

# The Women of Oklahoma

The eNewsletter for Every Woman in Oklahoma

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Volume 1, Issue 2



*Dr. Brittane Parker, A Doctor on a Mission*

# A Word from WOO

WOO loves to hear women tell their own stories. Besides, who knows our heartaches, our goals, our triumphs, our successes, our sorrows, our mission and our joys better than we do? Who better to tell our stories but us? Basically, that was the principal WOO was founded on: Women sharing their own stories.

In this special issue, WOO highlights three *Rising WOOs*; Dr. Brittane Parker, Sherlynn Kennedy and Caitlin Maddox. These Rising Women of Oklahoma are making a difference within their fields of study and they are telling their stories.

They are phenomenal women under 40 and women on a mission!

WOO also introduces you to two entrepreneurs: Lauren Schatzel, owner of *Main Street Yoga* and Glania Trimble, owner of *Four T's Goat's Milk Products*. These women entrepreneurs are experts in their craft, and when WOO caught up with these business owners, it was evident they truly believe in and have a passion for their product.

Get ready! This issue promises to be educational and inspiring. Whether you are 28 or 98, these stories will have you thinking about a career change, starting a business or rethinking your mission. Please read with caution. **The WOO Team**



On pg. 6, Yoga Expert, Lauren Schatzel, Owner of *Main Street Yoga* in Seminole, Oklahoma gives WOO readers advice on the benefits of Yoga.

## The WOO Team

Ms. K

Melanie Lewis

Cheval Parker

## Contributing Writers

Sherlynn Kennedy

Caitlin Maddox

Dr. Brittane Parker

(Photos provided by  
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Glania Trimble

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## **Dr. Brittane Parker** **A Doctor on a Mission**

*Dr. Parker speaking to high school students interested in the health fields at the Mayo Clinic's Mayo CARES Program*

**Dr. Brittane Parker** is a board certified Internal Medicine Academic Physician at Mayo Clinic in Phoenix, Arizona. She was born at Wewoka Memorial Hospital and delivered by Dr. Michael Houghton, Wewoka's beloved family physician, who tragically died in a plane crash near Seminole in 1999.

She completed high school in Tulsa, Oklahoma and then attended the University of Oklahoma in Norman, Oklahoma, where her parents, Daniel and Cheval Thomas-Parker met.

While at the University of Oklahoma, she studied Biochemistry and decided to pursue a career in medicine which paired her love of science with the opportunity to serve people in need.

After completing her Bachelor's of Science Degree in 2009, Dr. Parker was accepted to the Medical College of Wisconsin in Milwaukee, and she received her Medical Degree in 2013.

Dr. Parker moved to Phoenix, Arizona to train in Internal Medicine at the University of Arizona College of Medicine. There she developed her medical skills and served as the president of both the Internal Medicine House Staff Council and the Resident Council, helping to advocate for changes to improve the working environment of medical trainees.

As patient safety is a key value for Dr. Parker, she worked alongside her colleagues to identify opportunities to help keep patients safe, and they presented solutions that were implemented hospital-wide.

In her last year of training, Dr. Parker was nominated for several awards including *Resident Teacher of the Year*, *Ambulatory Medicine Resident of the Year* and was chosen by her peers as *"The Physician I Would Most Like To Be Cared For If I Was A Patient."*



*Dr. Parker  
(front row-middle)  
and the team of  
nurses and  
physicians of  
'Equal As One'  
gathering  
together before  
heading to the  
clinic in  
Nigeria*

Dr. Parker was selected by the hospital faculty to serve as the Chief Resident in Internal Medicine in 2016. She joined the practice as Junior Faculty and became an Assistant Clinical Professor in the Division of Internal Medicine at the University of Arizona College of Medicine - Phoenix.

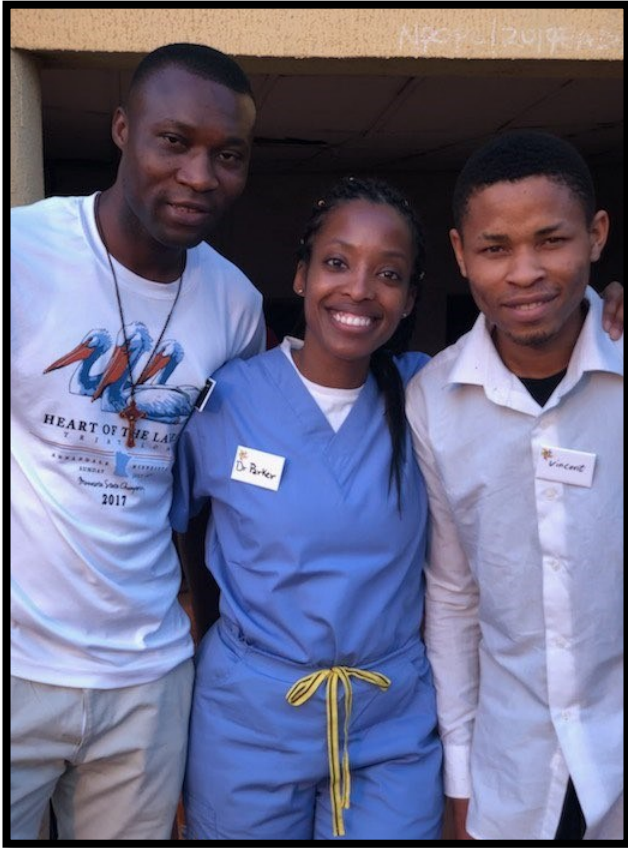
During that year, she saw patients in the hospital and followed them later in the clinic. With her fellow Chief Residents, Dr. Parker was also in charge of mentoring and scheduling work rotations for over one hundred residents. Alongside her friend and surgical colleague, Dr. Cory Bushmann, she helped develop an innovative, longitudinal educational curriculum for young doctors titled, *The Resident Physical Leadership Development Course*. Together, they worked to bring awareness to the importance of humanism, interpersonal skills and resiliency and to provide young physicians with coaching sessions, communication skills workshops and opportunities for career development.

In 2017, Dr. Parker was recruited and hired by Mayo Clinic in Phoenix Arizona and joined the Division of Hospital Medicine as a Senior Associate Consultant in September of that year.

Service to others has been a value instilled in her by her parents and grandparents who have been strong leaders in their own community. Looking for an opportunity to give back, Dr. Parker opted to work with the Indian Health Service at Lawton Indian Hospital, in Lawton, Oklahoma for several weeks prior to starting at Mayo Clinic. The experience of helping patients within her home state and delivering care to the Native America population, was very rewarding. Dr. Parker can trace her lineage to the Seminole, Choctaw and Cherokee Native American tribes.



# A Rising WOO



*Dr. Parker with an interpreter and Radiologist student*

Now at Mayo Clinic, she teaches young doctors both the art of medicine and, by example, the leadership skills which have helped her to develop a collaborative method of working in a complex medical system.

In 2019, she became the Associate Program Director for one of the residency training programs, and she is one of the faculty that interviews physician candidates from across the country who are seeking to train at Mayo.

Dr. Parker currently works on research projects with colleagues to further advances in medical knowledge as well as traveling to teach end-of-life conversation techniques to physicians, nurses, chaplains, and hospice workers around the state of Arizona.

In her spare time, Dr. Parker enjoys playing with her softball team weekly, hiking in the Sonoran Desert and trail running. Last year she completed her first marathon in January 2019 at the Rock and Roll Marathon in Phoenix!

In addition, she is an avid traveler, spending several months volunteering in rural hospitals in Jamaica and at the University of Edinburgh's rehabilitation centers in Scotland. She also recently traveled to Nigeria with the organization "Equal As One", to provide medical care in a rural community, and she is looking forward to continuing mission work as a board member.

Outside of medicine and academia, Dr. Parker is a donor and Board Member of the Arizona Community Foundation's BPI fund. She makes time to catch up with her current and former trainees with the goal of promoting wellness and financial stability, and strategies to improve care to their patients and providing support in a challenging profession. In spite of all of her education, professional successes and accomplishments, Dr. Brittane Parker is firmly grounded in her faith and her family. She serves her local community and provides a place of refuge for those in need. Dr. Parker appreciates the road that was paved by her ancestors and strives daily to leave a strong legacy behind for future generations.



*Above, Dr. Parker and her grandparents, Wesley and Marie Thomas of Wewoka, at her medical school graduation day in Wisconsin.*





**Yoga.** *A buzzword that conjures up visuals of skinny, young girls in tight pants standing on their heads or contorting their bodies into beautiful, if unreasonable shapes. But, is that really what yoga is all about? I've been teaching yoga for over 12 years, and the last 8 of them have been in my small hometown of just 7,000 people. My typical student is a middle to advanced-aged woman looking to feel her best or following her doctor's advice to start a yoga practice. Statistically, my typical student is quickly becoming the typical student across America as well. Approximately 1 in 3 Americans has tried yoga at least once, and the number of those over 50 years of age who are practicing yoga regularly has tripled just in the last four years. I can assure you that most of those practitioners are not standing on their heads, but instead, they are discovering the deeper, more life-changing effects of a yoga practice.*

*Yoga has brought so much healing and benefit to my life, and none of it had anything to do with flexibility and pretzel-shaped poses. According to Patanjali, there are 8 limbs of a yoga practice, with the Asana or poses, being only 1 of them. Today, most of us only think of Downward Facing Dog or being able to touch our toes as constituting a yoga practice. But what if I told you that instead, it was a complete upheaval of your lifestyle and mindset? What if, when your doctor was recommending yoga for your health, he was really encouraging you to change the way you breathe, to abstain from things that make you feel yucky, to find time to sit in stillness and focus on one thing, or to practice non-violence and truthfulness both towards others, but more importantly, towards yourself?*

*When we begin to incorporate a yoga practice in our life, we are simply becoming students of ourselves. Yoga allows us to discover our bodies in a curious, non-judgmental way. When we breathe and move, balance and hold, sit and be, we begin to learn about the gift that is the union of our bodies, our minds and our spirits. By simply learning how to pay attention on our mats, this practice translates to our lives in an abundant way. We begin to live in ways that no longer cause suffering, and in most cases, begin the beautiful journey of alleviating our suffering.*

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**I Repeat:** *When we begin to incorporate a yoga practice in our life, we are simply becoming students of ourselves. Yoga allows us to discover our bodies in a curious, non-judgmental way. When we breathe and move, balance and hold, sit and be, we begin to learn about the gift that is the union of our bodies, our minds and our spirits. By simply learning how to pay attention on our mats, this practice translates to our lives in an abundant way. We begin to live in ways that no longer cause suffering, and in most cases, begin the beautiful journey of alleviating our suffering.*

*So, what is keeping you from trying it? The number one reason I hear why people don't try yoga is because they are inflexible. In my opinion, however unpopular, their resistance has more to do with their fear of the actual experience and less about being able to touch their toes. We are our harshest critics, and the idea of donning said tight pants and moving our bodies in foreign ways can be terrifying. But even if you've tried a video or a class that wasn't your cup of tea, trust that there is truly a yoga practice for everybody and every body.*

*Yoga is popular because people feel better after doing it. Those self-judgements, arbitrary expectations and attachments that kept you away at first are exactly what yoga is trying to remedy. Getting on a mat and moving with gratitude for movement, is beneficial alone. Even just 7 minutes of deep diaphragmatic breath and 20 minutes of Savasana or Corpse Pose, when practiced consistently, can constitute a powerful and life-changing yoga practice with absolutely no movement, flexibility or tight pants required.*

*If you feel stressed, tense, overwhelmed, unworthy, tired, unhealthy, weak, ugly, angry, ordinary, anxious, depressed, or distracted, yoga can help.*

*Scientists continue to prove in labs, what gurus have prescribed for thousands of years. Somehow, changing our breath, finding healthy movement patterns, and being present and grateful really might be the answer to it all.*

*I recently was interviewed by my two sons, ages 10 and 12, for their elementary school's news channel about being a yoga teacher. I was proud to get to share why I do what I do. My job is to help people fall in love with themselves and see the gift of getting to live in their incredible bodies for as long as they get. Yoga teaches us to study our bodies, our minds and our lives.*

*To not cast judgement or to set expectations, but to be curious, nourishing, accept what can't be changed, have courage and intuition to transform what can, be present always, still often, and to continuously be over the moon grateful. So yes, it's an overhaul of your life. But accessible and beneficial for all, even those of us that can't touch our toes!*

*Lauren Schatzel owns Main Street Yoga in Seminole, Ok. She lives on a family farm with her husband and their 3 children. Visit her website, [www.MainStreetYoga.net](http://www.MainStreetYoga.net) to view class schedules and more.*



## **Sherlynn Kennedy: A Career Developer on a Mission**

At first glance, Sherlynn Kennedy looks like she is still in high school, but once you read her background and accolades, you fast learn she is far from carrying books down the hallways of lockers and SAT signs.

Sherlynn is a Choctaw Asset Building Coordinator with the Choctaw Nation of Oklahoma. A Choctaw Tribal member, she has been employed with the Choctaw Nation for 18 years.

During her career, she has served tribal members in many departments including employment and training, a youth education program, small business development, and currently she serves as Coordinator for a match savings program. She has the heart and passion to assist Tribal members to become successful in life.

Sherlynn has a Bachelor's in Science in Psychology from Southeastern Oklahoma State University, and she is currently seeking an MBA in Project Management at Grantham University. She has been an Executive Board Member for the Oklahoma Council on Economic Education since 2018, and she also serves as a NASNTI Board Member for a grant program at Seminole State College.

She has been active in the American Indian Chamber of Commerce, and the Oklahoma JumpStart Coalition for Personal Financial Literacy. She is also involved as a member of the Oklahoma Native Asset Coalition.

She received certificates from Choctaw Learning and Development in Management. She has earned certificates from University of Oklahoma in Employment and Training and Group Career Guidance. She has also completed and earned a certificate from First Nations Oweesta in Building Native Communities.

Additional accolades include: Management Concepts Recipient Track for a Grant Certification, recognized as the Outstanding Coordinator in 2008 at Native Youth Leadership Conference, awarded a certificate in 2018 for her 15 years of dedicated service to Choctaw Nation of Oklahoma, and she received the award for Southeastern Chapter Member of the Year through the American Indian Chamber of Commerce.

She has experience in Tribal accounting, workforce development, small business, and career development. She also has field experience in working with the youth, public speaking, and assisting with large events.

She has received Tribal funds and a recipient of scholarships through the Chahta Foundation to assist with her MBA degree.

Mrs. Kennedy is a supportive wife and proud mother of two children. She enjoys spending family time outdoors, such as fishing, camping, kayaking, and hiking.





## Caitlin Maddox: A Historian on a Mission

*I cannot remember a time when I was not fascinated with history. As a home-schooled child, I was deeply connected to the experiences my parents shared with me, and both of them were deeply devoted to studying past events. I must have visited every Civil War era fort and battleground that was within driving range of wherever I lived, and that was quite a few places, (at least six states to be exact).*

*I was seven years old when I first got my hands on a book about Marco Polo, and that was when it struck me just how big this world really is, with so many fascinating tales, exotic locations, various religions, cultures and customs. It was that moment I knew what I wanted to be: an explorer! A dream that was quickly shot down when my mother informed me that there were no more unvisited*

*continents that were awaiting discovery, to her knowledge. Still, an adventure-filled life was awaiting me, and I knew I wanted to be connected to these things, those frozen moments in time that exist today in forms of monuments, the small objects that can't speak, but have been witness to some of the world's most defining moments.*

*Having never lost that zeal for grand stories and artifacts, I enrolled in Seminole State College in 2010, with the goal of working towards a Library Science Degree. With that I knew I had the option to work with ancient texts or work in a research field. During my second semester, that changed. I was employed at the Seminole Nation Museum in Wewoka, OK part-time on a small program. My title*

*was Registrar, and I took my work very seriously as I meticulously scanned, titled, dated and uploaded thousands of photographs to their databases. It was so intoxicating, being around so much history. I was so eager every day to return and open those small envelopes of old photos and tin-types, discovering their contents and marveling at the people in each frame. Would it be family photos today, or the attack on Pearl Harbor? An unnamed soldier in a uniform, or a famous Native American Chief?*

*You might have guessed, I changed my major rather quickly. History was my passion, and despite the ceaseless negativity surrounding the usefulness of a history degree, I was determined to work in that field forever. I graduated with Honors from East Central University of Ada, OK in 2015 with a BA in History and a Minor in Art History, after spending the best years of my life with the greatest history professors on the planet. Today, I am Collections Manager of the Seminole Nation Museum, not even a year*

*into my employment and already the happiest I have ever been in any position. I have worked on two exhibitions so far, three events, am a part of numerous, on-going research projects, and spend the largest portion of my day surrounded by history. My message to the world? Do what you love, and then wait. Your passion is contagious and does not go unnoticed.*



Glania Trimble was born and raised in Sasakwa, Oklahoma (Seminole County). She has lived in Seminole County her entire life. She graduated from Sasakwa High School, Seminole State College, and East Central University with a Bachelor's of Science Degree in Elementary Education. WOO caught up with Glania and asked her to tell her story of how she started her business.

*We began raising goats in 2000 when we built our home. What started as buying goats to clean up the pasture soon turned into our family wanting to begin showing goats competitively. We began showing the goats competitively in 2007.*

*We currently still show registered Boer Goats in the American Boer Goat Association (ABGA). We show all around the United States. We began raising LaMancha Milk Goats in 2011 to help supplement the feeding of the Boer Goat Kids.*

*The LaMancha Goat is a gentle and sweet natured goat that produces rich milk. We fell in love with the LaMancha breed and now have our first American Dairy Goat Association (ADGA) registered LaMancha herd. We are anticipating the arrival of our first registered ADGA kids in February 2020.*

*I began ordering goat's milk soaps in 2010 from various farms across the nation to use for myself. These soaps were amazing for the skin. However, the cost to buy and have them shipped was becoming expensive.*

*Since we had the goats and could get our own supply of goat's milk, I started researching goat's milk soap recipes in 2017. I made my first batch of soap in late 2017, and it needed some revisions. The soap was too soft and would not hold it's shape well. After revising the recipe several times, I finally found the right combination.*

*In June 2018, we launched our new line of goat's milk soaps and all natural skin care products at our hometown celebration, "Seminole Gusher Days." Since we already had a website for our registered Boer Goats, I just added a page to include our goat's milk products. We have set up our products at many different venues and celebrations since June 2018.*

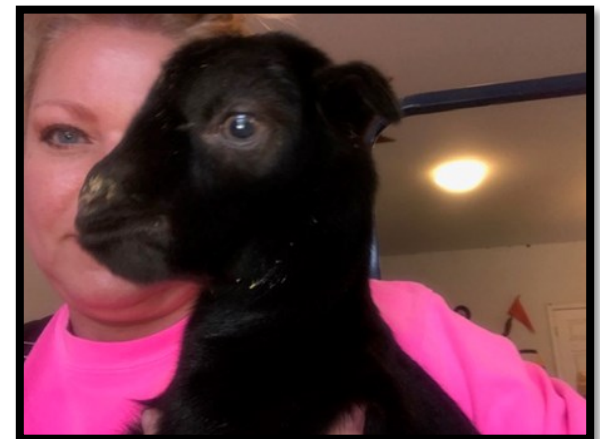
*We are currently working with some wedding venues to get our "wedding favor soap cubes" launched. We made the wedding favor soap cubes for our son's wedding in October 2019 and they were a hit!*



Holli, (Lamancha Goat)



Ruby and her two kids  
(Lamancha Goats)



Glania and Black Widow  
(Lamancha Goat)



## Goat's Milk Soap Benefits:

- Goat's milk delays signs of aging due to its high content of Alpha-Hydroxy acids such as Lactic Acid. Alpha-Hydroxy Acids break down dead skin cell bonds, removing dead skin cells from the skin's surface and leaving behind new cells on the surface that appear smoother and more youthful.
- Goat's milk reduces skin inflammation due to its fat molecule content. The cream present in goat's milk is a moisturizer, soothing dry and damaged skin, possessing an anti-inflammatory effect.
- Goat's milk is packed full of essential nutrients and vitamins like vitamin A, D, C, B1, B6, B12 and E, that feed the skin and are absorbed into the body.
- Goat's milk is particularly high in Vitamin A, which is necessary to repair damaged skin tissue. Studies show that products made with Vitamin A reduce lines and wrinkles, control acne and provide some psoriasis and eczema relief.
- Studies show that goat's milk is effective for treating acne and skin conditions. This is primarily because goat's milk has anti-bacterial properties that delay the growth of Microbial Organisms that spur the spread of acne.
- Goat's milk contains the mineral Selenium. Selenium is believed by scientists to have an important role in preventing skin cancer. Selenium can also help prevent damage to the skin from excessive time in the sun.
- Goat's milk has a balanced PH to help keep skin healthy.

Sources of this information from: Naturalnews.com 2017 & Goatmilkstuff.com2017

We believe in "giving back" so we created a token (Gertie Goat) to sell and give the profits of the sales to St. Jude Children's Research Hospital. "Get your goat" for \$3.00 and be a part of the Four T's & St. Jude's mission. It's not about what you get but rather what you give... Be the G.O.A.T.! Gertie Goat is a little token to help remind you to be the G.O.A.T. (Greatest Of All Time) in your daily life. Put Gertie in your purse, vehicle, desk, etc.

Four T's Goat's Milk Products can be reached on our website at: [www.fourtsboergoats.com](http://www.fourtsboergoats.com) —click on the "Goat's Milk Soap" tab. We have a facebook page that you can join "Four T's Goat's Milk Products"

Glania is married to John B. Trimble, a Registered ER Nurse. Glania has been teaching Science and Math for 26 years. Glania and John B. have two children; a daughter, Secily Cleere and son-in-law Kurtis Cleere, and a son, Seth Trimble and daughter-in-law Madison Trimble. They have two granddaughters; Awbrey & Awstyn Cleere.







<https://pixabay.com/images/search/perfume/>

# The Beauty & Health Expo 2021

Sponsorship Details Coming Soon

## **Next Issue**

A *WOO* in New York City

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