warehouse closed for site) December 5: Idabel 9-11; Broken Bow 12-2 (warehouse closed for site) December 7: Bethel 9-10:30; Smithville 12-2(warehouse closed for site) December 12: Poteau (M-Z) 9-2 (warehouse closed for site) December 14: Warehouses closed - employee meeting December 25-26: Tribal Holidays December 27-29: Closed for Inventory Warehouse open 9 a.m.-3 p.m. on Dec. 4, 6, 8, 11, 13, 15, 18, 19, 20, 21, 22

DURANT

December 14: Warehouses closed - employee meeting December 25-26: Tribal Holidays December 27-29: Closed for Inventory Warehouse open 9 a.m.-3 p.m. on Dec. 1, 4, 5, 6, 7, 8, 11, 12, 13 15, 18, 19, 20, 21, 22

McALESTER

December 4: Stigler 9-12 (warehouse closed for site) December 14: Warehouses closed - employee meeting December 25-26: Tribal Holidays December 27-29: Closed for Inventory Warehouse open 9 a.m.-3 p.m. on Dec. 1, 5, 6, 7, 8, 11, 12, 13, 15, 18, 19, 20, 21, 22

CHOCTAW NATION FOOD DISTRIBUTION

Open 9 a.m.-3 p.m. Monday thru Friday We will take lunch from 11:30 to 12 noon WAREHOUSES Antlers: Choctaw Community, 306 S.W. "O" St., 580-298-

Durant: Warehouse, 100 Waldron Dr., 580-924-7773 McAlester: Warehouse, 1212 S. Main St., 918-420-5716 FOOD DISTRIBUTION SITES

Bethel: Choctaw Community Building

Broken Bow: Choctaw Family Investment Center

Idabel: Choctaw Village Shopping Center

Poteau: Choctaw Family Investment Center

Smithville: Choctaw Community Center

Stigler: Choctaw Community Center

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