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CHOCTAW NATION

The Official Publication of the Choctaw Nation of Oklahoma

November 2014 Issue

Tribal council holds regular session

The Choctaw Nation Tribal Council met in regular session Oct. 11 at Tvshka Homma.

New business approved included:

- Funds and budgets for the Rural Community Development Initiative, Climate Change Adaptation, PREP Program, Rural Business Opportunity Grant, Social and Economic Development Strategies Grant, and Injury Prevention Continuation.
- Modifications of FY 2014 WIC and WIC Farmers Market budgets and FY 2015 Capital Projects Budget.
- An Agreement between the Choctaw Nation, the Chickasaw Nation, and the U.S. Department of Health and Human Services allowing the Choctaw Nation to provide health care for American Indian/Alaska Natives from a health clinic in Durant.
- A division order for Avatar Energy LLC on Choctaw tribal land in LeFlore County.
- A business lease with McCurtain County Solid Waste Management Authority on Choctaw tribal land.
- Disposal of surplus equipment.

The Tribal Council meets at 10 a.m. on the second Saturday of each month in the Council Chambers at Tvshka Homma.

Over 18 years old? Don't forget to update your membership card

If you have recently turned 18 or will be turning 18 within the next 60 days and have not yet obtained your Adult Membership card please complete a new Tribal Membership application and return to the Choctaw Nation Tribal Membership Department. The application can be found online at www.choctawnation.com or by contacting the Tribal Membership office at (800) 522-6170 or (580) 924-8280.

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The Mission of the Choctaw Nation of Oklahoma

To enhance the lives of all members through opportunities designed to develop healthy, successful and productive lifestyles.

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Reaching new heights at Choctaw Casino Resort

Hotel tops out at 14th story

By BRANDON FRYE
Choctaw Nation

The Choctaw Nation held a topping out ceremony, a construction milestone, for the Choctaw Casino Resort Expansion in Durant on Oct. 30.

The event was held atop the current parking garage, with a view of the construction and casino grounds. Dignitaries, employees, as well as anyone in attendance signed the last beam to be placed on the new hotel tower, and a tree was hoisted and placed on the newly finished top floor to symbolize growth and offer thanks for the natural materials used in construction.

Chief Gary Batton said

this expansion is an investment in tribal members, in the community of Durant, and in this area of the country.

"One of the things that is important to us is the economic impact that we have here in Durant," Batton said. "We've had over 400 people working on this particular site. Once we finish, we will hire more than 300 people—that's over 700 employment opportunities for our people here in southeastern Oklahoma."

He went on to explain the Nation is working to make the area a regional tourist destination. "We believe in investing in tourism, not only here, but we are trying to invest



throughout the 10 1/2 counties. We want people to come and visit north Texas and southeastern Oklahoma," Batton said.

In addition to the new

hotel tower featuring 231 rooms, 55 suites, and a full-service spa with a hair and nail salon, the expansion will include an event venue and additional conference space. In Fall 2015, the expansion will be completed and feature 600 additional slot machines, more food and beverage options, and an entertainment complex featuring a 20-lane bowling alley, arcade, laser tag, and cinema complex with four state-of-the-art theaters.

Janie Dillard, Executive Director of Gaming for the Choctaw Nation, said the reasons for the expansion are to continue the growth of the Nation's economic development, bring more jobs to southeastern Oklahoma, and develop this property to a full family oriented resort so the whole family can come and enjoy entertainment.

"We are beginning to lay a foundation, this is the first phase of many other openings, and we aren't finished yet," Dillard said.

Expansion Features

- 4-theater Cinema
- 20-lane bowling alley
- Arcade
- Laser tag
- Indoor/outdoor bar and grill
- 3-venue food court and sports bar
- 600 new slot machines
- Full service spa with additional treatment rooms
- Multi-purpose 3-level convention and event venue on the second floor
- New hotel tower with 231 rooms and 55 suites
- Over 100,000 square feet of convention and event space

Opening in the Fall of 2015



Photo Provided

Choctaw Tribal Members honored at the 6th Annual AARP Oklahoma Indian Elders included Front (l-r): Lorene Blaine, former Chief Greg Pyle, Sue Folsom, and Robin Woodley. Back row (l-r): AARP Oklahoma State President Marjorie Lyons; Choctaw Tribal Council Member Thomas Williston; Choctaw Chief Gary Batton; Choctaw Assistant Chief Jack Austin, Jr.; Choctaw Tribal Councilman Ted Dosh; AARP Oklahoma Associate State Director Mashell Sourjohn; Choctaw Tribal Councilman Anthony Dillard; AARP Oklahoma State Director Sean Voskuhl.

AARP recognizes Choctaw Indian Elders at annual event

Former Choctaw Chief receives inaugural award

More than 700 family members, tribal leaders and honored guests from across the state attended the 6th Annual AARP Oklahoma Indian Elder Honors held in Oklahoma City on Oct. 7. The ceremony recognized elders from 30 Oklahoma tribes and nations. The AARP Oklahoma Indian Elder Honors is the largest event of its kind bringing together all Oklahoma tribes and nations to recognize the contribution of elders to their tribes, communities, family and state, said AARP Oklahoma State President Marjorie Lyons.

Former Choctaw Chief Gregory E. Pyle was named the inaugural recipient of the Dr. John Edwards Memorial Leadership Award in recognition of more than 30 years of service to his people. The award is named after long-time AARP Oklahoma

Executive Council Member John Edwards who passed away earlier this year.

"Chief Pyle is a visionary leader whose service to all Native Americans will continue to be felt for generations to come," Lyons said.

Honoree Lorene Blaine is actively involved in cultural activities of the Choctaw Nation. She has passed down her talents of cooking native food, singing the native language, beadwork and sewing. Lorene formed the Inter-Tribal Club in 1992 and organized the first Inter-Tribal Pow Wow for the City of Durant. She was an observer for the Department of Justice voting rights for the past 12 years and was named 2008-09 Outstanding Female Elder of the Choctaw Nation.

Also honored, Sue Folsom has been instrumental in sustaining the lifestyle of the Choctaw people as Executive Director of the Cultural Services Division of the Nation. She leads a staff that is

keeper of Choctaw culture, traditions, and history. In addition to orchestrating events, stickball teams, the Choctaw Labor Day Festival, and planning a new cultural center, Sue has passed down her skills of making crafts to her staff which, in turn, is teaching others how to make baskets, traditional clothing, pottery and beadwork.

Robin Woodley saw a need in her community and organized evening meal opportunities for people of all ages. She located a facility in her town that is convenient for socially economically challenged patrons, secured funding through privileged tribal resources, spearheaded advertising, school relations, food donations, food preparations and serving. Since opening in August of 2013 an average of 100 people per week are served food, with the largest majority being Native American seniors and young families with children, all of native descent.



See more stories and elder photos on pages 2, 6, and 7.

Choctaw Nation Outstanding Elders of 2014, Ronnie Scott and Rosa Gilmore pictured with Chief Gary Batton, their Councilmen, Anthony Dillard and Ted Dosh, and Assistant Chief Jack Austin Jr.

Outstanding Choctaw Elders honored

By ZACH MAXWELL
Choctaw Nation

Rosa Gilmore and Ronnie Scott were the top honorees at a banquet for Outstanding Choctaw Elders held in Durant on Oct. 14. This is the 15th year of the Outstanding Elders program organized by the Senior Nutrition Program.

One of the first honorees from 2000, Rev. Bertram Bobb, offered the opening and closing

prayers as Tribal Chaplain.

Both Chief Gary Batton and Council Speaker Delton Cox praised the elders for setting a high example for new generations.

"The path you have set for us in the Choctaw Nation, we want to continue that," Batton said. "I appreciate all the examples you have set for us."

"You're the ones who started what we have today," Cox said.

FAITH, FAMILY AND CULTURE

Valuable life lessons through FFA



One of the greatest experiences and learning opportunities I had as a youth was my time in the FFA, both as a young member and as club president at Clayton. It was much more than just learning to care for animals. As a new member of the program, I was too shy and quiet to be comfortable with all eyes on me in the show ring, and certainly not comfortable to speak out in public! With experience and the mentoring of some great people whom I still admire, FFA helped bring me out of my shell and showed me I could stand and speak with composure in front of a large group of people.

Knowing the metamorphosis that occurred in my life has made me a huge advocate and supporter!

The Spring Livestock Show season begins next month and students are working several hours every day to prepare their animals to be the best.

The Choctaw Nation has held an annual livestock show since 1991. The show has grown so large, there is a need for a northern location in Wilburton and a southern in Durant. An average of 800 animals are shown each year at the Choctaw Nation show. They are also entered in county and state shows during the busy season.

The many aspects of agriculture are an important part of students' lives at Jones Academy. When Wilson N. Jones first opened the school in 1891, the kids would spend the first half of the day working in the crops and with the animals. They would spend the afternoons in classes.

Now, there is an average of 40 students from the fourth through 12th grade involved in Jones Academy's more specialized swine program. It's the largest FFA program on campus.

From the time the pig is born, until the end of show season, each student learns to groom, feed, give shots, and clip their teeth and ears. They work together and become a close-knit family.

They go to the barn after school is over at 3:15 p.m. and work until 5. If any have spare time later in the evening, they will walk back to the barn to spend more time with their animal, brushing and talking—creating a bond. I have attended a lot of livestock shows and it is not an unusual sight to see a young boy or girl napping in the pen with their pig.

The daily responsibility helps the youth develop good work ethics. They learn to work as a team and their self-esteem increases as the year progresses.

Jones Academy Director Brad Spears says they learn to win as a team and they learn to lose as a team.

The better show pigs are retained and put in a breeding herd. The students like being able to show another pig out of their older pig's litter. One of the most popular things to see at Jones Academy is the Wall of Fame from premium sales.

The Choctaw Nation is at the forefront assisting with premium sales in Southeast Oklahoma. The people operating the shows recognize the tribe's support and we are often told if we weren't doing what we were doing, it would hurt the sales on all levels. As a consequence, it would hurt the students. The money from the premium sales assists these kids to go to college or to help them start new projects.

Any Native American student with a CDIB from a federally recognized tribe can enter the Choctaw Nation Livestock Show. This year's event is scheduled for Feb. 7 and 8, with swine, sheep and goats showing on Saturday and cattle on Sunday afternoon. I'm grateful we are able to help provide the students such opportunities. The skills they pick up can be applied in whatever career they choose. The values are transcending.



Spotlight on Elders

with

Rosa Gilmore & Ronnie Scott

Ronnie Scott and Rosa Gilmore - the Choctaw Nation Outstanding Elders for 2014 - understand that passing on their wisdom is crucial for upcoming generations.

"Just think positive in your thoughts," said Gilmore, who is from Durant. "Younger people should think about the handicapped and sick people. Think about how the world is.

"And they should stay in school."



District 9, Rosa (Taylor) Gilmore was born near Wilburton in the Damon Community. She came from a large family and was the oldest daughter. Rosa attended St. Agnes School in Antlers, but after a tornado in 1945 and the massive damage to the area she went to stay with her grandparents in Darwin before eventually returning home. Rosa continued her education at Tahlequah Sequoyah Vocations School until 1945.

Rosa attended Southeastern State College, there she met Evan Gilmore of Achille, who eventually became her husband in 1955. They have three children, nine grandchildren, and 17 great-grandchildren.

Rosa and Evan moved to California where she worked at Newberry's Department Store for 7 years and K-mart for 15 1/2 years. After retiring they moved to Calera in 1992.

She has been an active member of Grace Indian Baptist church in Achille for 16 years. Rosa has taught Sunday School, Vacation Bible School and at Church Camp. She is President of the Women's Missionary Union and serves as Church Messenger as their representative at church meetings and activities.

Rosa is active in the Senior Center where she assists in the Going Green Garden. Rosa is a proud, strong Choctaw woman and is easily recognizable by her long white braid. Her great-grandfather was listed as Eahhonubbe who died in 1890 and her great-grandmother was Ebayona, who died in 1881.

Rosa is known as an easy-going person who tries to resolve any of life's conflicts with reason and love. Rosa's district believes her to be the essence of a strong Choctaw Woman with her faith and family ever foremost in her life.



District 10, Ronnie Scott was born in 1952. His parents are the Rev. Jasper Scott and Savannah Williams Scott. He attended Tushka Public Schools. After high school, Ronnie joined the Army and was deployed to Vietnam. He spent three years in the Army and was honorably discharged at Fort Belvoir, Virginia. Ronnie later joined the Oklahoma National Guard in Atoka and spent three years in the guard.

Ronnie and his wife, Theresa, were blessed with two boys. Ronnie later joined the DAV, VFW, and the American Legion. He took some college courses in journalism. He was fortunate enough to publish a number of articles on local veterans entitled "Atoka County Veterans" in the Atoka County Times. Ronnie also published a column called "Ron's Vets" in the Choctaw Nation Newspaper Biskinik. From July 1983 to September 1989, Ronnie served on the Choctaw Council representing District 10, Atoka County.

In 1988, Ronnie was taken hostage along with seven other correctional officers in a prison riot. After three days and millions of dollars in property damage, Ronnie was released at 10:20 AM, on a Monday morning. Those that were taken hostage chose to remain at Mack Alford Correctional Center until they retired. In 2009, Ronnie retired.

In 1998, Ronnie joined the Choctaw Nation Color Guard and has been a member for 16 years. He also volunteered to teach Choctaw language at the Atoka Community Center for sixteen years. Ronnie believes the Choctaw language was given to us by the creator, Chihowa (God) and handed down to us through our ancestors. Ronnie also enjoys singing Choctaw hymns.

In 2002, Ronnie married his current wife, Marilyn. They enjoy spending time with their grandchildren.

Giving our kids a head start



We believe our children have brilliant minds waiting to be unlocked.

The Choctaw Nation's Partnership of Summer School Education (POSSE) began with 184 students in Durant in 2013. This year they expanded to include eligible students from eight schools in Bryan County and in 2015, they will be available in schools throughout the 10 1/2-county service area.

Studies show children who can't read at the required level by the end of third grade are more likely to drop out. There is a tragic link between dropping out of high school and prison. This is not the future we want for our children.

POSSE focuses on kids in pre-K through second grade and it is for all children. A CDIB is not required. The POSSE staff, the schools and the communities in which we live are working together to inspire and empower the students.

The Choctaw Nation helps with funding teachers' salaries and supplies for the seven-week program. The schools provide the other necessary expenses.

The students are given a chance to grow.

There are many other programs the Choctaw Nation has developed or partnered on to ensure youth excel in school.

Jump Start to Kindergarten focuses on Head Start-age children and we have 14 Head Start facilities in the Choctaw Nation.

The Youth Advisory Board helps students grow more aware of what is happening in their communities and how to be involved. They are learning to be leaders.

The Making a Difference program helps provide students with information to help them decide the path they want to follow after high school graduation.

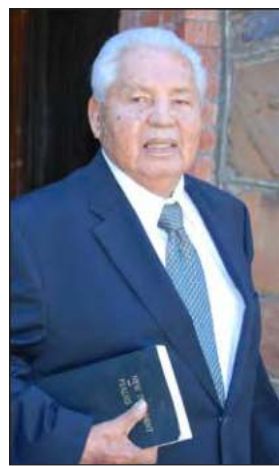
More possibilities open once they graduate high school.

The Higher Education program continues to be our largest service areas and is available nationwide for students to apply for assistance with college. Advisors also begin working with the students to assist with finding additional scholarships.

We recognize college isn't for everyone and the Career Development program is one of the best I have seen. They help tribal members develop skills and obtain certifications in a variety of careers.

If you are interested in learning more about these programs or others helping to prepare our youth for success, log onto choctawnation.com. We want everyone to secure a better future.

Chaplain's Corner Christian Choices



Rev. Bertram Bobb
Tribal Chaplain

Thanksgiving Day celebrations are reminders of God's Blessings. One of the blessings is the story about Cain and Abel.

Let's look at one phrase in the book of Jude. Jude is a little book with only 25 verses and only one chapter. Jude is next to the last book in the Bible, the last book is the book of revelations. We want to look at one verse, verse 11 of the book of Jude.

"Woe unto them! For they have gone in the way of Cain..." As we read the Bible, we learn an interesting thing, that there are only two ways of life in the Bible.

One is the way of Cain and the other is the way of Cain's brother, Abel.

Abel was accepted by God and Cain was rejected by God. So there is the way of Abel and the way of Cain.

Let's study about these two brothers, they were the first children of the human race.

In Genesis 2 God created Adam and Eve. We read in Genesis 4 they had two children, Cain and Abel.

And in the fourth chapter of Genesis we find the story of Cain and Abel. A tragic story of the first children that ever lived on earth.

They were the first children ever born, they were the first farmers, they performed the first religious ceremony and they had the first quarrel, first act of violence.

The first act of murder that was committed was done by Cain when he killed Abel his brother, in a fit of anger because of jealousy and envy.

You can imagine it was a great day for Adam and Eve when the first baby was born.

Adam and Eve must have been excited when these boys came along because Eve said, "I have gotten a man from the LORD." Genesis 4:1

Adam and Eve had just come

through a terrible experience. They had rebelled in the Garden of Eden.

In the Garden of Eden where they lived, there had never been a way, there were no armies, there were no jails, there were no police, there was no poverty, there was no suffering.

It was a marvelous world to live in. And they rebelled against God. And God drove them out of the Garden of Eden.

God drove them out and said a very interesting thing in Genesis 3:22 "... lest he put forth his hand, and take also of the tree of life, and eat, and live forever."

Why did God drive them out of the Garden of Eden? If a man had eaten of the tree of life, he would have lived forever in his sin.

God also promised before He drove them out, that someday He would send a Redeemer. And he illustrated it by slaying an animal and shedding its blood and clothing Adam and Eve in skin. God was teaching that the only way to approach Him in the future was by the shedding of blood.

And that is why when you read the Bible, you will find so much blood. Someone has said that Christianity is a bloody religion, and it is, the blood of Jesus Christ. The Bible teaches that without the shedding of blood there is no remission or forgiveness of sin.

Every time you take communion, you pick up the cup. It is symbolic of that blood that He shed for you on the cross. And without that shedding of that blood there is no forgiveness of sin.

Cain decided to reject God's way, he decided to go on his own way.

There are only two ways of life, the way of Cain and the way of Abel. They both came to worship God, but they came differently.

We read in the book of Leviticus 17:11 "For the life of the flesh is in the blood and I have given it to you upon the altar to make an atonement for your souls: for it is the blood that maketh an atonement for the soul."

God said that without the shedding of blood there was no forgiveness. So Abel brought a sacrifice of blood, it was ugly, it was dirty.

Why did God choose blood? Many people are repulsed at the sight of blood, they dislike seeing it.

Our sins are dirty, our sins

are ugly and every time we see blood, it reminds us of our sins which is ugly before God and will cause judgement.

But Cain did not bring blood. He said it was too dirty, it's too ugly. I am going to bring the finest vegetables that I have as an offering to God.

Many talk about getting to heaven some other way or we have our own way to get to heaven or even I hope so.

Then there are some who believe in Jesus, praise the Lord for that, but make sure who Jesus is and what He has done for you.

Jesus Christ is the Son of the Living God, and when He died on the cross, He didn't stay there. He rose from the dead, He is alive. Jesus shed His blood.

And when He shed His blood, that blood meant something. It meant that God was now able to forgive all your sins. It meant that God was now able to transform you. To make you a new creature. It means to change your life from the things you loved to do to the things you hated to do.

And now it meant that He can write your name in the book of Heaven because Jesus shed His blood and died on that cross.

Ezekiel said in Ezekiel 18:4 "the soul that sinneth shall die," and Paul wrote in Romans 3:23 "the wages of sin is death."

We have broken God's laws, all of us. And God cannot say let's forget it, unless somebody pays the death penalty. We are under the sentence of death. But somebody did pay the sentence of death for you and for me.

Jesus Christ paid the penalty of death on the cross. He shed His blood, and now God can say "I forgive you, the debt is paid." That's how much God loves you. That's what the Gospel is. The Gospel means Good News. And the Good news to the whole human race. God is saying I love you and I have proved it by giving up my Son on the cross. That is the way of Abel.

Now the way of Cain is to say to God, "No." I want to go to Heaven, I want to be saved, but I'm going to go my own way. I am not going to come your way God, I don't like the way of blood. I don't like the way of the cross.

You can accept the Lord Jesus Christ and only Him as your Savior by faith today. Will you do that?

May God bless you. Pray for America. Pray for the brave men and women in our armed forces.

BUSINESS

Achukma hoke!

Oklahoma pecan products made by a Native family



By BRANDON FRYE
Choctaw Nation

A year and a half after spearheading the development of a new product for his family business—wearing the hats of researcher, business planner, production manager, and engineer along the way—Mark Hamilton, retired Oklahoma educator and coach, found himself in a room full of Choctaw Nation employees explaining the natural goodness of pecan oil.

But the story of Achukma, 100% pure virgin pecan oil, does not start there in that room.



Photo by Brandon Frye

Dale Jackson, Boyd Miller, Mark Hamilton, Russell Washington, Verree Shaw, and Billy Hamilton all met to work out the best path of cooperation between the family business and the Choctaw Nation.

It starts with Hamilton, a family man, a businessman, an Oklahoman, and a man often seen wearing a cap and a pair of work boots. He is a figure-it-out kind of guy, he had to be during the production of Achukma pecan oil.

"I was assigned the project with one directive: figure it out," Hamilton said. The Hamilton family business, Tri-Agri Farm Center, lead by Mark's father Dan Hamilton, had their hands in multiple products and services over the years, including animal feed and peanut handling. But after the peanut growing business had moved out of Oklahoma and into Texas and other areas in 1999, the Hamiltons were left with equipment ready to be repurposed, a series of problems to be solved, and an opportunity.

And so began the journey that has led to the Hamiltons operating one of the largest pecan cleaning and

marketing operations in Oklahoma. In the spring of 2013, the Hamiltons found themselves faced with a new challenge and a new opportunity. An unstable economic environment surrounding the production and sale of pecans left some Oklahoma growers and harvesters with crops of little value. And the normal selection process left many smaller pecans, and pieces of pecans, with no value at all.

But pecans are an important crop to Oklahoma, especially the native pecan. Oklahoma is very well suited for growing pecans, because the pecan tree is native to that area of the United States. Oklahoma produces, on average, 12 to 15 million pounds of pecans a year, according to Hamilton. Those pecans help generate money in cash crop value to the state of Oklahoma, and help provide jobs for people in the industry like harvesters and cleaners.

So, the Hamiltons began looking into ways to stabilize the market, benefit the growers, use more Oklahoma pecans, and offer a pure and healthy product to consumers.

"To create another market venue for Oklahoma pecans, we started looking at pecan oil," Hamilton said. "We asked what areas could benefit from a pecan based product. Most of the pecan usage in this country is over the holidays, but we wanted a product that would allow people to benefit from pecans year-round."

A few hurdles popped up along the way, the biggest of which was figuring out just how to get all of that healthy oil out of the pecan. "We developed a process that allows us to effectively extract the oil that is much more effective than the common process," Hamilton said. They made adjustments to equipment, imported new and rare machines, and were left with a unique process.

It all happens at the Hamilton family business, which is tucked away down a side road in Coleman. Without looking closely, it might perfectly blend in with the rest of the small Oklahoma town. From a distance, there appears to be only a gray building, but once the road hooks around, a view opens up to a line of trees surrounding holding bins, trailers, and birds playing on equipment once used to prepare peanuts.

Walking into the room where Achukma pecan oil is made is like stepping through a gate off an old country road into a pristine laboratory. The walls are a shiny metallic, the ground is a smooth and spotless concrete, and the machines stand as simple bins, tubes, tanks, and machinery arranged to engage a streamlined experiment.

During production, the pecans move through a series of procedures designed to keep the oil as fresh and pure as possible. Heat and chemicals, which would break down the oil, are never used. Instead, the pecans are spun and cold pressed until nearly all of the oil is extracted from the meat of the nut. In the end, pecan oil, pecan flour, and a form of pecan butter are left in a clean, whole, and pure state.

With an innovative product, the Hamiltons started researching original names. "I am Choctaw, my family moved to Boggy Depot, Indian Territory, in 1872 and have been here ever since. We embrace our Choctaw heritage. I wanted to have our name represent our intent, to provide a natural, healthy product. My mother found the word Achukma, which can mean good, beautiful, pure; and one of these days, I intend for Achukma to be recognized world-wide." Hamilton added that they are well on their way, with customer interest from as far away as Egypt and China.

Almost two years later Hamilton found himself in



Photo by Brandon Frye

Father and son, Dan and Mark Hamilton, work together to make the purest pecan products possible with their family business.

what was later referred to as the Choctaw Nation's version of the "Shark Tank" (a reality competition show where entrepreneurs make business presentations). The group had come together to explore ways the Hamilton family business could benefit from the programs the Choctaw Nation offers.

In regards to Achukma pecan oil, the product of Hamilton's labors, he said the health benefits are tremendous. "We have learned so much. It is a great cooking oil, is good for your skin, and is even good for treating leather. I am really excited about the potential." This got the ball rolling and piqued the interest of the group.

Dale Jackson, Senior Business Analyst for the Choctaw Nation, said he works to grow tribal members' companies. "I see a unique opportunity here," he said, adding that his family has enjoyed using the pecan oil before.

The product practically sells itself, said Hamilton's Director of Marketing, Russell Washington. "If you let me talk to someone for two or three minutes, they'll buy it," he said during the meeting. "It's not that you have to convince them to buy it, it's just that most people have never heard of pecan oil and are not aware of its nutritional benefits."

Washington listed all of the perks and benefits of the oil to the group. It's gluten-free, so it's safe for people with gluten sensitivity or allergies. It is cold pressed and unrefined, so it stays as pure and healthy as the pecan itself. It contains antioxidants, helping prevent the oxidation and damage of cells. It contains healthy fats and omega-3 fatty acids, aiding with normal metabolism. It is never genetically modified, so it's more natural and tasty.

According to Dr. Lloyd Sumner, microbiologist with Noble Foundation Research in Ardmore, "We [Drs. Zhentian Lei and Lloyd Sumner] are collaborating with Native American Specialty Products to better assess the chemical nature of the nutritional components of the pecan oil; especially antioxidant phenolics and polyunsaturated fats." This research could lead to the understanding of even more beneficial applications of the pecan products.

And if the health benefits are not enough, Washington added, "My wife has tested it, and listen guys, it makes the best chicken fried steak of your life." Verree Shaw, Marketing Director for the Choctaw Nation, offered to help Hamilton and his pecan oil by looking into label printing and placing the items in Choctaw outlets like the welcome centers.

The Hamiltons offer more than just pecan oil for culinary creations. They also supply a pecan flour as a pure and unrefined sidekick to the oil. And a blend of the oil is also packaged and sold as New Life Leather Treatment. Their products are currently available online at www.achukma.com or over the phone at (580) 937-4300. They will soon be available through health food stores, Choctaw Nation outlets, and the number of venues is still growing!

Choctaw Nation hosts Intertribal Council

By ZACH MAXWELL
Choctaw Nation

The Choctaw Nation hosted the October meeting of the Inter-Tribal Council (ITC) of the Five Civilized Tribes on Oct. 9-10 at the Choctaw Casino and Resort in Durant.

Events included work group meetings in 27 different aspects of tribal affairs, including culture, education, social services, housing, and health.

A banquet, gift presentations, and entertainment highlighting Choctaw culture capped off the evening. Guests were treated to Choctaw social dancing, traditional stories, and a performance of the Choctaw Code Talkers play.



Muscoogie Creek Nation Chief George Tiger, Cherokee Nation Chief Bill John Baker, Chickasaw Gov. Bill Anoatubby, Choctaw Nation Assistant Chief Jack Austin Jr., and Seminole Nation Chief Leonard Harjo at the Intertribal meeting in Durant.

Choctaw Nation Assistant Chief Jack Austin, Jr., filling in for Chief Gary Batton, offered the first of the five speeches from each participating nation. Chief George Tiger of The Muscoogie (Creek) Nation welcomed those in attendance.

Austin described several activities within the Choctaw Nation, including stickball, economic development initiatives, facility expansion, and the tribal license tag compact.

Approved resolutions included:

- In support of Carolyn Conley Smith to serve

as an alternate board member representing the Eastern Oklahoma Region, Haskell Board of Regents.

- In support of a waiver for uncompensated care provided in Indian Health Service, Tribal, and Urban Health Facilities in the State of Oklahoma.
- Requesting the unfair trade practices of R.J. Reynolds Tobacco Company to cease.
- Supporting the Oaks, a residential behavioral health, alcohol, and substance abuse treatment facility to secure funding to expand its existing facility residential

treatment services and to expand to full residential stand-alone facilities.

• In support for the National Native American Boarding School Coalition and the request to the United States Congress to investigate and report on the effects of the forcible removal of children and subsequent abuse and neglect resulting from the Boarding School Policy or Peace Policy adopted and implemented during the 19th and 20th centuries.

• In support of continued use and improvement of the American Community Survey (ACS) as the data source for the Indian Housing Block Grant (IHBG) formula.

• Supporting United States National Park Services expansion of Ocmulgee National Monument and requesting Congressional enactment of authorized legislation.

• In support of the Carlisle Project for the restoration of the property known as the Old Farmhouse to house the Carlisle School of Industry Heritage Center.

CHOCTAW NATION
SMALL BUSINESS
DEVELOPMENT SERVICES

The CSBDS provides business assistance to Choctaw tribal entrepreneurs that want to start or expand their business.

Choctaw Tribal members that utilize the services will receive specialized technical assistance through one-on-one business counseling, training, workshops, an extensive network of business assistance programs and educational networking opportunities. Assistance offered includes, but is not limited to:

- Business Planning
- Access to Financing
- Marketing
- Business Counseling
- 8(a) Certification Assistance
- Business Taxes
- Business Registration
- Minority Business Registration
- Bid Assistance

Our focus is to build successful, job creating, Choctaw owned companies within the Choctaw Nation of Oklahoma.

Contact Billy Hamilton, Small Business Development Services Manager today!

bhamilton@choctawnation.com or 580-924-8280 ext.2763

CHOCTAW NATION
CULTURAL SERVICES

Native American Month Class Schedule

For more information, please contact the Cultural Services Dept. 1-800-523-6170 Ext. 2377. Please RSVP for large groups.

Friday - November 7
Beaded Headdress Conference Rooms - CHO Main Complex Durant
Class #1: 1:30 - 4:00pm
Basic beaded construction and design... if you have a started model, bring it to Bead!

Friday - November 14
Finger Weaving Conference Rooms CHO Main Complex Durant
Class #1: 9 am - Noon
Class #2: 1:30 - 4:00pm
Basic fabric finger weaving techniques...

Friday - November 21
Traditional Pottery Cultural Services Building - Calera, OK
9 am - 4:30 pm * Come & Go
Clean clay, shape vessels, learn about the process...

****After Hours Pottery 11/03 and 11/17 - 5:00pm**
After Hours Beading 11/19 and 11/24 - 5:00pm @ Cultural Services**

CELEBRATE
Native American Month

HEALTH

Stop diabetes before it stops you

November marks the start of American Diabetes Month. Be it Type 1 Diabetes, Type 2 Diabetes, Gestational Diabetes or Pre-Diabetes, this is a very serious issue for all Americans.

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors appear to play roles.

It is estimated that 5% of Americans who are diagnosed with diabetes have type 1 diabetes and type 2 diabetes accounts for about 95% of all diagnosed cases of diabetes.

Diabetes often goes undiagnosed because many of its symptoms seem so harmless. Recent studies indicate that the early detection of diabetes symptoms and treatment can decrease the chance of developing the complications of diabetes.

Diabetes symptoms include: frequent urination, excessive thirst, extreme hunger, unusual weight loss, in-

creased fatigue, irritability, and blurry vision. If you have one or more of these diabetes symptoms, see your doctor right away. The American Diabetes Association also has an Online Diabetes Risk Test at www.diabetes.org/are-you-at-risk/diabetes-risk-test/ to help you find out if you are at risk for diabetes.

Diabetes Complications are Serious

- Increased risk of heart disease and stroke
- Leading cause of kidney failure
- Nervous system disease and non-traumatic lower-limb amputations

Please visit the ADA website for more information about diabetes and how you can get involved in the American Diabetes Association's movement to STOP DIABETES!

The American Diabetes Association (ADA) has a program named Step Out: Walk to Stop Diabetes. This event helps to raise money for diabetes research. Groups can build a team to participate in the Step Out program.

Here is some information from the ADA about teams.

Family Teams are made up of family and friends, civic groups, organizations, places of worship, or schools. They celebrate and remember lives touched by diabetes, like our Red Striders. Teams raise money to help fund research, information and advocacy.

Build a Family Team! Become a team captain and set a team fund raising goal! Invite everyone you know to join your team, raise money, and walk with you.

Benefits of forming a Family Team:

- Provides an opportunity for family and friends to get together.
- Provides a wellness activity for the whole family.
- Encourages community involvement.
- Easier to fund raise with others.
- More fun to participate as a group and celebrate on the day of the walk!

To get the energy you will need for the walk try this wonderful recipe By Dana Jacobi for the American Institute for Cancer Research.

Recipe of the Month

Egg and Roasted Red Pepper Wrap

Ingredients:

- 1 large red bell pepper, halved and seeded
- Salt to taste
- 1/4 tsp. each dried basil, oregano and thyme
- 1 large egg
- 1 large egg white
- Olive oil cooking spray
- 2 tsp. grated Parmesan cheese
- 2 Tbsp. chopped flat-leaf parsley
- 2 Tbsp. reduced-fat ricotta cheese
- 1/8 tsp. harissa, optional (a spicy oily paste made of chili & tomatoes)
- 1 low-fat whole-wheat wrapper

Directions:

1. Preheat oven to 425 degrees F.
2. Place pepper, cut side down, on foil-covered baking sheet. Bake until skin is puffed and blistered, 20-30 minutes. Transfer pepper to bowl, cover with plate, and let steam for 20 minutes. Pull off skin from pepper, using your fingers or small knife.
3. Place pepper on plate. Sprinkle with salt and dried herbs, cover with plastic wrap, and refrigerate overnight, or up to 24 hours.
4. In bowl, whisk egg and egg white together until well blended. Coat 8-inch skillet with cooking spray, and set over

medium-high heat. Add egg, tilting to coat bottom of pan, and cook until egg is set, 1-2 minutes. Sprinkle on cheese and parsley, and cook until surface of omelet looks dull, 2-3 minutes. Slide flat omelet onto plate and set aside.

5. In small bowl, combine ricotta and harissa. Blot roasted pepper dry using paper towel, and cut pepper into very thin strips.

6. To assemble wrap, spread ricotta mixture over wrapper, leaving 1/2-inch uncovered around edges. Slide omelet onto wrapper, positioning it near one end. With narrow end of wrapper toward you, arrange 8-10 pepper strips horizontally on top of egg, and starting at end near you, tightly roll up wrapper. Cut rolled wrap diagonally into 3 pieces and serve immediately.

Nutrition Facts:

Makes 1 serving.
Per serving: 330 calories, 11 g total fat (3 g saturated fat), 34 g carbohydrate, 20 g protein, 6 g dietary fiber, 420 mg sodium.

I hope you all enjoy this recipe! For further information you may contact: Erin Adams, RD, LD Choctaw Nation Diabetes Wellness Center 800-349-7026 ext. 6959.

10 tips Nutrition Education Series

make half your grains whole

10 tips to help you eat whole grains



Any food made from wheat, rice, oats, cornmeal, barley, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into two subgroups, **whole grains** and **refined grains**. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases.

1 make simple switches
To make half your grains whole grains, substitute a whole-grain product for a refined-grain product. For example, eat 100% whole-wheat bread or bagels instead of white bread or bagels, or brown rice instead of white rice.

2 whole grains can be healthy snacks
Popcorn, a whole grain, can be a healthy snack. Make it with little or no added salt or butter. Also, try 100% whole-wheat or rye crackers.

3 save some time
Cook extra bulgur or barley when you have time. Freeze half to heat and serve later as a quick side dish.

4 mix it up with whole grains
Use whole grains in mixed dishes, such as barley in vegetable soups or stews and bulgur wheat in casseroles or stir-fries. Try a quinoa salad or pilaf.

5 try whole-wheat versions
For a change, try brown rice or whole-wheat pasta. Try brown rice stuffing in baked green peppers or tomatoes, and whole-wheat macaroni in macaroni and cheese.

6 bake up some whole-grain goodness
Experiment by substituting buckwheat, millet, or oat flour for up to half of the flour in pancake, waffle, muffin, or other flour-based recipes. They may need a bit more leavening in order to rise.

7 be a good role model for children
Set a good example for children by serving and eating whole grains every day with meals or as snacks.

8 check the label for fiber
Use the Nutrition Facts label to check the fiber content of whole-grain foods. Good sources of fiber contain 10% to 19% of the Daily Value; excellent sources contain 20% or more.

9 know what to look for on the ingredients list
Read the ingredients list and choose products that name a whole-grain ingredient **first** on the list. Look for "whole wheat," "brown rice," "bulgur," "buckwheat," "oatmeal," "whole-grain cornmeal," "whole oats," "whole rye," or "wild rice."

10 be a smart shopper
The color of a food is not an indication that it is a whole-grain food. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products, and may not contain any whole grain.



Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 4 June 2011 USDA is an equal opportunity provider and employer.

NURSERY NEWS

Addilyn Grace Cross

Addilyn Grace Cross was born at 2:10 p.m. on April 13, 2014, in Tulsa. She weighed 8 pounds 7 ounces and measured 20 inches long. Welcoming her to this world are



proud parents, Shawn, Nettie, and big sister Allie Cross of Jenks; grandparents Ronnie and Therese Scarberry and Eugene and Sandra Cross; great-grandparents, Ilene Scarberry, Erman and Nettie Sands, Lucille Stovall and Clifford Cross.

Lucas John Hudson

Peter W. IV and Jane Hudson of Sanford, Florida, proudly welcome Lucas John Hudson born April 7, 2014, weighing 9 pounds, 1 ounce and measuring 20 inches long. He joins doting big brother Petey V. Paternal grandparents are Peter W. III and Molly Hudson of Columbia, Maryland, and TJ and Joyce (Fitzgerald) Mehl of Sorrento, Florida. Maternal grandmother is Jan Harris of Sanford, Florida.



Austin Wayne Moses

Proud parents Austin Moses and Marrisra Webster of Muskogee, would like to welcome their new addition Austin Wayne Moses to the family.

Austin was born June 8, 2014, in Muskogee and weighed 8 pounds.

Maternal grandparents are Marvin and Chelsea Webster of Texas, and paternal grandparents are Jonathan and Carolyn Moses from Muskogee. Maternal great grandparents are James and Annie Mae Cricklin Barrows, both deceased. Maternal great great grandparents are Fred and Mary Daisy Jackson Cricklin, both original Choctaw enrollees and both deceased.



Peyton Elijah Ziegler

Peyton Elijah Ziegler was born on June 19, 2014, to Brian and Elisabeth Ziegler of Tulsa. Proud grandparents are Mark and Lucille Abbott and Andy and Kim Ziegler of Tulsa and Ken Baker of Wilburton. We are so proud of our handsome little Chahta boy!



Public Release Statement for Child and Adult Care Food Program (CACFP)

To: Biskinik 09/20/14
Name of Media Date Submitted
P.O. Box 1210
Address of Media
Durant, Ok. 74702

The Choctaw Nation of Oklahoma - Child Care Program
I authorize my participation in the Child and Adult Care Food Program (CACFP). All participants in attendance are served meals, at no extra charge to the parents. In accordance with federal law and United States Department of Agriculture (USDA) policy, participating institutions are prohibited from discrimination on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Office of Agricultural, 1400 Independence Avenue, SW, Washington, DC 20250-9410; or call toll-free 866-632-6992; (TDD) 800-845-4133 or 800-845-4136 (Spanish). USDA is an equal opportunity provider and employer.

Choctaw Nation WIC



WOMEN, INFANTS and CHILDREN

SITE	HOURS	DAYS
Antlers (580) 298-3161	8:30-4:00	Every Tues.
Atoka (580) 889-5825	8:00-4:30	Every Mon., Wed., Thurs. & Fri.
Bethel (580) 241-5458	8:30-4:00	1st Tues.
Boswell (580) 380-5264	8:30-4:00	Every Fri.
Broken Bow (580) 584-2746	8:00-4:30	Daily, except 1st Tues. & 2nd Thurs.
Coalgate (580) 927-3641	8:00-4:30	Every Wed.
Durant (580) 924-8280 x 2257	8:00-4:30	Daily
Hugo (580) 326-5404	8:00-4:30	Daily
Idabel (580) 286-2510	8:00-4:30	Mon., Thurs. & Fri.
McAlester (918) 423-6335	8:00-4:30	Daily
Poteau (918) 647-4585	8:00-4:30	Daily
Smithville (580) 244-3289	8:30-4:00	2nd Thur.
Spiro (918) 962-3832	8:00-4:30	Every Wed. - Fri.
Stigler (918) 967-4211	8:30-4:00	Every Mon. - Wed.
Talihina (918) 567-7000 x 6792	8:00-4:30	Mon., Tues., Wed., & Fri.
Wilburton (918) 465-5641	8:30-4:00	Every Thur.

CHOCTAW NATION FOOD DISTRIBUTION

Open 8:30 a.m.-3:30 p.m. Monday through Friday. Staff will take lunch from 11:30 to noon.

WAREHOUSES & MARKETS

- Antlers:** 306 S.W. "O" St., (580) 298-6443
- Durant:** 2352 Big Lots Pkwy, (580) 924-7773
- McAlester:** 1212 S. Main St., (918) 420-5716
- Poteau:** 100 Kerr Ave, (918) 649-0431

FOOD DISTRIBUTION SITES

- Bethel:** Choctaw Community Center
- Broken Bow:** Choctaw Family Investment Center
- Idabel:** Choctaw Community Center
- Smithville:** Choctaw Community Center

In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication and Compliance, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

ANTLERS

Market open weekdays Dec. 1-31, except for:
Dec. 3: Idabel 9-11:30 a.m.; Broken Bow 1- 3:30 p.m. (market open)
Dec. 8: Bethel 9-10:30; Smithville 12-2 (market open)
Closed: Dec. 15, 24, and 25 for Tribal Holiday; Dec. 29-31 for inventory.
Cooking with Carmen: Dec. 9, 10 a.m.-2 p.m.

DURANT

Market open weekdays Dec. 1-31, except for:
Closed: Dec. 15, 24, and 25 for Tribal Holiday; Dec. 29-31 for inventory.
Cooking with Carmen: Dec. 16, 10 a.m.-2 p.m.

MCALESTER

Market open weekdays Dec. 1-31, except for:
Closed: Dec. 15, 24, and 25 for Tribal Holiday; Dec. 29-31 for inventory.
Cooking with Carmen: Dec. 18, 10 a.m.-2 p.m.

POTEAU

Market open weekdays Dec. 1-31, except for:
Closed: Dec. 15, 24, and 25 for Tribal Holiday; Dec. 29-31 for inventory.
Cooking with Carmen: Dec. 11, 10 a.m.-2 p.m.

Oklahoma Tobacco Helpline
1 800 QUIT NOW
Free help 784-8669 OKhelpline.com

NOTES TO THE NATION

Funeral assistance appreciated

The family of Noble Calvin Stephenson Jr. would like to offer thanks for the funeral assistance. He was very proud of his Choctaw heritage.

Calvin N. Stephenson

Thanks for the obituary

The obituary of tribal member Cleno Jefferson appearing in the June issue of the Biskinik is deeply appreciated by his family. We wish to thank all involved in the process and note the receipt of the additional copies for distribution to family and dear friends.

Clara Jefferson and Children

Grateful for financial assistance

I wish to thank the Choctaw Nation for the financial help to go to school for medical coding and billing. I am disabled and need to work from home. I graduated with a 4.0 (A). I passed the National License Board, and now am a certified Medical Coding and Billing Specialist, MCBS.

Mary Anna Lewis

Appreciation for the care

I would like to thank the Talinina Hospital and Choctaws for their help and care. We are truly blessed to have such care and help.

Mary Erwin

EVENTS

Monthly gospel singing

A monthly gospel singing will be held on the first Friday of each month at the Cornerstone Full Gospel Church, 316 N. Main, in Caddo. It is free admission and all singers and listeners are welcome. Concessions will be available. For more information, contact Bonnie Horn at (580) 760-6127.

Birthday gospel singing

There will be a birthday gospel singing for Virgil James on Dec. 6 at 7 p.m. at Cornerstone Full Gospel Church in Caddo. All singers and listeners welcome. Supper will be served at 5 p.m. For more information, call (580) 760-6127. Concession opens at 7 p.m.

Atoka recycles

There will be an America Recycles Day Event in Atoka on November 15 from 9 a.m. to 1 p.m. at the Atoka Community Center located at 909 West Liberty Road. We will be collecting free of charge tires, electronics, clothing, shoes, belts, and purses. We will also be offering free shredding for anyone interested (until 1 p.m. or when the truck is filled). For questions call Tracy at (580) 920-0488.

Goodland looking for family members

The Goodland Cemetery Association is searching for families who have family members buried in the cemetery. Please contact the Goodland Academy, Attn: Cemetery Association, PO Box 1056, Hugo, OK 74743. Please include your name, address, phone number and email. The Association will be contacting as many families as possible.

Should you have question I may be contacted at labeason@yahoo.com or (580) 326-5492 or (580) 326-4589.

LoisAnn Beason

Gary Batton
Chief

Jack Austin Jr.
Assistant Chief

The Official
Monthly Publication
of the

Choctaw Nation of Oklahoma

Judy Allen, Senior Executive Officer
Lisa Reed, Executive Director
Vonna Shults, Media Director
Ronni Pierce, Editor
Zach Maxwell, Reporter/Photographer
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The BISKINIK is printed each month as a service to Tribal Members. The BISKINIK 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. Due to space limitations and the quantity of article submissions, we are unable to include everything we receive.

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

The BISKINIK is a nonprofit publication of the Choctaw Nation.

Circulation is monthly. Article deadline is the 10th of the month for the following month's edition.

Editor's note: Views and opinions in reader-submitted articles are solely those of the author and do not necessarily represent those of the Choctaw Nation.



Merry Christmas Senior Citizens Dinners & Kids Parties		
Antlers Kids	12/8	6pm
Antlers Seniors	12/17	Noon
Atoka Kids	12/5	6pm
Atoka Seniors	12/17	11:30am
Bethel Senior & Kids	12/22	5:30pm
Buffalo Valley Kids	12/2	6pm
Coalgate Kids	12/5	6pm
Coalgate Seniors	12/3	Noon
Crowder Kids	12/3	1pm
Crowder Seniors	12/10	11:30am
Durant Senior & Kids	12/5	6pm
Hugo Kids*	12/5	6pm
*(Event Center in Grant)		
Hugo Seniors	12/17	11:30am
Idabel Kids	12/16	6pm
Idabel Seniors	12/18	6pm
Idabel Dinner	12/10	6pm
Idabel Dinner	12/13	1pm
McAlester Kids	12/17	11:30am
McAlester Seniors	12/18	6pm
Poteau Dinner	12/18	6pm
Poteau Party	12/13	4-6pm
Quinton Kids	12/4	6pm
Smithville Kids	12/8	7pm
Smithville Seniors	12/17	Noon
Spiro Kids	12/16	5-7pm
Spiro Seniors	12/17	11am
Summerfield Seniors & Kids	12/14	2-4pm
Tvshka homma Kids	12/6	2pm
Wilburton Kids	12/6	2pm
Wilburton Seniors	12/17	Noon
Wright City Kids	12/14	2pm
Wright City Seniors	12/18	Noon



Give a Foster Child a Merry Christmas

The Choctaw Nation Children and Family Services is asking for your help in assuring a Merry Christmas for our Choctaw children in foster care.

We are asking anyone interested in donating to the Foster Care Christmas Fund to please do so by purchasing a \$20 WalMart gift card.

Take your donations to your local Children and Family Services office in Durant, Atoka, Hugo, McAlester, Broken Bow, Idabel, Poteau, and Talihina. Or mail to Choctaw Nation Children and Family Services:

Adoptions and Foster Care
P.O. Box 1210
Durant, OK 74702

To learn more about Choctaw Nation Children and Family Services log on to www.choctawfamilyservices.com or call 800-522-6170, ext. 2331 or 2539.



—Youth of the Nation—

Nicole Nail, YAB member

Halito, I'm Nicole Nail and I have been in the Youth Advisory Board at Clayton since the beginning of this summer. I am writing to you all to tell you about the new research program I just found out about this last month. It is called the Move Program. I am super excited about it because I have always been teased about my weight at school and made fun of. Bullied!!! I have started the process of having blood sugar test and a physical and will do a bicycle test soon and then I can start the program by going to the Choctaw Nation Wellness Center in Talihina three times a week. I will be required to exercise for at least 20 minutes each time. I have to get my heart rate up to a certain level and then the program will pay me for each day. After the 4th time of going they are going to let me pick out Nike gear and I am so excited about all this. It is a year long program that is meant to help Choctaw kids get healthy. Now some of you might think I am doing this in hopes of not getting bullied but really why I am doing this is to get healthy and hopefully learn new habits to stay that way. In some ways I hope it will stop people from making fun of me but I am a strong person and will get through all that because I have a great role model and that is my parents, Cody and Becky Nail. Oh yeah and my YAB family is very supportive so I know they all have my back. I am so proud of my Choctaw Heritage and want to thank Chief Gary Batton for caring so much about his people that they find and provide the best healthcare possible and thank God most of all for the MOVE PROGRAM.

Chahta Angels is in place to get Christmas gifts for the most needy Choctaw children in our program.

If you would like to adopt an angel or get more information please contact youth outreach at 5803268304 ext. 6064, 6062, or 6063. We appreciate all donations and kind gifts.

Reserve Your 2015 Labor Day Festival RV Site

In order to reserve an RV site with electric and water hookups for the 2015 Labor Day Festival, please mail the reservation request form at right **no earlier than January 1, 2015**. RV sites will be reserved on a first come, first serve basis. Please include a copy of your CDIB card. Also, include the length of your RV or camper and the number of slide outs.

PLEASE DO NOT SEND ANY MONEY AT THIS TIME.

All reservations will be drawn randomly for the RV sites. If your name is drawn, you will be notified by mail. At that time you will send in your cashier's check or money in the amount of \$75 and you will receive your confirmation and rules for RV camping at the Labor Day Festival.

No phone reservations will be accepted.

Please only include one reservation per application. We will do our best to respect the requests for preferred RV pads; however, we cannot guarantee you will get the pad number requested. Please watch the Biskinik newspaper for future articles or changes in parking, tent camping and tribal preferences for the 2015 Labor Day Festival.

2015 RV Space Reservation

Name _____

Address _____ City/State/Zip _____

Daytime Phone _____ Alternate Phone _____

Email _____

RV camper description _____

Length _____ Number of Slide-outs _____ Width of Slide-outs _____

Only one (1) reservation per application
No reservations will be accepted prior to January 1, 2015

Please return to
Choctaw Nation of Oklahoma
Attn: Janita Jeffreys
RV Reservations
2101 West Arkansas Street
Durant, OK 74701

2014 Outstanding Elder Nominees

Choctaw Nation honored its Outstanding Elders in October with a banquet organized by the Senior Nutrition Program staff.

The event was held at Center Stage of the Choctaw Nation Resort in Durant. Assistant Chief Jack Austin Jr. served as Master of Ceremonies with Rev. Bertram Bobb offering prayers to open and close the banquet. Bobb was an honoree in the year 2000.

The Lord's Prayer was offered in sign language by Choctaw Nation princesses Kyra Wilson, Nikki Amos and Summer Moffitt.

Chief Gary Batton offered the keynote speech as he and Tribal Council Speaker Delton Cox praised the elders for imparting their wisdom on the younger generations.

Outstanding Elders for this year are Ronnie Scott from Atoka and Rosa Gilmore from Durant. More information on these honorees can be found on the front two pages of this edition of the Biskinik.

The following are photographs (where available) and biographies of the Outstanding Elder nominees from each district within the Choctaw Nation:



District 2, Ethel Jacob was born, raised, and lives in Broken Bow. After graduation from high school, Ethel moved to Dallas and started working. She was able to attend Mountain View and El Centro Junior Colleges in Dallas. Ethel later moved back to Broken Bow and volunteered as a group leader for Choctaw Hymns; the group won first place for two years at Senior Day. Ethel is pictured with Councilman Tony Messenger and Chief Batton.



District 3, Rose Lee Senior was born in 1930 in Hugo. She graduated from Smithville High School in 1949 and attended Business College in Fort Smith, Arkansas, and met her husband Melvin Senior who was stationed at Ft. Chaffee. During this time, Rose worked as a bookkeeper. When Melvin retired in October of 1982, they moved to Smithville to be near her family. They operated a grocery store for a while. Rose also worked for the US Postal Service for nine years. Rose is pictured with Chief Batton and Councilman Kenny Bryant.



District 4, Dr. Phil Chitwood has been married to his wife, Sue, for 44 years. He and Sue have two children, Terry and Tarrah and two grandchildren, Jacob and Caleb. Dr. Chitwood graduated from Oklahoma State University in 1971 with his Doctor of Veterinary Medicine Degree. He has opened and operated the Poteau Valley Veterinary Hospital for the last 43 years. Dr. Chitwood likes hunting, fishing, and restoring old vehicles. For the last 25 years he has been a member of the Gideons International as well as an active member and Deacon for the Southside Baptist Church in Poteau. Phil is pictured with Chief Batton and Council Speaker Delton Cox.



District 5, Michael Scantlen was born in 1942. He and his wife, JoAnn, have two daughters and three grandchildren. Mike served in the U. S. Army during the Vietnam War. Mike taught 30 years at Hilldale School in Muskogee County, as coach and Athletic Director. After retiring, Mike worked for Indian Capital Technology Center and the Oklahoma School for the blind. He is a member of the VFW having served as a commander and now a Quartermaster. Mike is presently the President of the Choctaw Senior Citizens in Stigler. Michael is pictured with Chief Batton and Councilman Ron Perry.

District 1, Truman Jefferson was born to Preston and Annie Jefferson from Bethel. He attended Baptist Schools. He married his wife Bertha in 1967. In 1968 Truman joined the U.S. Army and was shipped out to Vietnam. He was very proud of himself because he had made it back to the United States as some of his buddies did not. Truman attended St. John Presbyterian Church in Rufe. Later he was transferred to Kulli Chito Presbyterian Church and became an elder of the church. Truman's hobbies are singing gospel music with his wife and setting up the sound system at all the church singings.



District 2, John McKinney was raised in the Goodwater Community. He has been married to Julia Billy McKinney for 55 years. They have six children, 18 grandchildren, and 19 great-grandchildren with one on the way. John is known for his storytelling, a Choctaw tradition. In 1973 John was ordained a Ruling Elder and later ordained a Commissioned Lay Preacher serving Choctaw Parish Churches. John also helped form the Choctaw Dance Group "Okla Humma Chata Hiltha". John is pictured with Councilman Tony Messenger, wife, Julia and Chief Batton.



District 3, Sylvester Moore graduated from the Haskell Indian Boarding School in Lawrence, Kansas. He was drafted into the Army and spent 16 months overseas during the Korean conflict. In 1957, Sylvester met and married Helen and they moved to Houston, Texas, where he worked for ARMC Steel. After retiring they returned to Tahihina. Sylvester is a member of the Institutional Review Board for the Choctaw Nation Hospital, a member of the Board of Directors of the Kiamichi Electric Co-op, a Sergeant-at-Arms for the Choctaw Tribal Council in Tuskahoma, and serves on the Governing Board at the Choctaw Nation Hospital. Sylvester is pictured with Chief Batton and Councilman Kenny Bryant.



District 4, Paul Perry was born in 1940 to Mary Opal King Perry and original enrollee, Campbell Phillip Perry. He has been married to Dianna Moore Perry for 43 years. They have 8 children, 24 grandchildren, and numerous great-grandchildren. Paul served in the U. S. Navy. He is a veteran of the Cuban Missile Crisis and Vietnam. Paul was also in the Arkansas Air National Guard: 188th Fighter Wing from 1979 to 2000. His hobbies are riding horses, gardening, hunting, reading, and taking care of the grandchildren. Paul has always led by example and been a good role model. As one son says of Paul, "If I'm half the man my dad is, I will be a good man". Paul is now in what he calls "full retirement mode", but he is actually still giving to those who come in contact with him. Paul is pictured with Chief Batton and Councilmen Ron Perry and Delton Cox.

District 4.5, Mary Ann Cox was born in Spiro in the Skullyville School District in 1938. She was raised by her mother and grandmother after her father passed away. Mary is one of three children. She is very proud of her three sons and one daughter. Mary has attended Carl Albert, Tahlequah, and taught Indian Art and culture in Spiro Public Schools. Mary had also worked in a Christian School which is now out of business. Art has always been Mary's hobby.



District 5, Shirley Honeycutt was adopted by her grandmother, Ethel Perry. She has lived in Keota most of her life. Shirley has three children and four grandchildren. She volunteers in the kitchen on Wednesdays to help at the Stigler Community Center. Shirley also works at the Stigler Chicken Hatchery and has for seven years. Shirley loves to go to the yard sales, the casino and enjoys getting old. Shirley is pictured with Chief Batton and Councilman Ron Perry.

District 1, Bertha Jefferson was born in Rufe. She moved to Paris, Texas, when she was 8 years of age. Bertha worked in the cotton patch with her mom and dad. Bertha later married Truman Jefferson in 1967. Bertha worked as a home health provider and later went to the School of Hair Design in Idabel. She worked as a beautician and attended the Vo-Tech taking computer classes. She currently works as a home health provider. Her hobbies are singing, talking with friends, studying the Bible, and reading the Choctaw Bible.



District 2, Ellis Jefferson is a Sunday School Teacher and Song Director. He volunteers to do church work by doing repairs and cutting the grass. He likes to play dominoes and pitch horseshoes. Ellis also helps with transporting the seniors. Ellis is pictured with Chief Batton and Councilman Tony Messenger.



District 2, Virginia Jefferson volunteers to work within the community and at Kulli Chito Church. She is the Song Director at the church and focuses on teaching Choctaw hymns. Virginia also works at the Bethel Community Center and is known as a good cook. Virginia is pictured with Chief Batton and Councilman Tony Messenger.

District 3, Eddie McKinney was born in 1926 to Green McKinney and Encie Tonihka, original enrollees of the Choctaw Nation. In October 1944 Eddie joined the Army. In 1946 he finished his two year tour of duty and signed again. He received his final discharge in 1953. He married Nora Colbert and they had seven children. By 1979 Eddie was elected to the Office of Ruling Elder. He is also the singing director of McGee Chapel. In 1989 Eddie was elected Sunday School Superintendent.



District 3, Sorena Going has married to Venson Going for 60 years. Sorena and Venson have five children and eight grandchildren. She is a member of the St. Paul United Methodist Church and the Women's organization. She enjoys beading, making quilt tops and going shopping. Sorena has worked at the Choctaw Nation Hospital and a nursing home. She retired from the headstart as a teacher's aide. Sorena enjoys going to the Senior Nutrition Center to bead, socialize, and have lunch. Sorena is pictured with Chief Batton and Councilman Kenny Bryant.



District 4, Mary Kelly was born in 1942 in Calhoun to Lester and Annie James. She was one of 11 children. At the age of 17, Mary married William Monroe Seagraves. Mary and William have four boys, nine grandchildren, and 13 great-grandchildren. Mary and her family lived in California then moved back to Oklahoma in the summer of 1965 after her husband passed away. She now makes her home in Poteau. Mary worked at various factory jobs before finding her calling as a housekeeper at the Oaks Nursing Home in Poteau. After 24 years, Mary retired from the Oaks Nursing Home. She now fills her days with beading, quilting, and volunteering her time with the Choctaw Nation. She is a blessing to the ones who are privileged enough to know her and a joy to be around. She is pictured with Chief Batton and Council Speaker Delton Cox.

District 6, Dennis King was born in 1949 and grew up in Buffalo Valley. Dennis and wife Sue have been married 47 years. They have two children, three grandchildren, and one great-grandson. Dennis graduated from Buffalo Valley High School and later attended Eastern Oklahoma State College for two years. Dennis received a degree in Electronics. After graduation, Dennis worked as a carpenter and started his own business contracting and building houses. He later went to work for the Choctaw Nation as a carpenter and was promoted to the position of Maintenance Manager. Recently, Dennis received a 30 year plaque from the Oklahoma Indian Health Service. Dennis and his family attend the Yanush Assembly of God Church. He looks forward to serving the Choctaw people in any way he can.



District 6, Gwendolyn Parish was born to Rosie and James Ludlow. Gwendolyn loves to spend time with her five children and seven grandchildren. She also had to care for her mother 24/7 and learned that no life experiences had prepared her for the life experience of caring for a parent. Gwendolyn likes to go to the Senior Centers and talk with the elders as they have a rich heritage to share, the humor that goes with it, and a lot of good recipes. Her hobbies are fishing, piecing quilt tops, gardening, canning, landscaping, cooking, doll making, gospel singing, and hunting. Gwendolyn is pictured with Chief Batton and Councilman Joe Coley.



District 8, Ernest Wayne Oakes was born in 1947 to James and Ruby Oakes. Ernest's father was an original enrollee of the Choctaw Nation. He was born, raised and educated in Hugo. Ernest has been married to his wife, Linda, for 44 years. He joined the Oklahoma National Guard in 1955 and was discharged after eight years of service. Ernest was a Mechanical Millwright for 20 years. At one time, Ernest was a volunteer at the Sawyer Senior Citizens Center until his health forced him to resign. Ernest still volunteers to cook hamburgers and hot dogs for the patients of Baptist Village Rest Home in Hugo. On special occasions Ernest will help at weekly dinners for District 8. He also does volunteer work for Sawyer Baptist Church where he attends with his wife. Ernest's hobbies are fishing, hunting and woodworking. Ernest is shown with Chief Batton and Councilman Perry Thompson.



District 10, Ruthie Mae Anderson was born in 1935 in Daisy, Okla. to Cloy and Alice Bacon, an original enrollee. Ruthie graduated from Stringtown High School as Valedictorian of her class. She received a scholarship to Southeastern State College for \$50 that covered the tuition and books. Ruthie received a Bachelor's Degree in Elementary Education. Ruthie met her husband of 53 years at Southeastern State College. They have two daughters and two grandsons. Ruthie retired after 30 years of teaching. She resides in Daisy. Ruthie teaches a Senior Ladies Sunday School Class and is an active participant in the ladies Prayer Group and the Ladies Bible study group at McGee Valley Baptist Church. She says that Proverbs 3:5 has been very vital in her life, which says "Trust in the Lord with all your heart and lean not on your own understanding, in all your ways acknowledge Him and He will direct your path." Ruthie is shown with Chief Batton and Councilman Anthony Dillard.



District 12 (Crowder), Cathy Kitchens was born in 1954 in Crowder to Russell and Joyce Wilcox. She attended Crowder Schools and is a member of the Crowder First Baptist Church where she became the church pianist at the age of 12. After attending one year of college, Cathy married Steve Kitchens. They have three sons. In 2000, Cathy and Steve adopted a daughter, Kimberly. In 1983, Cathy returned to college and received her degree in education. Her hobbies are cooking and canning fresh vegetables, but Cathy's favorite hobby is reading. One of Cathy's passions is the work she does with the elderly at an assisted care and nursing care facility in McAlester. Cathy is a member of High Hill Baptist Church where she has served as pianist. She is shown with Chief Batton and Councilman James Frazier.



District 7 (Wright City), David Davis has been married to his high school sweetheart for 46 years and was blessed with two boys. He attended Wright City Public Schools and graduated in 1966. After high school graduation, David attended Eastern Oklahoma State College and received an associate's degree in drafting. He then attended Central State University. In 1969, David was drafted into the U. S. Army. David retired from Weyerhaeuser Company after 40 years. His hobbies are reading his Bible, pitching horseshoes, hunting, and being a blessing to individuals who are in need. David and his wife are active members of the First Baptist Church. David is shown with Chief Batton and Councilman Jack Austin Sr.



District 8, Betty Baker was born in 1929 in Slim, Okla. She attended the Forest Grove School where she was "picked" by a Miss McIntosh to attend Wheelock School. She worked for the WIC program since 1978. Betty said that she had worked for several Chiefs. Betty said the Chiefs were David Gardner, Hollis Roberts, and Greg Pyle and will maybe work one day work for the Great Chief, Gary Batton. Betty said that her favorite hobby was beading but now it's the casino. She is shown with Chief Batton and Councilman Perry Thompson.



District 11, Eva Lanning was born in 1933 in Albion to Rev. Williams Logan, Sr. and Laura (Potts) Logan. Her mother was an original Choctaw enrollee. Eva attended school at Albion and graduated from high school in 1951. Shortly after graduation, she moved to Oklahoma City and was employed by Riss Trucking Company. Eva married Gene Hamilton in 1953 and moved to Santa Monica, Calif. They have three children, seven grandchildren, and eight great-grandchildren. Eva retired in 1995 from the Naval Supply Center. In 1998, she moved back to Oklahoma where she became involved with her Choctaw Heritage. Eva is the Vice-President of the McAlester Choctaw Seniors. She also volunteers as a member of the McAlester Regional Health Center Home Health Advisory Board. Eva is very active in her church at Tannehill Freewill Baptist where she is currently serving as Treasurer. She believes that as Choctaw elders, we are blessed to have tribal leaders who make sure we are well cared for, each of us need to strive to keep our Choctaw heritage alive for generations to come. Eva is shown with Chief Batton and Councilman Bob Pate.



District 12 (Coalgate), Florence Elizabeth Harkins was born in 1936 in Stanley, Okla. to Bert and Florence Miller. Florence's mother was an original Choctaw Enrollee. Florence has five children, nine grandchildren, and seven great-grandchildren. Florence cooked for the Choctaw Center for 14 years and for the Tupelo Senior Center for 14 years, one day a week. She is Vice-President of the Wilson Sunshine Workers Club. Florence volunteers at the Choctaw Center and at the Tupelo Center and anywhere in the community that she is needed. She makes fried pies and donates them to the Coalgate Manor Nursing Home. Her hobbies are cooking and sewing. She is shown with Chief Batton and Councilman James Frazier.



District 7 (Wright City), Eleanor Caldwell was born to Fannie and Boyd Gibson in 1945. Eleanor is the mother of five sons and two daughters. Eleanor speaks Choctaw fluently. She is a certified language teacher. Eleanor believes in sharing with the younger generation stories of past lives of Choctaws, their strengths, values and to respectfully inform the young of whom they are. At the age of 55, Eleanor enrolled at the institute of American Indian Arts in Santa Fe, N.M. In 2002, she received her Associates of Fine Arts in Two Dimensional. Eleanor's depiction and the written story of a Choctaw Church Convention was published in Choctaw Nation's "A Cultural Awakening" 2012. Chahta Foundation's recorded storytelling of Eleanor's Choctaw life and her contribution to Hymns of our Nation by Cultural Preservations can be seen on the Choctaw Nation website. Eleanor is shown with Chief Batton and Councilman Jack Austin Sr.



District 9, James William Cox was born in 1937 in Durant to James Arvin Cox and Johnnie Hampton-Cox, being one of nine children. He attended first grade in Empson. James graduated from Yuba Union High School and later went to work for a local newspaper. While there, he met his wife. James and his wife have two children. After 26 years of marriage, his wife passed at the age of 44. In 1961, James was drafted into the U. S. Army. His training was Ballistics Meteorology. He later moved to Atoka and James attended a church revival and heard the Call, at which time he dedicated his life to serve the Lord. In 2002, he retired and moved back to the old home place in Bennington. James then married his wife Ann. They have six children, 12 grandchildren, and four great-grandchildren. James currently fills his time preaching and singing. He is an active member of the First Baptist Church in Bennington and sings in the choir. James also bowls in the Club 55 Seniors in Ardmore. Whenever there is a need, James is ready to serve and considers it a "blessing to serve others" and considers himself the one who is receiving the blessing. James is shown with Chief Batton and Councilman Ted Dosh.



District 11, Kenneth Majors was born in 1933 in LeFlore County. He attended LeFlore Public School. Later, the family moved to Wilburton where Kenneth attended Degan Public School on the then, Operational Indian Reservation. Kenneth later attended Connors State College and East Central University. He married his wife Norma in 1952. They have two children, two grandsons, and five great-grandchildren. Kenneth has a lengthy 29-year military career beginning with service during the Korean War. During service he has accumulated several awards, among them a Certificate from the McAlester Ammunition Plant for service rendered during Desert Storm and several others. But, says Kenneth, the most important are the Honorable Discharges from the U. S. Army and the Oklahoma Military Department. Today at 81 years of age, he is still active with gardening, participates in Choctaw Language classes, preaches, and plays an occasional game of horse with Andrew. Kenneth is also an accomplished painter, using oils and watercolors. Kenneth also builds Pinocar racing cars. He is shown with Chief Batton and Councilman Bob Pate.



Christmas at the Capitol

**Enjoy the Christmas lights every night
in December when you visit
Tvshka Homma.
Hot chocolate will be served on Fridays
& Saturdays from 5 to 8:30 p.m.**



PEOPLE YOU KNOW

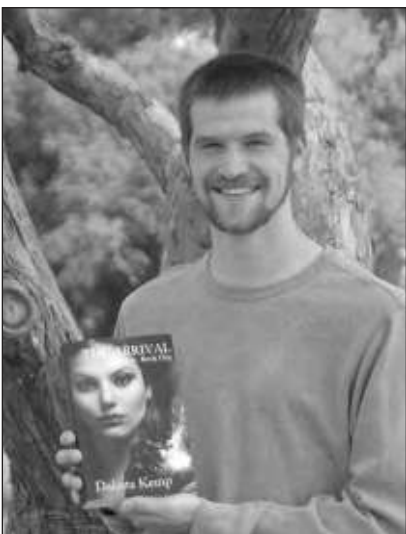
Kemp writes first novel, "The Arrival"

Dakota Kemp, a 23 year old writer and recent college graduate, published his first novel in July, an epic fantasy called "The Arrival."

Kemp was a graduate of Fairview High School and Southwestern Oklahoma State University, and is the son of Steve and Angie Kemp. He grew up and attended school in Beaver until the age of ten, when his family relocated to Fairview.

His first in a projected series of four, "The Arrival" is an epic fantasy with a medieval backdrop, much along the same lines as J.R.R. Tolkien's The Lord of the Rings, Robert Jordan's Wheel of Time, George R.R. Martin's A Game of Thrones, or Christopher Paolini's Eragon. Throughout his senior year of college and the summer preceding it, Kemp wrote the novel of over 400 pages to jumpstart a promising writing career.

Kemp began writing when he was 14, often penning stories based on King Arthur legends. Eventually, these tales led to an idea for a fantasy world of his own that stewed in his head for years, but it wasn't until the summer prior to his senior year of college that he began writing his debut novel.



Harms earns master's degree

Mary Hayes Harms of Euless, Texas graduated from the University of Texas at Arlington with a Master of Modern Languages degree on May 9, 2014. She previously earned a Bachelor of Arts degree with a Major in French and a Minor in Classical Studies from the University of Texas at Arlington in 2004. She is currently teaching the French language and International Baccalaureate French at Sam Houston High School in Arlington, Texas.



Mary is the great-granddaughter of Original Enrollee, the late John Spring Jr. of Commerce, Texas, the granddaughter of the late John Dennis Spring also of Commerce, Texas and the daughter of Melba Spring Hayes of Euless, Texas. She would like to thank the Choctaw Nation for their support and assistance for which her dream of finishing her undergraduate and graduate degree would never have come to pass.

Smith named Classic Miss Heart

Pebbles Audrey Smith of Oklahoma City was recently awarded the titles of Oklahoma State Classic Miss Heart of the USA and State Sweetheart for 2014-15.

Smith will make appearances and show involvement in her community on behalf of the Miss Heart of the USA Organization.

She is using type 1 diabetes awareness as her platform as she has been living with the disease since 2007. She is involved with the American Diabetes Association. She is a Red Hat Society member (Pinkie, as under 50's are called) and a chapter queen. Pebbles is involved with her church, Altar Society, and Catholic Daughters Court Santa Maria #81.

The Miss Heart of the USA Pageant strives to provide contestants with the opportunity to have fun, establish lasting friendships, build confidence and self-esteem, all while encouraging them to get involved with organizations in their communities that benefit those in need.

Pebbles is the daughter of the late Bob and Barbara McDonald and is the wife of Gregory Smith of Oklahoma City. She is the granddaughter of the late Marvin and Catherine Howell and Loral and Marie McDonald. She and Greg have five children and one grandson. Pebbles is a member of the Choctaw Nation of Oklahoma.



Choctaw serves Native communities

Michelle Johnson-Jennings has devoted her career to giving back to the American Indian community.

After receiving her doctorate in counseling and training as an integrated primary care

psychologist at the University of Wisconsin-Madison, she put her efforts into founding and co-directing the College of Pharmacy's Research for Indigenous Community Health Center on the University of Minnesota-Duluth campus, where she is an assistant professor.

Johnson-Jennings focuses her research on prescription drug abuse trends and the different kind of prevention tactics and treatments available, especially ones that remain respectful to the community's needs.

"Each community has its own cultural beliefs. Our research revolves around being aware of them, partnering and implementing culturally-tailored interventions," Johnson-Jennings said. "Through identifying culturally appropriate interventions and promoting existing preventative factors, communities can increase health outcomes and they can prevent abuse and heal from within."

She says a major goal is to encourage an understanding between more traditional American Indians in terms of medicine and healthcare providers.

Through a combination of culturally tailored interventions and improving communication between health care professionals and American Indians, Johnson-Jennings is giving a voice to her community and bridging health care gaps. She continues to foster mutually beneficial relationships with local tribes and keeps the well-being of all American Indian communities as her focus. Her parents are Marven and Cheryl Johnson from Choctaw.



Fry honored for church commitment

Dorothy White Fry was recently honored at the 125th anniversary of the Pilgrims Rest Baptist Church in Reichert for having the longest membership in the church and for being the oldest member of the church. She will turn 90 years old on Nov. 22. Dorothy is the oldest child of the late Samson & Edith (Johnson) White. Samson was an original enrollee of the Choctaw Nation. Dorothy's great grandmother, Martha T. (Buckley) Mitchell named the church in which Dorothy attends.

Dorothy is the sister to the late Lois White Burton, former councilwoman and judge for Choctaw Nation.



Youth support Choctaw Ponies

Lauren and Joshua Tarica of Atascadero, California, recently held several bake/craft sales to raise money to buy feed for the Choctaw ponies from Blackjack Mountain near Antlers.

The kids have visited and worked with the horses each of the last two years, helping their great-aunt Francine Locke Bray and the owner of the horses, rancher Bryant Rickman.

Recently, a nonprofit organization called Friends of The Heritage Horse Foundation Herds, doing business as The Spirit of Blackjack Mountain, was formed to help raise funds for the preservation of this rare strain of Colonial Spanish Mustang. These horses are descendants of the Spanish Mustangs the Choctaw people brought to Oklahoma in the 1830's.

Lauren, 14, and Joshua, 11, are descendants of John McKenney, a Choctaw who came to Indian Territory in 1832, bringing some of his horses with him.

To raise the funds, Lauren and Joshua baked cookies and made colorful can lanterns, which they sold outside the clinic where their mother works as a veterinarian. In total, they raised \$256, which is enough to purchase a full ton of feed for the horses.

For more information about the effort to save the Choctaw ponies or to donate, visit thespiritofblackjackmountain.com or email flbray@iupui.edu.

Choctaw artists' work exhibited



Charles Dye and Debra Irvan are two Native American artists whose works in oil and graphite depict quiet and restful places and capture the essence of people's lives.

Dye, a member of the Choctaw Nation, enjoys creating things of beauty. He has shown his art work in the Cherokee Nation Art Gallery as well and the Choctaw Nation Art Gallery. His work has also been displayed in traveling art shows. Beginning to hone his skills at a very early age, he developed a personal technique and keen sense of aesthetics that has earned him many awards and successes in a wide variety of genres, even including custom painted motorcycles. He has tried all forms of media and is even experienced in wood carving, but most enjoys painting a challenging subject and feels his best work is in oil. He enjoys the company of other artists, finding them interesting and benefiting from their individual and original perspective on their craft. Dye also enjoys helping others with their art. His work can also be found on the Choctaw Nation Website.

Irvan, also a member of the Choctaw Nation, is currently living in

Roland. She enjoys working with acrylic and graphite mediums and is currently creating a new collection, "Portraits in Graphite." With her raw talent and artistic style, Debra produces beautifully soft and natural finished pieces. Her goal is to visually portray feelings, personality and beliefs, to shine a light for the viewer into her world.

Irvan's art has been displayed in area businesses, at the Van Buren Performing Arts Center and through Art in the Work Place exhibits. This year her art will be in various Native American art shows and contests in Oklahoma.

Dye's "Soothing Places" and Irvan's "Portraits in Graphite" opening reception will be Sunday, January 11, from 1 p.m. to 4 p.m. at the Center for Art & Education in Van Buren, Arkansas.



Choctaw Nation Vocational Rehabilitation

December 2014

Durant - Mon., Wed. and Fri.; Broken Bow - Mon., Wed. and Fri.; Idabel by appt.
Phone: 580-326-8304; Fax: 580-326-2410 Email: ddavenport@choctawnation.com

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Durant 8:00-4:30	2 Antlers by appt.	3 Broken Bow 8:00-4:30 Idabel by appt.	4	5	6
7	8 Durant 8:00- 4:30	9 Talihina 10:00-2:00	10 Crowder by appt.	11	12 Atoka by appt. Coalgate by appt.	13
14	15 Durant 8:00-4:30	16 Poteau 11:30-1:30	17 McAlester 10:00-2:00 Stigler by appt.	18	19	20
21	22 Wright City by appt.	23	24	25	26	27
28	29	30 Wilburton by appt.	31			

Coleman named new director

Robert Coleman was named the new Economic Development Director for Midwest City and began his duties on Oct. 9.

Guy Henson, Manager for Midwest City, said that Coleman brings the necessary experience and skill set to accomplish the goals that the city has set forth in the area of economic development.

In addition to working in Mustang, Coleman recently worked as Community Development Director for the City of Mustang, and has worked in both El Reno and Piedmont. While employed at all three communities, he was involved in many areas, including community development, public works, capital projects, and economic development. During his tenure in El Reno, he was awarded the honor of "City Employee of the Year" in 2005. "Economic development at the municipal level is a lot like running a business. It is important to know your customers, know their habits and to know when opportunities arise. I am eager to bring this philosophy and strategic approach to Midwest City," Coleman said.



EDUCATION

Horse Ibachakali, a session for everyone

By **STEPHENIE OCHOA**

Choctaw Nation

There are many types of educational programs for any subject matter and many specific to the Choctaw Nation culture. Yet, an organization founded in 1998 called the Tapestry Institute has developed a program to help people “integrate different ways of knowing, learning and responding to the natural world” as they describe it.

Horse Ibachakali--or “connected”-- is the name of the program devised by the Tapestry Institute and reflects the basic principles of “mindfulness and indigenous worldview” as students work with Mustang horses in simplistic, yet meaningful ways. Horse Ibachakali session’s focus on all of the ways humans come to interact with their surroundings including (intellectual, experiential, spiritual and mythic) and the relationships we have with these surroundings and specifically the importance of how we reciprocate.

A member of the Choctaw Nation, Instructor and session designer Dawn Hill Adams, Ph.D., is a horsewoman and an award-winning educator. Adams has received many federal grants for developing programs that use Indigenous worldviews to understand how we connect with the world and what we give back to it.

Horse Ibachakali has been very beneficial thus far for survivors of sexual abuse and has plans to extend scholarships to other populations who have suffered trauma such as combat veterans. Founders also believe the sessions can benefit American Indian and First Nations graduate students in natural and social sciences and are preparing workshops designed towards their needs.

However, the Horse Ibachakali sessions are offered to anyone who wishes to learn more about indigenous views but state all people will benefit if:

- You want to experience an Indigenous way of relating to nature.
- You want to learn basic mindfulness in a natural setting.
- You want to learn how to engage in relationship based on reciprocity.
- You want to learn more about yourself in a unique, one-of-a-kind way.
- You want to learn about the horse to human relationship from within Indigenous worldview.

Sessions include lessons such as safe horse handling that will teach participants how to groom, halter and lead but also how to balance, ride and stand still.

The Tapestry Institute is a 501©(3) nonprofit organization in Colorado. Beside the Horse Ibachakali sessions, the nonprofit has many other resources available for interested individuals. The Institute is also hoping to raise additional funds to provide scholarships for those in need of connected healing. Additional information about sessions, services, and scholarships or opportunities to donate can be found at <http://tapestryinstitute.org/>.



Photo Provided

Dawn Hill Adams Ph.d and one of the horses involved with the Horse Ibachakali project.



Photo Provided

Choctaw Nation youth visit the Oklahoma State Capitol for the Get Fit Challenge Day.

Youth educate others on stickball

Choctaw Nation youth recently participated in Oklahoma’s Fitness Challenge for 2014 by bringing over 40 youth and 15 adults to exhibit the physicality of stickball at the capitol grounds in Oklahoma City. The only Native American group to bring a sport for representation, the youth of the Choctaw Nation enjoyed playing, teaching and meeting with others about stickball.

Outstanding opportunity for Choctaw Education majors at Southeastern Oklahoma State

Southeastern Oklahoma State University recently received a \$1.1 million federal grant that will offer assistance to Native American students who pursue Native American Education majors specific to degrees in Early Childhood Education and/or Special Education.

The Native American Excellence In Education (NAEIE) Early Childhood Teacher Preparation Grant will partner with both the Choctaw Nation and Chickasaw Nation to choose students and prepare them specifically to meet the needs in the southeastern Oklahoma where current studies show the ratio of Native American students per Native American teacher is currently around 60 to 1. Director of the Native American Center for Student Success at Southeastern and Principal Investigator (PI) and Project Director for the grant Chris Wesberry, says, “This grant is the only one of its kind in Oklahoma and it’s the third time we’ve been able to offer it to our Native American students. We needed it to address the need to train culturally aware educators in our public schools.”

Director of the School of Choctaw Language says, “This is an outstanding opportunity for Choctaw Education majors. By encouraging them to participate we hope to increase our culturally diverse teaching force even more.”

In order to qualify for the grant, students must have completed a minimum of 30 credit hours, be Native American, and be admissible to the teacher education program while pursuing a degree in the required field. Students chosen to receive the grant will receive help with tuition, textbooks, living stipends, professional development and academic services. Students that participate must also agree to teach at a school that has a significant number of Native American students.

Once entering the workforce, Wesberry explains that what the participants will learn, they will be able to in turn share with their students, their fellow teachers and administrators broadening the understanding of a culturally prepared teacher. Teachers will leave with resources they need to be successful.

For more information, contact Chris Wesberry at (580)745-2376 or email him at cwesberry@se.edu.

Choctaw Nation supports educational dreams for Sullivan graduate



Photos Provided

Choctaw Nation member, James Sullivan recently graduated with a BS in Administration and Marketing in Sept. Sullivan graduated with a Magna Cum Laude status from Sullivan University, and was grateful for the assistance of the Choctaw Nation.

Sullivan always dreamed of completing her education. Future plans for the recent graduate include the pursuit of her Masters Degree in Business Administration also from Sullivan University Graduate School. James is the great granddaughter of Rosie Guess (maiden name). She was born in 1902 to Sofie Miller (full blood Choctaw) and Billy Guess (Choctaw descendant of John Guess). Rosie lived and died in Hugo (Goodland), Okla.



Choctaw student NNAYI participant

By **STEPHENIE OCHOA**

Choctaw Nation

Choctaw Nation member and high school student from California Haley Scott participated in the 16th Association of American Indian Physicians’ National Native American Youth Initiative (NNAYI) program. Haley Scott is the daughter of Raymond and Tonya Scott.

The NNAYI program is a summer scholarship program designed to familiarize students with careers in the healthcare industry by touring medical colleges and facilities, interacting with Native American health care professionals, and participating in interactive workshops and lectures. Lecturers were special guest speakers in various fields of medicine such as researchers, educators, and physicians. The professionals that students met are part of the program as mentors and role models with the intent to help encourage and inspire more Native American students to pursue medical careers. NNAYI Program Director Gary Lankford explains, “It’s important for the students to hear from these health care professionals. They’re successful Native Americans who serve as role models and mentors. They inspire our students to continue their education and set high goals.”

Some of the field trips included tours of the National Institutes of Health, George Washington University School of Medicine, Georgetown University and Association of American Medical Colleges.

The NNAYI scholarship summer program is available to high school sophomores, juniors and seniors 16 years of age or older with room and board, travel, and meals paid along with all events.

For additional information about the AAIP or the NNAYI scholarship program, visit www.aaip.org or call (405) 946-7072.



Photo Provided

Choctaw Nation member and NNAYI scholarship winner Haley Scott.



Photo by Rose Knight Photography

All NNAYI participants in front of the National Library of Medicine.

Choctaw Nation HSE/GED Classes

Class meets each week for approximately 13 weeks. Books, supplies, and testing fees are provided. In addition, a \$10/day attendance stipend will be paid to those who attend classes on a regular basis and attempt the HSE/GED test. If you have turned in an application with our Adult Education Program for HSE/GED classes and wish to attend the upcoming class, please contact our office. If you have not applied and wish to attend these or future classes, please contact Kathy Bench at the Durant office, (800) 522-6170, ext. 2122. A Certificate of Degree of Indian Blood (CDIB) is required.

Leflore County, Poteau

Beginning date and time: November 10, 2014, Monday and Wednesday, 9 a.m. – 12 p.m.
Choctaw Nation Community Center, 208 “B” Street, Poteau, OK

Pittsburg County, McAlester

Beginning date and time: November 13, 2014, Tuesday and Thursday, 9 a.m. – 12 p.m.
Eastern Oklahoma College, McAlester Campus, Clark Bass Building, Room # 230

Bryan County, Durant

Beginning date and time: November 13, 2014, Tuesday and Thursday, 6 p.m. – 9 p.m.
Choctaw Nation Tribal Complex, South Bldg. 1st Floor, 529 N. 16th, Durant, OK

McCurtain County, Broken Bow

Beginning date and time: November 13, 2014, Thursday, 1 p.m. – 4 p.m.
Choctaw Nation Family Investment Center, 210 Chatah Rd., Broken Bow, OK

Choctaw County, Hugo

Beginning date and time: November 10, 2014, Monday, 1 p.m. – 4 p.m.
Choctaw Nation Community Center, 408 N. “M” Street, Hugo, OK

OBITUARIES

Luther D. Noah, Jr.

"When it comes time to die, be not like those whose hearts are filled with the fear of death, so that when their time comes they weep and pray for a little more time to live their lives over again in a different way. Sing your death song and die like a hero going home."—Chief Tecumseh



Proud Choctaw Luther D. Noah, Jr., was born in 1962 to Luther D. Noah and Blanche G. Noah. He graduated from the University of Oklahoma in 1985, with a B.A. in Law Enforcement Administration.

Complications of protein-c deficiency caused his untimely death on March 9, 2011, at the age of 48. At the time, he was working as a medico-legal death investigator for the Office of the Chief Medical Examiner, in Memphis, Tennessee.

A quiet hero, Luke kept the seriousness of his condition from family and friends. Life-threatening blood clots sent him to the hospital with increasing frequency, but he always returned to work. His conduct in the face of suffering reminds us that some people who truly understand honor and sacrifice demonstrate that understanding in the private arenas of life. No medals are awarded for this quiet heroism.

Luke enjoyed amateur radio, photography, University of Oklahoma football, and his English bulldog Otis, who provided him with many happy years of companionship. He was a devoted husband and father and leaves behind a beautiful daughter and granddaughter.

Charles Wallace Durant

Charles Wallace Durant, 76, of Poteau, passed away on Aug. 21, 2014, in Tulsa.

Charles was born April 21, 1938, in Gilmore to Walter and Cleo (Virgil) Durant. He was a veteran of the U.S. Army. Charles was formerly the transportation supervisor for Poteau Public Schools.

He was preceded in death by his parents; wife, Mary Jo in 2010; brothers, Carl, R.C. Johnny and Walter; sisters, Jean Bass and Pearl Bost.

He is survived by his children, Frank Crane of Poteau, Joseph Durant of Tulsa, Rita Schreder of Michigan, Monica Peter of Randlemon, North Carolina, Douglas Crane of Tulsa, Sherry Ross of Muldrow, Charles R. Durant, Debbie Sarpy, Gaibral Durant all of Poteau, Shawna Buenivedies of Hugo and Dylan Sweeten of Spiro; many grand and great-grandchildren; sisters, Mildred Huddleston of Oklahoma City, Carolyn and Archie Baca of Poteau; brother, Paul Nichols of Poteau; other relatives, loved ones and friends.

Interment was in Vaughn Cemetery, Gilmore.

Victoria 'Torie' Baker

Victoria "Torie" Baker was born Aug. 29, 1987, in Oklahoma City to Monette Baker, and passed away July 21, 2014, in Stigler. She was 26.

She is survived by her companion: Sean McGuire, Sr., of the home; one daughter: Alliyah Monette Purvis of the home; one son, Sean David McGuire, Jr., of the home; grandfather, Houston Baker of Stigler; grandmother, Cecelia Baker of Oklahoma City; two sisters, Hoai Ly Baker and husband, Arturo Domingues, of Oklahoma City and Jennifer Henry and husband, Mario Ramiras, of Oklahoma City; two aunts, Victoria Gonzalez of Stigler and Tamara Gonzalez of Oklahoma City; one uncle, Jeremy Kemp of Oklahoma City. Torie was preceded in death by her mother, Monette Baker; and one uncle, Travis Moore.

Burial was in Simon Issac Cemetery under the direction of Mallory-Martin Funeral Home and Crematory of Stigler.

Torie graduated from Stigler High School in 2006. She was a proud Choctaw woman who was beautiful inside and out. She will be deeply missed by all who knew her.

Geneva VanGundy

Geneva VanGundy, 81, passed away on Sept. 8, 2014.

Geneva was born to Joe O. Stiner and Thelma Marie (Cook) Stiner at Big Cabin on May 20, 1933. The second of five children, she grew up in Oklahoma City, where she attended Putnam City High School. Music was a big part of her family life growing up. She learned to play the piano and eventually played the saxophone in the marching band at school. After high school, she took secretarial courses and went to work for the Federal Aviation Administration in Oklahoma City. It was there that she met and married the love of her life, Eugene VanGundy. Little did she know what amazing adventures were in store as they embarked on their life together. His career allowed them to travel and live in many parts of the world, which Geneva embraced wholeheartedly. She had a deep appreciation and love for the different cultures and historical sites everywhere life took them. On American soil they also lived in Virginia, Oregon and California, then finally moved back to their native state of Oklahoma to be close to their family.

Geneva also became an accomplished artist and went on to paint a sizeable collection of family-treasured works in oil, acrylics, watercolor, and pencil. The yearly camping trips were also a great time of wonderful memories and fun. The most important things to Geneva were her faith in Jesus Christ as our Lord and Savior and her family. Anyone who knew Geneva would agree that her life had been synonymous with graciousness, generosity, and a sincere love of her fellow man.

She was preceded in death by her parents; husband, Eugene A. VanGundy, in 2012; and sister, Penny Cline.

Geneva is survived by three daughters, Billie Denise Williams and husband, Wayne, of Lone Grove, Sherri Hamblin and husband, David, of Lone Grove, and Doryce Plumlee and husband, Dan Miller, of McAlester; grandchildren, Amanda Turbes, Ashley Osterman, Paige Fichter, Gabe Miller, and Kara Miller; great-grandchildren, Ryder Osterman, Isla Osterman, Marshall Turbes, Dylan Turbes, and Daphne Turbes; two sisters; Mickey Pierce and RuDell Adkinson; and brother, Burdette Stiner.

Entombment was at Hillcrest Memorial Park Mausoleum, Ardmore.

Betty Jo (Campbell) Webb

Betty Jo (Campbell) Webb, 63, a lifelong Atoka resident, passed away on Aug. 31, 2014 at her residence in Atoka.

She was born on April 27, 1951, to Joseph and Christine (Allen) Campbell, at Atoka. She attended school at Forrest Hill Grade School, Harmony and Atoka High School. Betty retired from Oklahoma Turnpike Authority where she worked as a customer service representative.

She married William "Eddie" Edwin Webb on Nov. 8, 2001 at Atoka. Betty was an active member of Hillcrest Baptist Church. She enjoyed flowers, gardening, her dogs, and mowing her yard. Her dog Buster was her best bud.

Betty was preceded in death by her father, Joseph Campbell; brother, Robert James Campbell; half-sister, Marcie Jo Campbell; and a half-brother, Leonard Campbell.

She is survived by her husband, William "Eddie" Edwin Webb of the home in Atoka; mother, Christine (Allen) Campbell of Atoka; daughters, Lisa Allen and husband Kenneth of Atoka, Gayla Danley and husband Mark of Caddo; step-daughter, Jennifer Williams and husband Matt of Mount Pleasant, Texas; Shirley McKendrick and husband Allen of Caney; siblings, Margaret Campbell of Tushka, Rita Campbell of Hugo, Joe Campbell and wife Susan of Atoka, Richard Campbell of Atoka, Mary Williamson and husband Steven of Farris, George Campbell of Atoka, Larry Campbell of Farris; seven grandchildren; three great-grandchildren; special friend, Diane Proctor and husband Jim of McKinney, Texas; along with other relatives and many dear friends.

Interment was held in New Zion Cemetery, Atoka.

Ernestine Hunkapillar

Ernestine Hunkapillar, 96, passed away Sept. 8, 2014, in Dallas, Texas.

She was born Oct. 8, 1917, in Tuskahoma to Newt Hooser and Helen Hudson Hooser. She received her Bachelors Degree in Elementary Education from Oklahoma A&M, Stillwater. She was a member of the Talihina BPW for many years and was a member of the Choctaw Nation Historical Society and served as treasurer. Ernestine taught school for many years mostly in Talihina but in several different places.

She was preceded in death by her parents; son Terry Dan Hunkapillar; great-grandchild Tye Ford McGehee; brothers Hickman Hooser, Ernest Hooser, and R.D. Hooser; sister Eugenia Hooser; and niece Rosemary Hooser.

She is survived by son Darryl R. Hunkapillar and wife Beverly of Summit, Miss.; daughter Carlette Sue Vadnais and husband Mike of Broken Bow; daughter-in-law Nelda Hunkapillar of Broken Bow; and grandchildren Larry Hunkapillar and wife Deborah, Roger Hunkapillar and wife Niki, Chad Vadnais and wife Michelle, Moni Vadnais and wife Andrea, Trent Hunkapillar and wife Stacey, Darren Hunkapillar and wife Cortney, Valarie McGehee and husband Bill, Felicia Jewell and husband Josh, Danny Moore and wife Margaret, Travis Moore and wife Molly, Jason Moore and Jarrett Moore; 16 great-grandchildren and one on the way; brother John A. and wife Lucille Hooser of Clayton; and numerous other relatives and friends.

Interment was at the A.L. Stephens Cemetery in Clayton under the direction of Burkhardt Funeral Service of Talihina.

Steven James 'Steve' Ingram

Steven James "Steve" Ingram, 43, of Hugo, passed away Sept. 9, 2014 in Shawnee.

Steve was born Feb. 4, 1971 in Talihina, the son of Carol James Ingram and Lettie Jean (Hardy) Ingram and had lived most of his life in Hugo.

His parents preceded him in death. He was also preceded in death by a sister, Lou Ann Motes.

Survivors include one son, Colton James Ingram of Illinois; one brother, Willard Ingram of Hugo; along with many other relatives and friends.

Interment was held in Goodland Cemetery.

Patricia Ann Stricklin

Patricia Ann Stricklin, 76, of Stigler passed away Sept. 1, 2014 in Fort Smith, Ark.

She was born July 7, 1938 in Hartshorne to Henry Clay and Luvenia (Ward) Oxford. She is survived by three daughters, Venga Cox of Oklahoma City, Melody Lewis and husband, Donny, of Stigler, Joy Anderson and husband, Steve, of Konawa; one son, Yes Stricklin of Waukegan; two sisters, Ruby Talley and husband, Bill, of Stigler, Ima Jean Dryer of Oklahoma City; and one brother, Jack Oxford of Oregon; eight grandchildren; and 15 great-grandchildren.

Burial was in Centerpoint Cemetery, Wilburton, under the direction of the Mallory-Martin Funeral Home & Crematory of Stigler.

Elton Lee 'Jiggs' Whitehead

Elton Lee "Jiggs" Whitehead, 70, passed away Sept. 9, 2014 in Marlow.

Jiggs was born Friday, July 7, 1944 in the Bailey Community, to Elton and Blanche (Davis) Whitehead. Jiggs lived in the Marlow area most of his life and attended school in Bray. On Sept. 25, 1966, he married Marilyn Sue Files in Marlow. They were blessed with three children. Jiggs had a long career working as a machinist for Halliburton. While working at Halliburton, he started Bikes for Kids, an organization that raised money to give bikes to children. He was a founding member of the Marlow Gunfighters Association, an avid hunter and fisherman, enjoyed talking about his travels and all the states he visited. He loved his family and spending time together, he especially loved the time he spent with his grandchildren.

Jiggs was preceded in death by his parents; brother, Slick Whitehead; sister, Toosie Manning; brothers-in-law, Phil Morrison, Garry Peddycoart and Don Nix.

Survivors include, wife, Marilyn Sue Whitehead of the home; son, Tim Whitehead and wife Brenda of Marlow; daughters, Kimberly Benfield and husband Keven of Marlow, Suzette Hargett of Ringling; nine grandchildren; one great-grandchild; brother, Roger Whitehead and wife Trina of Bray; sisters, Wanda Morrison of Duncan, Linda Peddycoart of Marlow, Becky Nix of Duncan; sisters-in-law, Donna O'Neal and husband Vernon of Marlow, Mary Nell Files of Bray.

Regina Mae (Pebworth) Horton

Regina Mae (Pebworth) Horton, 86, of Stonewall, passed away on Sept. 13, 2014, at Stonewall.

She was born on Jan. 31, 1928, to Thomas Jefferson and Violet Virginia (Maxwell) Pebworth, at Coalgate. Regina graduated from Coalgate High School, then went to Eastern State College in Wilburton. She later attended East Central University, receiving a Master's Degree in Psychology.

She married M.C. Horton who preceded her in death in 1969.

She was also preceded in death by parents Thomas and Violet (Maxwell) Pebworth; and sisters, Omega Rogers and Velma Jane Lemons.

She is survived by a son, Clay Horton of Stonewall; daughter, Renee Sanders of Ada; brother, Wade Pebworth of Coalgate; three grandchildren, Brittany Thetford, Brandie Horton and Zachary Sanders; along with numerous other relatives, nieces and nephews.

Nancy Kathryn (Phillips) McDougal

Nancy K. McDougal passed from this earthly life to be with the Lord Jesus on June 15, 2014. She was born April 18, 1945 in Allen, in the Choctaw Nation to Richard Arnold and Thelma Marie (Jones) Phillips.

Nancy lived all of her life, except for eight years, in the Choctaw Nation in Allen and was very proud of her Choctaw heritage. On her mother's side, she was the great-granddaughter of Mary Elizabeth Barnett, an original enrollee. Her great-grandmother was married three times to: Franklin Pierce Jones, Tom W. Grant, and Bert Manuel Cranford; therefore, Nancy had a very large Choctaw family.

Nancy graduated from Allen High School in 1963. She lived her early childhood on the Choctaw side of the Choctaw and Chickasaw Nation's divide line about 1 1/2 miles west of Allen. She lived the last 43 years of her life about 1/2 mile east of the town of Allen, which is also in the Choctaw Nation.

Nancy's eldest daughter, Julie (McDougal) Mills, and granddaughter, Danli (Mills) Sanford, also live in the Choctaw Nation in Allen. That is six generations who have lived in the Choctaw Nation. Her youngest daughter, Jinger (McDougal) McClure, is the Director of Indian Education for Ada City Schools.

She remembered in her early years, when her Chickasaw friends did not have a hospital and the Choctaw Hospital in Talihina would care for them and was always glad to help.

Nancy married Danny W. McDougal from Haileyville, in Pittsburg County on May 24, 1963. She was a homemaker and charter member of the Bethel Free Will Baptist Church in Allen. Nancy lived for her church, her family, and her home.

Survivors include husband, Danny McDougal, of the home; two daughters, Julie Mills and her husband Greg of Allen, and Jinger McClure and her husband Jeff of Ada; her grandchildren, Danli Sanford and her husband Cowboy, Jordyn Mills and her fiancé Dayne Parker, Cole Young and girlfriend Kelsey Slovacek, Brendan McClure, Kaden Mills, and Ian McClure; a sister, Alberta Milner and her husband Rondel of Ada; her brothers, Arnold Phillips and his wife Linda of Stanton, Texas and David Phillips and his wife Carolyn of Allen; and many nieces, nephews and cousins.

Services were held on June 18th at the Bethel Free Will Baptist Church. Interment followed at Allen Cemetery.

Carolyn Underwood

Carolyn Underwood, 80, of Wilburton, passed away on Sept. 13, 2014 at her residence in Wilburton.

Carolyn was born in Spiro on Feb. 11, 1934, a daughter of the late Annie Lila (Tobler) and Claude Burl Blackmon.

Carolyn was employed, and retired, as a secretary for the Latimer County Juvenile Services.

She was a member of First Baptist Church of Wilburton. Carolyn was a member of Bowers Home Extension Club, Red Hats, Good Sams Camping Club, PSO Circuit Riders Retired Group, Wilburton High School Alumni Association, Wilburton Public School Board member, "Our Turn" Senior Citizens Group of First Baptist Church of Wilburton.

She was the wife of Vernon Underwood. On May 15, 1953, Vernon and Carolyn were married at Wilburton.

Carolyn was preceded in death by her mother and father; cousin, Alice Jayne Rogers; aunt, Kathryn Avery.

Carolyn is survived by: husband, Vernon Underwood, of the home; son, Mark Underwood of Wilburton and Liz Prichard; daughter and son-in-law, Marie and Benny Davis of McAlester; four grandchildren, Jennifer Diane and Aaron Deering of Norman, Elijah Luke and Brandi Underwood of Wilburton, Carrie Breann and Chris Scrivner of Hugo, Callie Marie and Casey Reinhardt of Wilburton; six great-grandchildren, Reese Underwood, Kinsley Scrivner, Olivia Diane Deering, Konner Ray Scrivner, Kaston Scrivner and Hope Underwood.

Interment was in the Wilburton City Cemetery.

Isaac 'Jack' Wilson

Isaac "Jack" Wilson, 95, passed away Sept. 16, 2014.

He was born in Beachton, (a suburb of Smithville), Feb. 11, 1919, the son of Johnnie and Dora (Easttum) Wilson. He attended and was educated in Oklahoma schools and graduated from Dwight Northeastern as a certified Bible school teacher. In 1940, he married Rose Forney and they later divorced. In 1959, he married Colleen Pitchford.

Jack was a career employee of the Green Giant Co. In his 40-plus years with the company he held many different jobs and retired from there in 1979. At this time, he was a construction project engineer working out of headquarters in Le Sueur, Minnesota. Jack was also a member of the Presbyterian Church, I.O.O.F. and Eagles Lodge.

Jack had many hobbies. In his younger days, he was an avid hunter, an avid fisherman, loved camping and spending time in the mountains. Going south in the winter months after retirement was something he really enjoyed. His favorite hobby however, was restoring automobiles. He restored dozens of automobiles, mostly classics. This was a passion that started when he was quite young. His Uncle Isaac was an auto-mechanic in the "Model T" days. Jack spent many hours with him in his garage, even though as a child, he was only allowed to clean parts. Jack never lost his love for automobiles, and he continued this hobby late in life.

Surviving Jack are his two daughters, Betty Stacy and Delores Bockstruck; one brother, Robert Wilson of Kennewick, Washington, and one sister, Mildred Wilson of Washington; step-son, Fred Wormsbaker of Twin Falls, Idaho; two grandsons, Jamie and Jon Bockstruck of Spokane, Washington; four great-grandchildren and six great-great-grandchildren.

Jack was preceded in death by his parents; his wife, Colleen; three brothers and three sisters; one granddaughter, one grandson and one step-daughter.

Graveside Committal was held at Sunset Memorial Park in Idaho.



OBITUARIES

LaDon Smith

LaDon Smith, 69, of Boswell, passed away on Sept. 24, 2014 in Paris, Texas.

LaDon Smith was born July 26, 1945 in Sacramento, California, the daughter of Ervin W. Seebeck and Margaret (Moore) Seebeck and had lived in Boswell since 1970. Her parents preceded her in death.

LaDon was a granddaughter of original enrollee, Robert T. Moore. She was also a member of the Durant Art Guild, a talented artist, having won the U.S.D.A. nationwide poster contest. LaDon enjoyed music, loved animals and was affiliated with the Lutheran church.

Survivors include two brothers, Mark Seebeck and wife, Nancy of Boswell and Greg Seebeck and wife, Peggy of Springerville, Arizona; two nephews, three nieces, 11 great-nieces and great-nephews, several cousins and a host of other family and friends.

Graveside services were held at Restland Cemetery in Boswell.



Ruth Ann Wrisner

Ruth Ann Wrisner, 90, of Oklahoma City, passed from this life in Oklahoma City on Oct. 6, 2014. She was born on Dec. 11, 1923, in Bennington, to Willie and Lula (Jones) Wesley. Ruth Ann Wesley married James Wrisner in Sherman, Texas.

Ruth Ann loved taking care of her family. She enjoyed driving around Oklahoma City taking in the sights, which she was still doing up until a couple of weeks before her passing. Ruth Ann will be remembered as a woman who was always there when anyone needed her.

Mrs. Wrisner is survived by her daughter, Sue Davenport of Bennington; sons, Bobby Wrisner of Calera and Roy Lee Wrisner of Oklahoma City; sister, Helen Pittman of Calera; and eight grandchildren, nine great-grandchildren and numerous great-great-grandchildren.

Mrs. Wrisner was preceded in death by parents, Willie Wesley and Lula Alexander; husband, James Frank Wrisner; sons, Paul Ray Williams Jr. and Troy Wrisner; daughter, Louann Wrisner; brothers, Hoot G. Wesley and Willie Wesley Jr.



Elsie 'Millie' Mildred Obe

Elsie "Millie" Obe, of Lawton, was born Dec. 22, 1935 in Unger, to Easton and Myrtle (Taylor) Johnson. She died peacefully at home on Aug. 22, 2014 at the age of 78.

Millie attended school in Antlers Catholic School and Wheelock Academy in Millerton. After high school she attended Business College. She met Jimmie Obe in 1966 in Alexandria, Va., while he was stationed at Fort Belvoir. They were married on Feb. 14, 1969, in Wichita Falls, Texas.

Throughout the years, Millie and Jimmie were stationed in many places due to Jimmie's military career. They lived in Germany, Fort Belvoir, Fort Hood and Fort Sill. After establishing residency in 1978 in Lawton, Millie worked at Fort Sill NAF in the accounting department. She then worked at Willow Park Health Center as the activity director, before opening Millie's Little People daycare, which she ran for 10 years. She went to work as a contracted caregiver until her health forced her to retire.

Millie loved to sew, crochet and do arts and crafts, but cooking for her family gave her the most joy. She enjoyed watching the cooking channel. She loved her dogs, Jetta and Alfie and enjoyed taking them camping. She and Jimmie also enjoyed traveling all of the United States.

She is preceded in death by her parents, Easton and Myrtle; son, Eddie Dean; daughter, Sandra Shumake.

She is survived by her husband of 45 years, Jimmie, of the home; daughters, Cynthia Maxwell, Pamela Shumake and Janice Chavez, all of Oklahoma City; son, Jason Obe, of the home; five grandchildren; nine great-grandchildren; and one great-great-grandchild; sisters, Juanita Johnson and Oleta Harris, both of Oklahoma City; a special niece, Louise Roy of Oklahoma City; a special granddaughter, Carmela Shumake; sisters-in-law, Verda Simmons and Viola Bohannon; Viola's daughter, Patricia Eason and husband Richard; nephew, Jerry Queotone and his daughter, Jenna. She also has numerous extended family members and friends.

Burial was held in Fort Sill National Cemetery, Jake Dunn Road, Elgin.



Alta Beatrice Mapp

Alta Beatrice Mapp, 75, passed away Sept. 1, 2014 at Mercy Hospital, Ardmore.

Alta was born Aug. 18, 1939, in Oswalt to Ruben and Annie Lee (Williams) Bowden. Alta graduated from Greenville High School in 1957 and enjoyed playing basketball and bowling. Alta was a Christian and enjoyed listening to Gospel music and will be greatly missed.

Preceding Alta in death were her parents, Ruben and Annie Lee Bowden; brother, Robert Bowden; sister-in-law, Sharon Bowden; brothers-in-law, Dare Holt, George Cullum, Okie Phillips; niece, Anita Holt; great-nephew, Brad Holt; uncles, Buck Williams and Tom Williams.

Alta is survived by husband J.B. of Ardmore; son, Mark Mapp of Ardmore; daughter, Carolyn Powelson and her husband J.P.; brother-in-law, F.S. Mapp and his wife Trini; grandchildren, William Oats, Alan Oats and his wife Samantha, Scott Oats, Taylor Oats, Ashley Mapp, Chase Mapp and Bailey Oats; sisters, Gladys Holt of Stillwater, Novella Shebester and her husband Billy Joe of Madill, Jean Cullum of Mead, Paula Phillips of Newnan, Georgia; brothers, Bill Bowden and his wife Darlene, Bob Bowden, Charles Bowden and his wife Marcia, all of Ardmore, Jim Bowden and his wife Frankie of Choctaw.

Graveside services were held Sept. 3 at McAlister Cemetery in Overbrook with Rev. Bruce Kirby officiating.



Mel Timberman

Mel Timberman was born Oct. 20, 1947 in Bridgeton, New Jersey and died Sept. 25, 2014 in Oklahoma City.

He is survived by his son, Jody; daughter, Christine; sister, Ann and husband Jack; sister, Ruth; brother, Charlie and his wife Candy; many nieces and nephews; and his dog, Nia.

He was preceded in death by his son, Randy; and parents, Melvin and Mary.

Mel was a fan of Oklahoma football and Thunder basketball. He had a great love of music, played a variety of instruments, and was a talented guitarist. He counseled many troubled people over his lifetime and will be remembered fondly by those he assisted. Mel was loved by many and will be remembered for his warmth, kindness, and sense of humor.



Zelma (Molly) McCoy

Zelma (Molly) McCoy, born Jan. 5, 1921 in Quinton, passed peacefully at the age of 93 on Oct. 8, 2014 in Visalia, California.

She was preceded in death by her parents Birdie Hughart Nunnelee and Earl Nunnelee; husband Ed McCoy; her sister Thelma Lockwood; brothers Duke, Bill, and Grady Nunnelee; daughter Peggy McGhee-Avila; and grandsons David Enos and Richard Macedo, Jr.

Mom is survived by her daughters Billie Fry, Patty McClellan and husband Leon, Shirley Thompson, Carolyn McGhee-Zeivers and husband Carl, Barbara Kane and husband Earl; and son Lester McGhee, Jr. and wife Geraldyn. Mom is also survived by 20 grandchildren, 30 great-grandchildren, and 18 great-great grandchildren.

Mom was raised and educated in Beaver Mountain, Haskell County. She and former husband of 25 years Lester McGhee came to Tulare County in the spring of 1936 returning to Oklahoma numerous times over the following years and in the spring of 1942 they established permanent residence in the Tulare area with their four children. Mom was married to Ed McCoy from 1962 until his passing 37 years later.

She worked numerous jobs through her adult life having retired after working as a private home caregiver for more than 15 years in the Tulare/Visalia area. Mom was a member of the Prosperity Baptist Church in Tulare and especially enjoyed attending Wednesday Bible and breakfast meetings at the Hometown Buffet with her fellow Sunday school members.

Special thanks to the staff at Twin Oaks Assisted Living and Twin Oaks Rehab and Nursing for all their loving care for mom the past four years. The family would also like to give a very special thank you to the staff at Kaweah Delta Hospital for taking such wonderful care of mom, with a special nod to the Comfort Care Unit, who not only embraced mom in her final days and hours with gentle care and dignity, but her family as well.

Graveside services were held at the Wall Niche at Tulare Cemetery in California.



Norma Jean Lynch Holt

Norma Jean Lynch Holt, Jeanie to family, passed from this world after 81 years of living her version of a wonderful life. She spent her retirement years in Wimberley, Texas, and left this world on Oct. 6, 2014.

Norma Jean was born May 13, 1933, in Duncan. She was the daughter of Paul Victor Lynch and Mary Morrison Lynch. She was proud of her Choctaw and Irish roots.

Norma Jean was raised in Shawnee and graduated from Shawnee High in 1951. She met future husband, Don Holt, in junior high. She corresponded with Don while he fought in Korea. When he returned and left for school in California, she realized she loved him. In the meantime, she attended Oklahoma A&M (OSU) and graduated from Neff's Business College.

Don and Norma married on Aug. 7, 1955. They lived in student housing while Don attended Tulsa University.

Norma stopped working with the birth of her son, Donald Bradford, Jr. on Nov. 21, 1958. Their daughter, Kira Janene, arrived Aug. 13, 1960.

Norma returned to work as an oil/gas secretary after her children entered school. The family made home in Portland, Texas. Norma and Don enjoyed small town life of watching their son's sporting activities, attending football games, church life, and participating in their local dance club.

1973 brought overseas travel that expanded their lives. Don drilled wells in Malaysia and Indonesia. Norma and kids followed to experience another culture. Norma and Don returned to Portland, before moving to Denver, Oklahoma City, Portland, and Kingwood, Texas.

Their retirement involved motor coach travel from coast to coast. Don, private pilot, provided opportunities to visit family and friends throughout their adult lives. Norma and Don celebrated their golden anniversary amid glaciers of Alaska's Inside Passage. They traveled Europe and the Caribbean.

Norma, loving and loyal wife and mother, protected her family. Pragmatic, she saw the good and joy in life, laughing easily and often. She remained active in church and kind to those she met. What makes each of us unique is the love we have to give, and Norma's life remained filled with love.

Norma is survived by her husband of 59 years, Don; son Donald Bradford, Jr. (and wife Patti) of Portland, Texas; and daughter, Kira Janene Holt (and husband Billy Goert) of Wimberley, Texas; grandchildren, Trey Holt and Michele (and husband John) Cortez; great-grandchildren, Sierra Morales and Faith Cortez; her sister, Mary Nell (and husband Flint) Berlin of Shreveport, Louisiana, as well as nieces, nephews, and cousins.

Norma was preceded in death by her parents, Paul and Mary Lynch, as well as aunts and uncles.

The family would like to thank Odyssey Hospice and Deer Creek Nursing Home for the care and support provided.

Interment was at the Fairview Cemetery in Shawnee.



Andrew Kenny Oxford

Andrew Kenny Oxford, a young man who left this life too soon and resident of Durant, passed from this life on Sunday, Oct. 5, 2014 at the age of 20 years 10 months. He was born on Thursday, Nov. 13, 1993 in Los Angeles, California.

Andrew loved his precious son Anderson very much. He enjoyed listening to rock and roll, playing video games and especially baseball. Andrew will be missed by all his family and friends.

Andrew is survived by his father, Kenny Oxford and girlfriend Paula Fennell of Durant; his precious son, Anderson Kenny Oxford of Durant; fiancé and life partner, Courtney Taylor of Durant; brother, Ian Oxford of Durant; aunt, Barbara Nagy and husband John of Durant; uncle, Jimmie Oxford and wife Yolanda of Minnesota; numerous cousins, Valorie Stanley, Luvenia Foskett, his cousin who was like a brother, Aaron Abbott, Ashleigh Nagy, Jimmie Oxford, Jr. and Donovan Oxford.

Andrew was preceded in death by his grandparents, Henry Clay and Betty Oxford and his uncle Roy Oxford.



Micaela Skye Davis

Micaela Skye Davis of Mead, left this life too soon on Sept. 25, 2014 at the young age of 21 years.

She was born to Melody Dora (Hopkins) and Michael Davis in Ada on Dec. 16, 1992. Micaela enjoyed painting, drawing and listening to music. But most of all she loved spending time with her family and friends.

Micaela was preceded in death by her grandparents, Samuel and Charlene Hopkins and grandmother, Anita Davis.

Micaela is survived by her mother, Melody Davis and William Russell Gardner of Mead; father, Michael Dale Davis of Mead; brothers, Brandon James Crawford and Hayden Michael Davis of Mead; grandfather, Arthur Dale Davis of Mead; nephew, Ryan Michael Davis of Mead; nieces, Bayleigh and Presleigh Bruner of Calera; sisters-in-law, Hillary Cheyenne Jordan of Mead, Christy Bruner of Calera and Amanda Cox; boyfriend, Stacey Michael Jamison of Mead; and numerous other family members and friends.



Talon Grey Kuykendall

Talon Grey Kuykendall, infant son of Kasey Kuykendall and Brittini Metcalf, was born and entered into rest on Oct. 5, 2014 at 5:13 A.M. at the Medical Center of Southeastern Oklahoma. He weighed 3 pounds 12.8 ounces and was 16 inches long.

He was preceded in death by his great grandparents Lavada Duke, Edgel Frazier, Bill Kuykendall, and Odus and Betty Jones.

Baby Talon is survived by his loving parents Kasey and Brittini of the home; siblings Avy, Zayden, Riley, and Roman Wright of the home; grandparents, Billy and Lucinda Kuykendall of Cartwright, Tom and Nancy O'Brien of Euleus, Texas, Shawn and Deanna Metcalf of Platter; great-grandparents, Marcella Kuykendall of Dallas, Texas; Roy and Pat Reed of Platter; uncles and aunts, Joshua Kuykendall of Cartwright, Dusty Metcalf, Hunter Metcalf and Tiffany Gardner of Platter; Cody and Lindee Davis of Platter, Cody and Alli Townsend of Calera, Tiffany Gardner of Platter, Stormi Lamar of Calera; and numerous cousins and other family and friends.



Jacob James

Jacob James, 86, of Broken Bow, passed away Aug. 31, 2014 in Paris, Texas. He was born Nov. 11, 1927 in Valliant, the son of Alepton Davis and Melissa James. Jacob had lived in Broken Bow all of his life. He enjoyed camping, fishing, cooking, gardening, cutting wood and spending time with family and friends. Jacob was a member of the Tohwali United Methodist Church in Broken Bow.

Jacob was preceded in death by his parents, Alepton Davis and Melissa James; wife, Amanda James; sons, Bradley James, Gregory Noah and Michael Noah; daughters, Freda Tisho and Beverly Noah; grandsons, Clifford Noah Lewis, Harold James, Timothy James; granddaughter, Marsha D. Williams; great grandsons, Jacob Yanez and Zackary Johnson; brother Charlie Davis.

He leaves to cherish his memory, sons, Abbie James Sr., Gary D Noah and wife Tamara, Richard Jackson and wife Janet all of Broken Bow, Jerry Noah and wife Debra of Florida, Darrell and Gerald James of Watonga; daughters, Nancy Jefferson and husband Harold of Battiest, Margie Hernandez and husband Heriberto of Nashville, Arkansas, Roberta Jefferson and husband Madison, Lucretia Noah, Reda Jessie and husband Ray, Anita Tisho all of Broken Bow; brother, Abraham Charles of Paris, Texas; sisters, Betty Baker of Hugo, Lucille Olive of Bennington and Norma Aunko of Tulsa; 67 grandchildren, 25 great-grandchildren and a host of other relatives and many friends.

Interment was at the Tohwali Cemetery in Broken Bow.

Cynthia Ann Sample

Cynthia Ann Sample, 70, of Bennington, passed from this life at the Medical Center of SE Oklahoma on Sept. 12, 2014. She was born to Loyd and Mary (Pettey) Sample in Durant on Monday, Dec. 6, 1943.

Ms. Sample earned a Bachelor of Arts and Master of Education degrees from Southeastern Oklahoma State University in Durant as well as a Bachelor of Science degree from the University of New York. She worked for the Choctaw Tribe in the administrations of David Gardner and Hollis Roberts. She also worked as Town Clerk in Bennington. She was proud of her Indian heritage and passed along to younger members of her family many historical stories told to her by her maternal grandmother, Nora Lee Pettey.

Cynthia is survived by her faithful dog Molly; and her mother, Mary Lee (Pettey) Perkins of Bennington; also survived by aunts and uncles, Mr. and Mrs. Verlen Sample of Sherman, Texas and Mr. and Mrs. Joe Epperson of Chickasha; as well as many cousins and friends.

Cynthia was preceded in death by her father, Loyd Sample; grandparents, Mr. and Mrs. Cliff Sample and George and Nora Lee Pettey, all of Bennington.





Iti Fabussa

Choctaw Cold-Weather Clothes

As we get into shorter fall days, we know that colder weather will probably be coming soon. In preparation, we check out our furnaces and pull our winter coats out of storage. During this time of year, our Choctaw ancestors, many generations ago, also prepared themselves for colder weather. Part of this involved getting out their winter clothes.



Figure 1

The two images above were created by the Choctaw Nation Historic Preservation Department to show the cold weather wear that would have been worn by Choctaw men and women in the late 1600s. All of the clothes and other items that are shown would

have been made by Choctaw people from natural materials, and are a small testament to the knowledge, skill, and creativity that our ancestors put into their daily lives.

The Choctaw woman (Figure 1) is depicted wearing a warm cape made of soft turkey breast feathers attached to a net liner. This article of clothing was known as "kasmu" in the Choctaw language. Around her waste is a skirt, or "vlhkuna", made of twinned fiber that was processed from the inner bark of the mulberry tree. Women's style moccasins, "tvlhko shulush", made of braintan deer hide protect her feet and lower legs. Her necklace, "oksup inuchi", is made of whelk shell beads from the Gulf Coast. She is carrying a pack basket, "kishi", made of split river cane, supported by a trump line across her forehead. Her facial tattoos, "in chuwa", made with pine soot, were worn as marks of beauty.

The Choctaw man (Figure 2) is pictured

wearing a painted robe, "anchi", made from a softly tanned fur-on bison hide. A buckskin breechcloth, "apokshiamu",

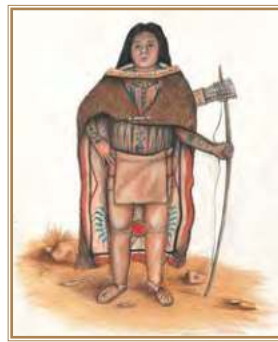


Figure 2

hangs from his waist, and buckskin leggings protect his legs. He wears short, male-style moccasins, "tvlhko shulush", on his feet. His tattoos, "in chuwa", earned by valor on the battlefield, distinguish him as a successful warrior and a respected man in Choctaw society. He wears his hair long. This set Choctaw men apart from the men of other Southeastern Tribes of the time, who kept their hair short or shaved. He carries a quiver, "oski naki ailhto", full of arrows and a bow, "iti shibata", for the fall deer hunt.

Achahpi: Ancient game renewed

From "Choctaw Games of Our Ancestors," article on ChoctawNation.com:

Chunkey (Achahpi) was a popular game played by men in the southeastern Indian tribes, a version of the hoop and pole game played by Native Americans all over North America. A wheel-shaped disc made of polished stone or clay was rolled down the field. Two players held long poles, and just as the stone stopped rolling, each player cast his pole at the stone. The player coming closest to or touching the stone wins.



Tracy McKaughan and Judy Allen aim for the stone in a game of achahpi.



Chief Gary Batton and Assistant Chief Jack Austin Jr. participate in one of the first achahpi games ever held at the Choctaw Nation headquarters in October. Chief Batton (on the right) won the contest.



David Batton shows an achahpi stone which was used to play a version of this ancient game on the lawn of Choctaw Nation headquarters in October.



Ryan Spring of the Historic Preservation office of Choctaw Nation, eyes the achahpi stone during an October game on the lawn of Tribal Headquarters.

See more Achahpi games behind Tribal Headquarters on Mondays in November at 2 p.m.

Adams makes Major League debut

By ZACH MAXWELL

Choctaw Nation

Lane Adams has gone where a few Choctaw athletes have gone before: The Major Leagues.

Adams, a Red Oak native who turns 25 this month, made his Major League Baseball debut on Sept. 1 with the Kansas City Royals. He saw action in six games before the Royals went on to the playoffs and an American League championship.

The 6-4 outfielder is on the 40-man roster for the Royals and will report to the team for spring training in February in Arizona. In the meantime, he is participating in a weight training regimen orchestrated by his brother Chance Adams at the Choctaw Wellness Center in Durant.

"My first time on the field was as a pinch runner," Adams said. "The family was able to come up and the crowd was electric. You just stand back, take a breath and enjoy the moment."

Chief Gary Batton called Adams when the playoffs started to wish him good luck. "It's good having a guy like that in your corner," said Adams. He also credits brother Chance and their mother Shelley Free for encouraging him to pursue his goals.

"Seeing all of his hard work come to fruition is rewarding for me," said Chance, director of Choctaw Wellness Center. "I'm able to do something I enjoy and have an impact on his career as an athlete."



Lane Adams is shown at the Choctaw Wellness Center in Durant. Adams, a Red Oak native, made his Major League Baseball debut in September with the AL Champion Kansas City Royals.

Walk against domestic violence

By BRANDON FRYE

Choctaw Nation



Bruce Frazier leads the way at the Walk in Hugo.

Outreach Services of the Choctaw Nation of Oklahoma held the first Domestic Violence Awareness Walk in Hugo on Oct. 22.

"We held this event to bring awareness to our communities about domestic violence," Vicki Perez, Director of Victims Assistance, said. "Sometimes this type of violence is kept silent, so this was a way to bring it out and let

people know it is a crime and it does occur."

It was a successful first event thanks to workers from Project Empower and Victims Assistance who cooperated to make it possible. Victims Advocates and students from local schools like Soper and Fort Towson were in attendance for the activities and walk.

A traditional prayer was offered by Darryl Brown and Bruce Frazier talked to the crowd about the prevalence of domestic abuse. Both Brown and Frazier work with Victims Assistance for the Nation.

Guest Speaker Patsy Pilant shared the story of her daughter and the domestic abuse which escalated and separated them too soon.

The event ended with the mass of employees, students, and supporters walking a trail while holding handmade signs calling out in support of victims and awareness of these crimes.

Stopping breast cancer in its tracks

By RONNI PIERCE

Choctaw Nation

To recognize October as breast cancer awareness month and to honor victims and survivors, separate walks were recently held at the tribal complexes in Hugo and Durant.

Over 100 walkers participated at each event.

Diagnosed five years ago, cancer survivor Wapanucka's Nancy Kirby spoke before the Hugo walk urging women to be diligent about early testing for detecting the disease, "Every woman should get a mammogram. I know it saved my life."

Fellow survivors Camille Tehauno, Broken Bow, Linda Knight, Hugo, and Johnnie Logan, Paris, Texas, also attended and led the walk.

Even though death rates have been declining for the past 25 years, the facts can be intimidating:



Separate walks are held in Hugo and Durant.

- Every 14 minutes a woman dies from breast cancer.
- One in eight women will be diagnosed with breast cancer.
- For women ages 40 to 55, it is the leading cause of death.

Even though breast cancer is rare in men, over 2,000 will be diagnosed and over 400 will die each year.

However, with early detection through self-exams and testing, the survival is 98 percent.

Household Energy Incentives

from Your Electric Company

Did you know most electric companies are offering incentives for homeowners to make their home more energy efficient? Electric companies in all parts of the United States are offering some form of energy efficiency packages to their customers. It pays to stay informed of what programs your electric company offers its customers. Choctaw Nation Utility Authority (CNUA) would like to inform you of some that are offered in the Choctaw Nations boundaries. If you are a customer of PSO you could be missing out on great opportunities to reduce your electric bills.

PSO Programs

Get energy-saving home upgrades through Efficiency Outreach from PSO. Efficiency Outreach helps homeowners lower bills, improve comfort and increase energy efficiency year round. Through PSO's Efficiency Outreach program, you may qualify for:

- Attic insulation
- Caulking and weather-stripping
- Air sealing
- ALL COMPLETELY FREE

How does it work?

- Qualifying homeowners must earn less than \$35,000 per year.
- Once accepted, PSO service provider Titan ES will perform an energy assessment at your home.
- Based on the assessment, PSO may pay for free energy upgrades to your home, including: attic insulation, caulking and weather-stripping.
- ALL COMPLETELY FREE

If you make more than \$35,000 yearly then there are other options for you as well.

For more information on PSO programs please call 1-888-776-1366.

For more information or questions concerning energy efficiency programs for homeowners please feel free to contact Choctaw Nation Utility Authority at (580) 326-0967.

Chahta Anumpa

Aiikhvna

◆◆◆ Lesson of the Month ◆◆◆

Singular, Dual and Plural Verbs

Singular – one
ia – 'to go; going'

Katimma ia chi bvnna?
Pronounced:
Kah-tim-ma e-yah chi bahn-na?

Meaning:
Where do you want to go?

Dual – two
ittiachi – 'two going'

Katimma ittiachi tuk?
Pronounced:
Kah-tim-ma eht-tih-ah-chi tuk?

Meaning:
Where did the two of them go?

Plural – three or more
ilhkoli - 'a group going'

Tvmaha impvt ilhkoli tuk.
Pronounced:
Ta-mah-hah ehm-paht ilh-ko-lih tuk.

Meaning:
They (plural-group) went to town to eat.

Word Meaning:
katimma – where ia – 'to go; going'
chi - you
bvnna – want tuk – past tense
ittiachi – 'two going'
tvmaha – town ilhkoli – pl. 'three or more going'
impvt – The base word is 'impa', but when there are two verbs together, the first verb picks up a suffix 't'. (impvt ilhkoli)

CULTURAL GATHERINGS

Amarillo



Chief Gary Batton prepares with a group of traditional dancers before performing at the Amarillo Cultural Meeting.



Ian Thompson combines materials gathered in Oklahoma to show attendees how to make traditional pottery by hand.



Lillie Roberts teaches counting numbers in the Choctaw language to attendees of the cultural meeting, stressing unique Choctaw sounds.



Gwen Takes Horse discusses family lineage and history with Mary Tacquard and George Harkins, two friends enjoying the gathering.



Don Horton and his sons Andrew (left) and Jonathan (right) Horton stop by the pottery booth after practicing stickball.



Billy and Sydney Nava pause for a picture during the make-and-take beading class, one of the many cultural activities of the evening.



Vance and Christopher Robinson watch Nancie Floyd as she focuses on stringing the next colorful bead in place for her pair of earrings.

Wichita



The Byers/McGrew/Rieman clan come together to participate in the Wichita Cultural Meeting.



The American Indian Leadership Youth Council of South Haven, Kan., have a photo taken with Chief Gary Batton and Assistant Chief Jack Austin, Jr. at the meeting.



An eagle and a feathered dreamcatcher are patched onto the back of a leather biker's vest in a very unique way to show pride in the Choctaw heritage.



Jeremy Johnson helps Kay Stiffler string colored beads during the beading class.



Lewallen family Caiden, Lee, Cooper, and Chris browse the cultural tables.



Ian and Torie Clifton, from Valley Center, Kan., take a quick lesson on playing stickball.



Mother and son, Tiffany and Levi Allen, work together during the beadwork class.



Mother Kathy Herrman works on beaded earrings with daughter Lisa Stegman.

CULTURAL GATHERINGS

Leadership OK



Members of Leadership Oklahoma watch as traditional Choctaw dances are performed.



Brenner Billy explains how to make a blowdart, as well as other traditional Choctaw weaponry, to Leadership Oklahoma member Joseph Cunningham at the Sept. 25 Leadership Oklahoma cultural meeting.



Jonathan Fowler begins work on beaded jewelry, lead by Choctaw Nation employee Shelley Garner at the Sept. 25 Leadership Oklahoma cultural meeting.



Mark O'Rear measures out thread length for his beaded jewelry, lead by Choctaw Nation employee Shelley Garner at the Sept. 25 Leadership Oklahoma cultural meeting.



Allison Crawford, Choctaw artist, explains the process of making goat's milk soaps to Leadership Oklahoma member Alan Case at the cultural meeting.

Denver



Lillie Roberts meets her new grandnephew, Jacob.



Young Choctaw, Jaxon Osborne, takes in the sights and sounds at the meeting.



Gary and Darlene Anderson of Loveland, Colorado, attend the Westminster meeting.



Violet Prendergast and her granddaughter sit in anticipation of the meeting's presentations.



Chief Gary Batton, Ron Hickman, and Assistant Chief Jack Austin, Jr. pose for a shot in front of the Choctaw seal.

Sacramento



Chief Batton and Assistant Chief Jack Austin, Jr. visit with the Wilson and Johnson family.



Chief Batton, Peggy Jasper, and Assistant Chief Jack Austin, Jr. enjoying the meeting.

Upcoming cultural events

December 2014 • Tampa, Florida & Marietta, Georgia
 January 2015 • San Antonio, Texas & San Bernardino, California
 February 2015 • Modesto, California

Hope to see you there!

If you are not receiving your letter informing you of upcoming cultural events in your area, please give us a call. We'll make sure your contact information is correct.

800.522.6170, ext. 2116, 2409, or 2310



Mandy Lawson (left) and Betty Wold (right) talk about their hometown, Caney, Okla.



Sarrah DeHerrera (left) and Torri Archuleta (right) show off beadwork and dresses.