



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!



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



I love the smell of placenta in the morning!* Okay, not really! But, I would have never had the up-close experience of this particular type of human tissue without branching-out beyond my office door. I asked Dr. Leyva to let me know when the next placenta was on-site. Our colleagues, Justin Fowler and Mary Ayn Tullier get these to us very shortly after a delivery at Chickasaw or Choctaw hospitals. Then, Dr. Leyva and Mr. Grail Pendarvis “spring into action” with the necessary slicing-and-dicing so that further tissue analysis can produce Dr. Lyons’ findings (see pictures in this issue of Connections).

Since our first days as a Center, I think we have been very successful in terms of broadening our perspectives across our own disciplines and intellectual paradigms. In Darwinian terms, we are increasingly more fit as a troop of scientists intellectually swinging from brainy branch to brainy branch. Well, we are primates, after all!

As a social primate, I personally enjoy the “feel” of our meetings: friendliness, camaraderie, and genuine interest in others’ projects.

I also encourage all of us to get “further out” of our meeting-room boundaries and go visit our AIDPC colleagues in their work space. So, brown-bag-it together. Take an exercise walk together around campus. Have a drink together after work (water, of course, with maybe a little something extra in it). It’s just possible that work settings can be a lot of fun!

*After, the movie “Apocalypse Now” in which Robert Duvall’s character greets a morning near the battle field with, “I love the smell of napalm in the morning.”

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

Inside this issue:	
Director’s Corner	1
Traditional Recipes	2
Guess Who?	2
<i>Stillness</i> by H.F. Stein	2
AIDPC Spotlight	3
What Have You Been Doing?	3
AIDPC Activities	4
American Indian Conferences	5
AIDPC Meeting Schedule	5

Traditional Recipes

Ha bush ko
(Caddo Meat Soup)

3 lbs. roast beef, cut thin
2 T. Crisco
2 quarts water



Put oil (or Crisco) in bottom of an iron pot or a large Dutch oven. Put meat in hot Crisco and let it fry for 2-3 minutes. Add water and let it come to a rolling boil for about an hour. Stir occasionally; it's done when its foamy and soupy.

Recipe by Debbie Hamilton Lopez (Caddo/Kiowa)
Our Food, University of Science and Arts (1973)
Chickasha, OK

Guess Who?



Answers: Neil Henderson

Stillness*

HF Stein for M.C.

If I could give you
stillness,
I would give you
a crisp fall evening,
Cassiopeia rising in the east,
the air an almost
reverent hush,
the last light of dusk
peering through the trees,
and a gentle mist
of leaves drifting downward
sleepily,
in no hurry
to reach the ground.

**Harp-Strings Poetry Journal 24(2) Autumn
2012: 20.*



Sunday, November 3, 2013 at 2:00:00 AM

AIDPC Spotlight

Dr. Jim Gunter



James Thomas Gunter was born in Richmond, VA and grew up in Northwest Richmond where he lived until he left home at the age of 18. When asked if he was named after a family member he

said “my father intentionally did not want me named after him because he was teased in school to no end.” His father’s name was Thomas Jefferson Gunter, and his grandfather was Daniel Webster Gunter. Jim was named after his mother’s brother who was killed in a hunting accident just before Jim was born.

Jim’s parents were born in SW Virginia and his paternal grandmother died when he was very young, the death was possibly related to the birth of his aunt. In the 30’s and 40’s, Jim’s grandfather, who was a carpenter, left his father and uncle with their great-grandfather to look for work. Jim’s father quit high school to join the Marines during the Korean War; he was a tank commander and expert with the 45. Jim’s mother, a high school graduate, was the eldest daughter of a dairy farmer. She remembers getting electricity, indoor plumbing, a tractor, and a truck (that order) and she was able to sometimes ride a horse to school. She drove all the vehicles and equipment on the farm (all manual) and didn’t realize she needed a license to drive on the road until she started dating Jim’s dad. “She never wanted to ride a horse or drive a manual transmission again and she’ll pump her own gas only if she has too.”

As far as family heirlooms, Jim possesses a mantel clock that one of his dad’s Aunt’s gave him. The wood is oak, but it is stained dark brown from setting on the fireplace mantel. Jim estimates that it was built in the early 1900’s and it still works. His dad also brought him a 20 gauge double-barrel shotgun when he was 16 year old and Jim used to hunt dove with it. “I refinished it after a house fire that peeled the paint and I found it had a maple stock that was painted brown. I also have some of the bullet casings from the military salute at my father’s funeral.” ❖

What Have You Been Doing?

Neil Henderson



I’ve been preparing for a “Naming Honor” sweat for my daughter, Kara. Got the willow branches, built the frame, and have some Medicine Rocks (but need more from Wichita Mountains Wildlife Refuge near Lawton that is currently closed due to government shut-down!). Now I’ve got to dig that hole for the rocks (and sneak into the Refuge). Hope my next sweat is not a prison one.

Carla Guy

I have been working in my yard, getting it ready for the winter and hanging out with my little niece who was born in December. She has found her voice and can scream at an octave that I’m sure can break glass. Then she laughs and does it again. She keeps my family entertained.



Breanca Thomas



I’ve been studying and taking mid-terms, performing my Treasurer duties with the Social Community and Behavioral Health Association, and planning my wedding!

AIDPC Activities



Dr. Leyva showing the stained placenta tissue slides.



The day Dr. Leyva misplaced her microscope. .



Dr. Leyva prepping containers for placenta transport to the pathology lab.



Mr. Grail Pendarvis, Pathologist's Assistant, performing anatomic assessment of a placenta and cord.



Dr. Leyva taking placental tissue samples. .



Dr. Leyva and Mr. Grail Pendarvis, hacking away!



Dr. Leyva placing placentas in the freezer. .



Dr. Henderson giving a presentation at the Oklahoma Area Community Health Representative Conference in Catoosa, Oklahoma. "Diabetes and Dementia."



Dr. Henderson and Ms. Cyndi Gilks, Director of Muscogee (Creek) Nation CHR Program and President, OACHRA.

American Indian Conferences & Events

American Indian College Fund's
Annual Flame of Hope Fundraising Gala
October 10, 2013
Minneapolis, MN

For more information: Patrita Salazar at 303-426-8900 or
psalazar@collegefund.org

National Congress of American Indians Annual Convention
October 13-18, 2013

Cox Business Center, Tulsa, OK

For more information: www.ncai.org

Indian Education Summit

October 21-23, 2013

NCED Conference Center & Hotel, Norman, OK

For more information: Dr. Norma Neely, nneely@ou.edu

National Indian Education Association

October 29—November 4, 2013

Rapid City, SD

For more information: <http://www.niea.org/>

AIDPC Meeting Schedule

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 prior to each meeting.