



CONNECTIONS

Mission:

The American Indian Diabetes Prevention Center will reduce the excess mortality and morbidity of diabetes so that quality of life and cultural vitality is made secure.

Visit us on the Web!

 aidpc.ouhsc.edu

 American Indian Diabetes Prevention Center

 @AIDPC_OUHSC

We appreciate your stories! Please send your ideas to Jennifer Reeder at: jennifer-reeder@ouhsc.edu.

Please make sure all photos are the highest resolution possible.

Thank you!

Director's Corner



“Foreign.” A word that sometimes evokes fear, angst, retreat, and general anxiety. Yet, “foreign” may also be intriguing, interesting, and novel, causing an attraction to it. I had a “foreign” experience right here in the good ole USA. As a doctoral student at the University of Florida, I drove my 1971 lime-green Ford Maverick directly into another universe. Not of stars and planets but of money. I was meeting an internationally renowned facial paralysis expert who was at a scientific meeting at the very, very exclusive Breakers Hotel in Palm Beach, Florida. I was working on a biocultural hypothesis of facial paralysis among some American Indian tribes, so he wanted to talk about it since he knew nothing of facial paralysis among American Indians. Hardly noticing the incongruity, I parked my Maverick between a Rolls-Royce and a Bentley, walked toward the entrance, and was promptly stopped by a doorman dressed like a Buckingham Palace guard, who asked me a bit derisively where my tie was. Beyond him I peeked into the lobby area to see a string quartet playing in an elevated dining area. Behind me, properly dressed folks were practicing putting on greens

in front of the hotel. It was like a movie. This place was, to me, foreign; a bit scary since I immediately noticed that I was out-of-my-league; a bit intriguing, too; dream-like. Well, this was my cross-economic “foreign” experience that will only be repeated when I win the lottery! Applying this story to our interdisciplinary frontier would suggest that encountering other’s disciplines may feel (literally) foreign and be accompanied by a wish to retreat. Resist it. Jump-in head first and enjoy the swim! As for me, I didn’t leave or search for a tie. I found my mentor in the Breakers beach bar! I didn’t need a tie. ❖

J. Neil Henderson, Ph.D.
(Oklahoma Choctaw)
Director
American Indian Diabetes Prevention Ctr.

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What Have You Been Doing?

Mary Ayn Tullier



I have been riding bikes with the Choctaw Nation Bike Team in training to ride the Trail of Tears in May 11-18, 2013. The ride last year was 435 miles which I did. I'm not sure the mileage this year. We will ride from Winona, Mississippi to Skullyville, Oklahoma. I'm the one in the white shoes!

Jennifer Reeder

I've been preparing for finals, going to concerts, and traveling out of town almost every weekend for softball tournaments in support of my daughter!



Pat Mayer



I have been planning and attending weddings and baby showers, fishing, planting flowers in my garden and enjoying the outdoors. Also, I have a new great Grand-nephew as of May 3, 2013!



AIDPC Spotlight



Dr. Howard Stein

Dr. Howard Finn Stein is of is Jewish, Rumanian, Lithuanian, Russian, and German descent. He was born was born in a hospital in Pittsburgh, PA, but he never lived in Pittsburgh. He was named for his paternal uncle, US Army Sgt. Hymen H. Stein, who was killed in January 1945 in the

Battle of the Bulge (Ardennes Offensive). Their Hebrew names are the same, and their names in English both begin with "H." He grew up in a factory town in western Pennsylvania, named Coraopolis and lived in an apartment building above his dad's women's apparel store.

Dr. Stein's father grew up in the Jewish ghetto of Chicago (He was born in 1906). Although he dropped out of school early to help provide for the family, he was largely self-taught. He was a violinist, but when the Great Depression came, he had to find another career outside music. He could not go over to Europe for a musical career, because Hitler and the Nazis had taken over.

The Stein family eventually settled in Coraopolis, where his father ran a small women's apparel store on the first floor of the apartment building where Dr. Stein grew up. His family lived in one apartment on the second floor; his maternal grandfather, who owned the building, lived in another apartment across the hall. Dr. Stein remembers "My grandfather and father detested each other, though my dad did try to be civil!" His mother grew up in that apartment building, and for a short while worked in some office in Pittsburgh -- which was a ten-mile train ride or bus ride from Coraopolis. Like her mother, she was ill much of the time. Dr. Stein says "my father encouraged my education, including Hebrew education; he was alternately kind and brutal." Both his mother and father influenced his love of classical music.

Dr. Stein never met his paternal grandfather, who died two years before he was born. His grandfather had immigrated to America from Rumania in the late 19th century, and was a city worker in Chicago for most of his life in the USA. Dr. Stein adored his

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Traditional Recipe

Pashofa (Chickasaw-Choctaw)

Ingredients

1 pound cracked corn (pearl hominy)
1 pound fresh lean pork (meaty back bone)
2 quarts water (add more if needed)

Directions

Wash and clean corn. Bring water to boil and add corn. Cook slowly, stirring often. When corn is about half done, add the fresh pork; cook until the meat and corn are tender and soft. The mixture should be thick and soupy. Cooking time is about four hours. Add no salt while cooking. Each individual salts to his own taste. If meaty back bone is not available, use fresh chopped pork (small pieces). Pork chops are good to use.

Makes 13 1-cup servings.

Nutrition Information: 210 calories; 7 g fat; 25 mg cholesterol; 30 mg sodium; 28 g carbohydrates; 0 g fiber; and 10 g protein.



Source: www.chickasaw.net

Scrub Oak*

Howard F. Stein

It's the height of spring,

Summer's nearly here.

The scrub oak leaves have lost

The pale green of their youth

And have the deep hue of maturity.

But there are already

Telltale signs of fall.

If you look closely

Near the juncture

Of the leaf and the branch,

You will see

The first hint of acorns –

Almost too small

To be noticed.

Maybe that's the way

It's supposed to be.

Long before the first frost,

The tree knows it will come.

Meanwhile, we soak in

The long rays of the late

Spring sun, thinking that

This will never end.

**Harp-Strings Poetry Journal 18(4) Spring 2007: 18.*

American Indian Culture

Stickball (Ishtaboli)

Ishtaboli, also known as the game of "stickball", is the Choctaw National sport. For participants and many of the spectators, the game is far more than just a sporting event, representing a cultural tradition that has a great deal of historical and spiritual significance. Since 2010, the Choctaw Nation of Oklahoma has sponsored its own stickball team, which competes against other teams every year at the Tvshka Homma Labor Day Festival, at the Mississippi Choctaw Fair, at the Chickasaw Fair, and other venues. Team members also do stickball demonstrations and exhibitions. During much of the year, that team has weekly practices at different locations in southeastern Oklahoma.



2012 Kullihoma Stickball Tournament

Source: www.choctawnationculture.com

AIDPC Spotlight continued...

Dr. Howard Stein

maternal grandfather, his next-door neighbor in the apartment building, even though his grandfather detested his father. He tried to be "peace-maker" between his father and grandfather all of his years "growing up." Dr. Stein recalls that his grandfather was an excellent cook and he especially loved going "across the hall" on Sunday mornings for his wonderful oatmeal, and toast that he made in an old gas oven.

Dr. Stein only knew his paternal grandmother (Bubbe) on twice-a-year trips from Coraopolis to Chicago, for a week or two of vacation. She mostly spoke Yiddish to his father, and he didn't have much of a relationship directly with her. His dad told him that she was a wonderful cook and kept the apartment in Chicago clean for her husband and seven children. She encouraged his father's love of music.

The oldest person Dr. Sten remembers in his family was his "Bubbe," or grandmother -- his father's mother. He recalls "she was a sweet, often worried, already elderly woman, who spoke very little English, but mostly Yiddish (and Rumanian) and she died during my childhood." Dr. Stein did not know his great-grandparents. Everyone on his father's side of the family, except for three people

who came to America in the late 19th century, was killed in the Holocaust of World War II, "there is a giant "hole" in my family and in memory on the Rumanian side of my family" says Dr. Stein. However, on his maternal grandfather's side of the family, there is a line of scholars/teachers/rabbis going back into the 19th century Lithuania.

Treasured family heirlooms that Dr. Stein has are the U.S. Army medals of his Uncle, Sgt. Hymen, and the flag that was used to drape his casket at the American Cemetery in Luxumbourg in early 1945. He also has a very old Hebrew prayer book, probably bought over to America by his maternal grandfather. He remembers his using it at various prayers at the dining room table. At one time he had a steamer trunk that sat for decades in the hallway of the floor of the apartment building in which he lived. He believes that it was the trunk that his grandfather used when he came to America from Russia in the early 1900's to escape the pogroms that were waged upon Jews. ❖

Guess Who?



Answer: Justin Fowler

AIDPC Meeting Schedule

May 7, 2013

Noon-2:00 pm

CHB 144 (note room change)

June 4, 2013

Noon-2:00 pm

CHB 204

July 2, 2013

Noon-2:00 pm

CHB 204

August 6, 2013

Noon-2:00 pm

CHB 204

September 3, 2013

Noon-2:00 pm

CHB 204

October 2, 2013

Noon-2:00 pm

CHB 204

November 5, 2013

Noon-2:00 pm

CHB 204

December 3, 2013

Noon-2:00 pm

CHB 204

Notice will be sent out prior to each meeting.

American Indian Events

National Council of Urban Indian Health 15th Anniversary Gala

May 10, 2013

Washington, D.C.

For more information: ejordan@ncuih.org

(202) 544-0344

2nd Annual Native American Diabetes & Wound Care Conference

June 10-11, 2013

Carlsbad, CA

For more information: www.nativenationevents.org

(201) 857-5333

NIHB National Tribal Public Health Summit

June 19-21, 2013

Hollywood, FL

For more information: www.nihb.org

AAIP Annual Meeting and National Health Conference

“Promoting Wellness in Native American Communities through Exercise, Disease Prevention, and Traditional Healing”

July 29–August 4, 2013

Santa Clara, CA

For more information: www.aaip.org