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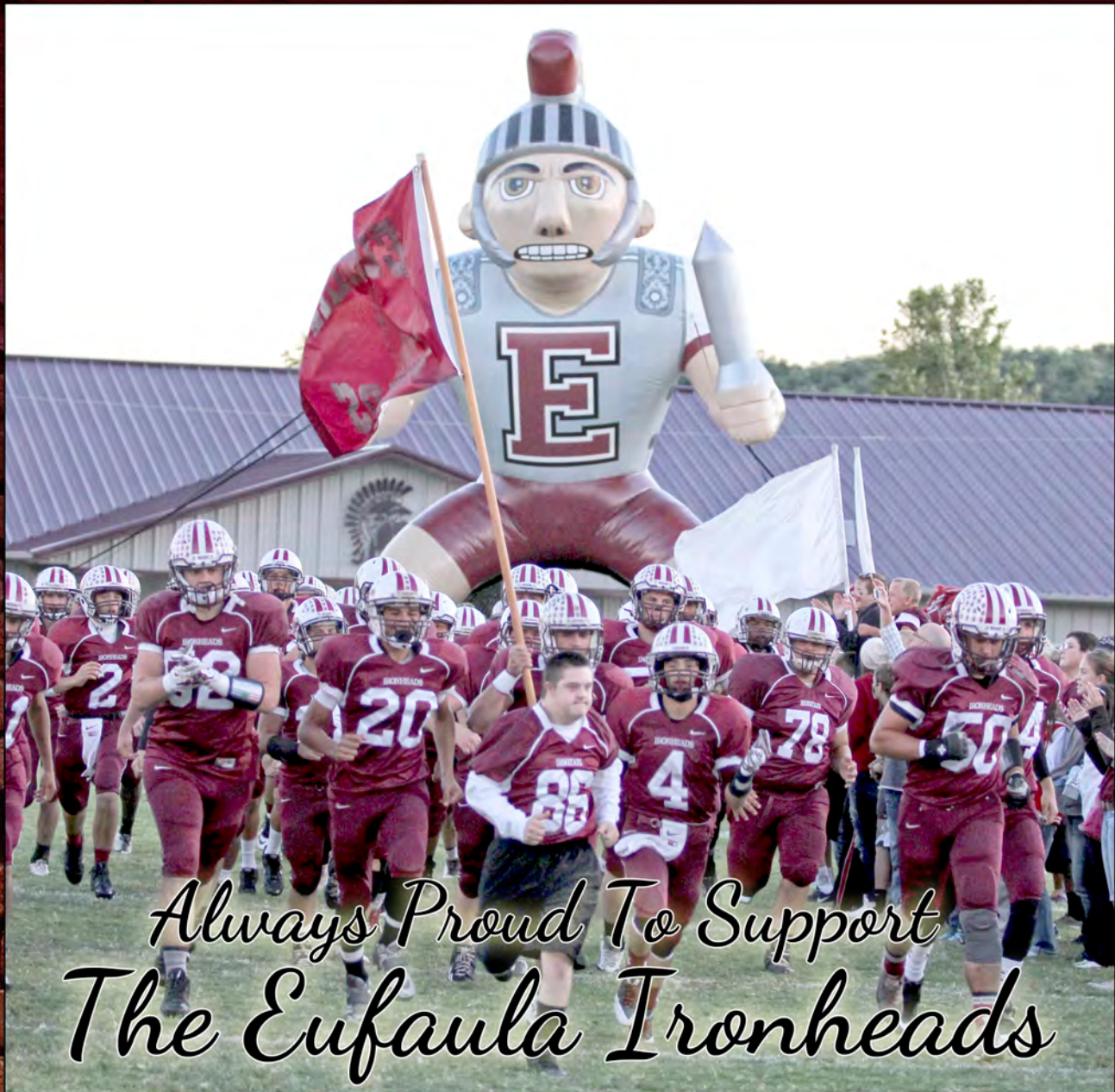
GUIDE

A Feature Publication
of the Eufaula Indian
Journal and McIntosh
County Democrat

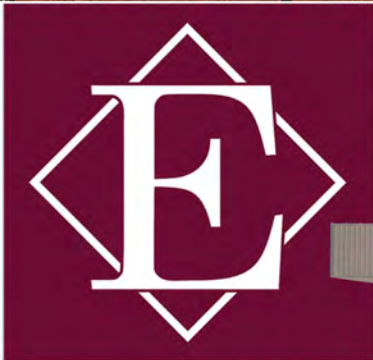


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IRON HEADS

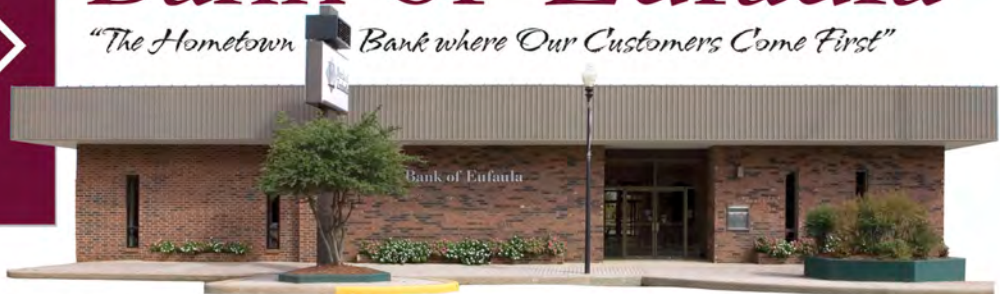


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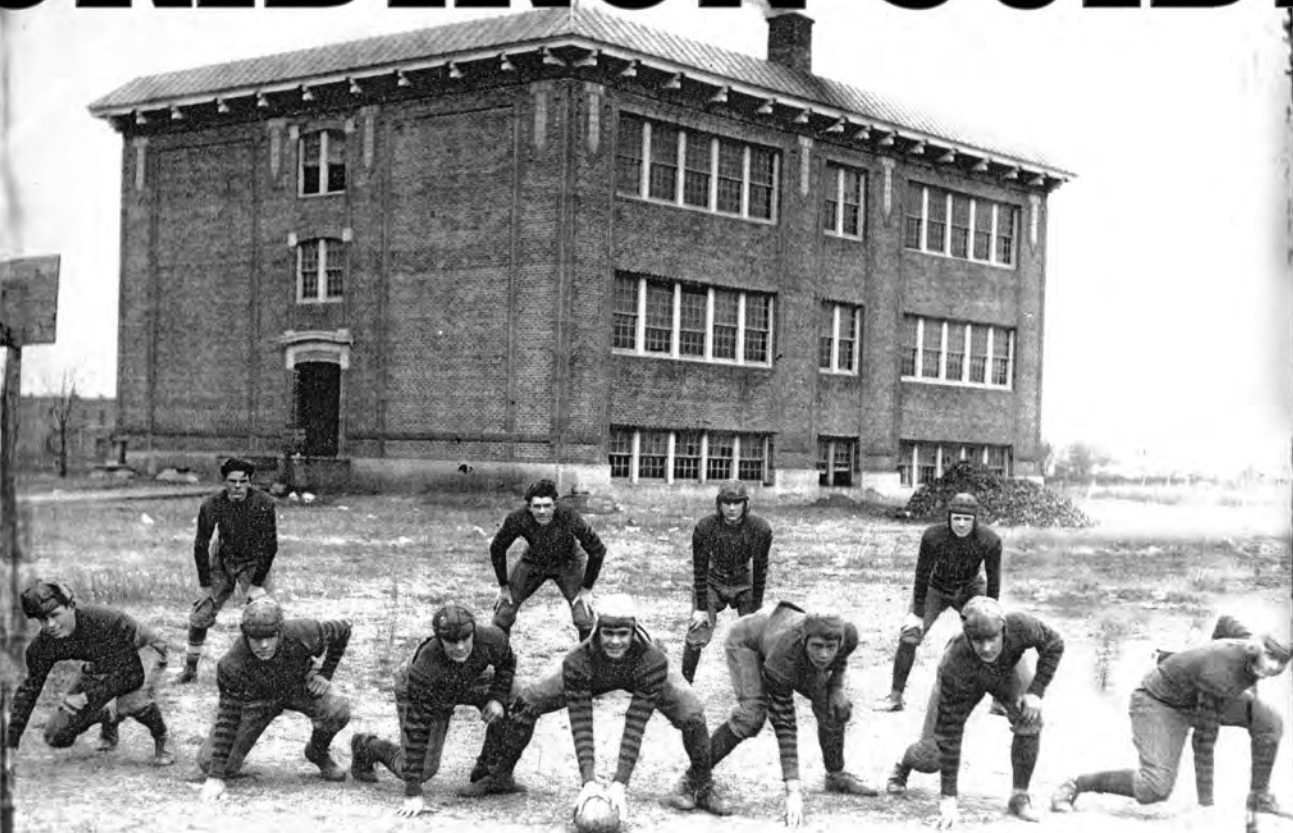


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Cover Design by Eric Guillermo

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McIntosh County Democrat – 300-A S. Broadway, Checotah, OK 74426 **918.473.2313**



2018 Eufaula Ironheads Preview

Going from Class 3A to class 2A should fall in a positive position for the Eufaula Ironheads. Off their old 3A schedule is Stigler, Roland and Idabel, but they will have to face teams like Vian, Hugo and Antlers. The Ironheads have a staff of great coaches who will have their teams primed and ready to play.

OFFENSE

The Eufaula Ironheads are posed to make a splash in their new District Class 2A-6 and they have a solid senior group to do just that. The Ironheads will be led by four-year starter Logan Krietemeyer (5'11", 191 lbs.) at the receiver and defensive back position. Offensive coordinator Josh Luna will have a stable of running backs with the return senior running back Zac Anderson (6',

210 lbs.) and sophomore Noah Alexander (5'10", 180 lbs.). This pair will add a totally new dimension with brut strength or speed and agility. The biggest concern for head coach Larry Newton, Jr. is the replacement of quarterback Hunter Hiler; however, he has two great athletes that can fill in nicely: senior Jase Pippenger (5'11", 165 lbs.) or sophomore Jacob Fitzer (6'2", 190 lbs.). Whoever wins the starting job will have an abundance of receivers to throw to including John Bailey (6', 185 lbs.), Krietemeyer, Brock Wiloby (6'1", 195 lbs.), Tye Pippenger (5'10", 205 lbs.) and Nick Jones (5'10", 155 lbs.).

Eufaula's biggest attribute is the linemen in the trenches led by Daniel Atwood (6'1", 295 lbs.), Kendan Watson (5'11", 260 lbs.) Zach Mills (6'1", 225

lbs.), Nick McGuire (6'2", 280 lbs.) and Levi Jackson (6', 245 lbs.).

DEFENSE

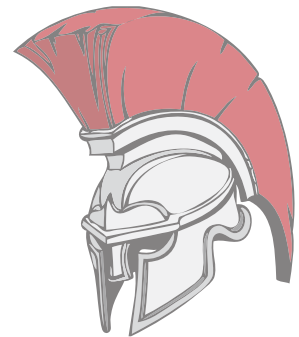
The Ironhead defense will be slashing and attacking the quarterback if defensive coordinator Jeremy Gragg has his way. Eufaula has held its opponents offense from scoring the last two seasons and we should see the same in 2018. Jones, Bailey, Krietemeyer and Jase Pippenger will cover the receivers while Anderson and Tye Pippenger swarm from the line backing position.

"We're excited about this year. We want to make an impression on everybody we play that the Eufaula Ironheads are a tough team to beat. I'm really impressed with how we have approached the season and with Vian in

week one we find out early what kind of team we have," Eufaula head coach Larry Newton, Jr. said.

Last 5 Years:

2017 6-5
2016 8-4
2015 3-8
2014 9-3
2013 5-5



VOTE

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District 2A-6 Season Predictions

The 2018 season will be a season of turbulent offenses led by the Antlers Bearcats who finished the 2017 season with a 8-4 record and a second round playoff appearance. The Bearcats return quarterback Kaden Speer (5'9", 185 lbs.) who threw for 2,500 passing yards in his first two seasons as the starter. Offensively, Antlers is loaded with weapons in Reico Colbert (5,10", 170 lbs.) and Kaleb Sheaffer (6', 180 lbs.), catching over six touchdowns last season.

Valliant will be explosive on offense with 10 returning starters. Keegan Lininger (6'1", 195 lbs.) returns as quarterback. The Bulldogs return the entire offensive line, averaging over 250 lbs. per player. Defensively, they return eight starters with Lane Simpson (5'11", 295 lbs.) anchoring the defensive line.

The Eufaula Ironheads will no doubt make this class



The Antler Bearcats are a heavy favorite to win Class 2A District-6. (Photo by AHS)

tougher. Eufaula returns an abundance of talent at nearly every position and led by 2017 Co-MVP Logan Krietemeyer (5'11", 191 lbs.) as defensive back and wide receiver. In addition, add last seasons starters Daniel Atwood (6'1",

295 lbs.), Zach Mills (6'1", 225 lbs.), Zac Anderson (6' 210 lbs.), Nick Jones (5'10", 155 lbs.), John Bailey Jr. (6', 185 lbs.), Jase Pippenger (5'11", 165 lbs.) and Kendan Watson (5'11", 260 lbs.) just to name a few. The Ironheads have the

ability to pound the ball up the middle of the field and throw the deep ball. Hartshorne and Hugo should battle it out for the fourth playoff spot.

2018 EUFAULA IRONHEADS FOOTBALL PREDICTIONS

1. Vian 31 Eufaula 21 (L)
2. Eufaula 28 Holdenville 24 (W)
3. Checotah 35 Eufaula 21 (L)
4. Eufaula 28 Heavener 17 (W)
5. Eufaula 35 Hartshorne 28 (W)
6. Hugo 42 Eufaula 28 (L)
7. Eufaula 31 Wi lb. urton 21 (W)
8. Valliant 21 Eufaula 14 (L)
9. Antlers 28 Eufaula 21 (L)
10. Eufaula 35 Atoka 31 (W)

Predicted record 5-5 overall

Predicted Class 2A District 6 finish

1. Valliant
2. Antlers
3. Eufaula
4. Hugo
5. Hartshorne
6. Wi lb. urton
7. Atoka
8. Heavener



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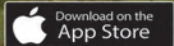
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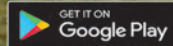
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2018 Eufaula Ironhead Seniors



The 2018 Eufaula Ironhead senior football players pictured left to right: Logan Krietemeyer, Daniel Atwood, John Bailey Jr., Kaden Farrow, Anthony Friday, Nick McGuire, Rome McDonald, Zach Mills, Jase Pippenger, Levi Jackson and Zac Anderson. (Staff photo by Rodney Haltom)

ANTHONY "LITTLE BOY" FRIDAY
#52

POSITION: DL
HT: 5' 7" WT: 235



IRONHEADS

DANIEL ATWOOD
#70

POSITION: OL
HT: 6' 1" WT: 295



IRONHEADS

JASE PIPPENGER
#18

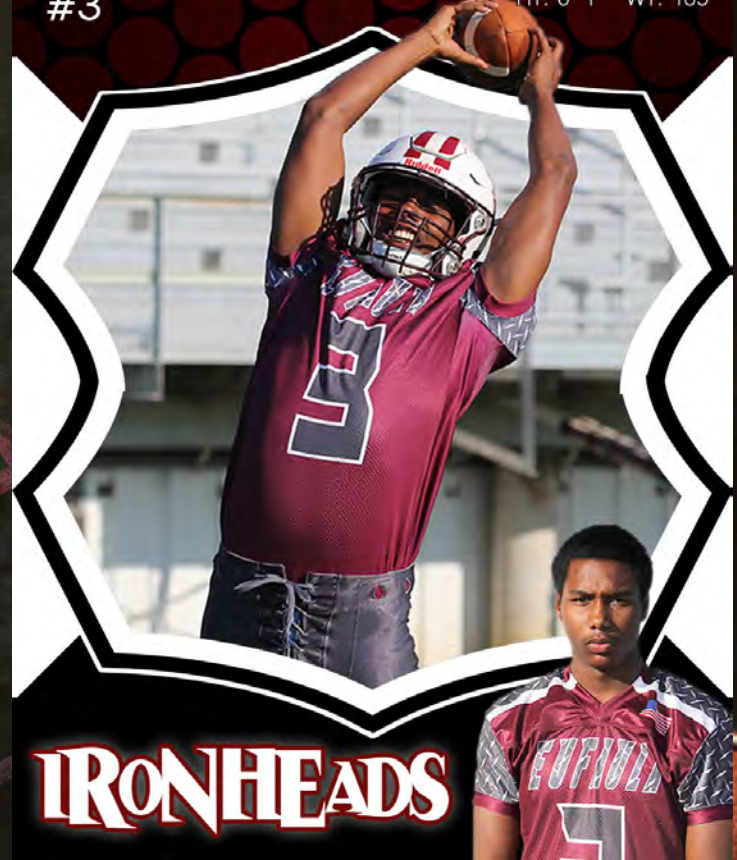
POSITION: QB/WR/LB
HT: 5' 11" WT: 165



IRONHEADS

JOHN BAILEY, JR.
#3

POSITION: WR/S
HT: 6' 1" WT: 185



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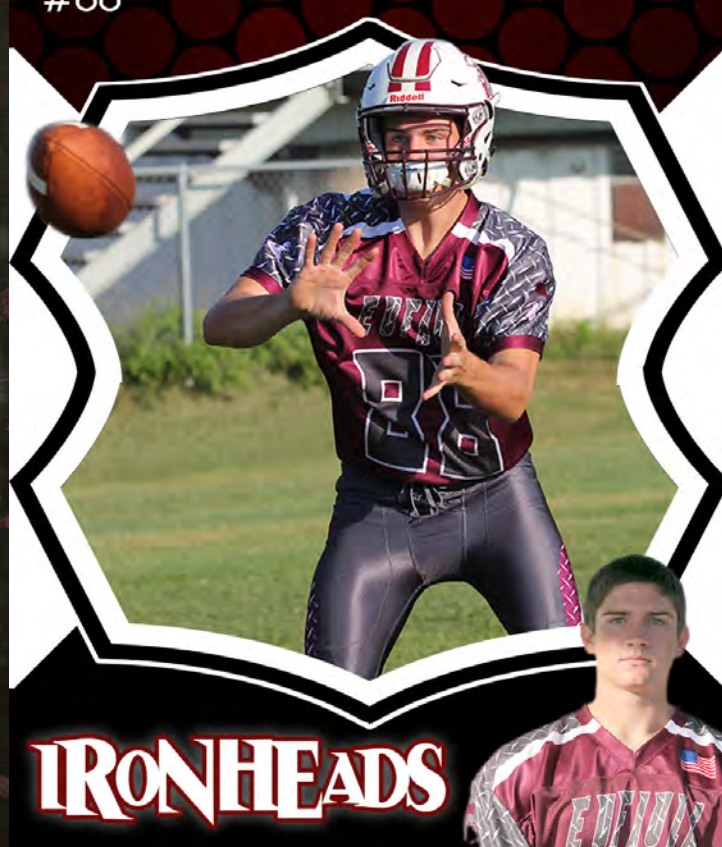
POSITION: OL/DL
HT: 6' 1" WT: 230



IRONHEADS

KADEN FARROW
#88

POSITION: TE/DE
HT: 6' 1" WT: 187



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LOGAN KRIETEMEYER
#4

POSITION: WR/S
HT: 6' WT: 191



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NICK MCGUIRE
#60

POSITION: OL
HT: 6' 2" WT: 275



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Name the only player that played on the same team with the Selmons and Watts at both the high school and college level?

Answer-Rusty Griffiths. The 1974 graduate, played for the Ironheads and Sooners under Barry Switzer.

ZAC ANDERSON
#10

POSITION: LB/RB
HT: 6' WT: 210



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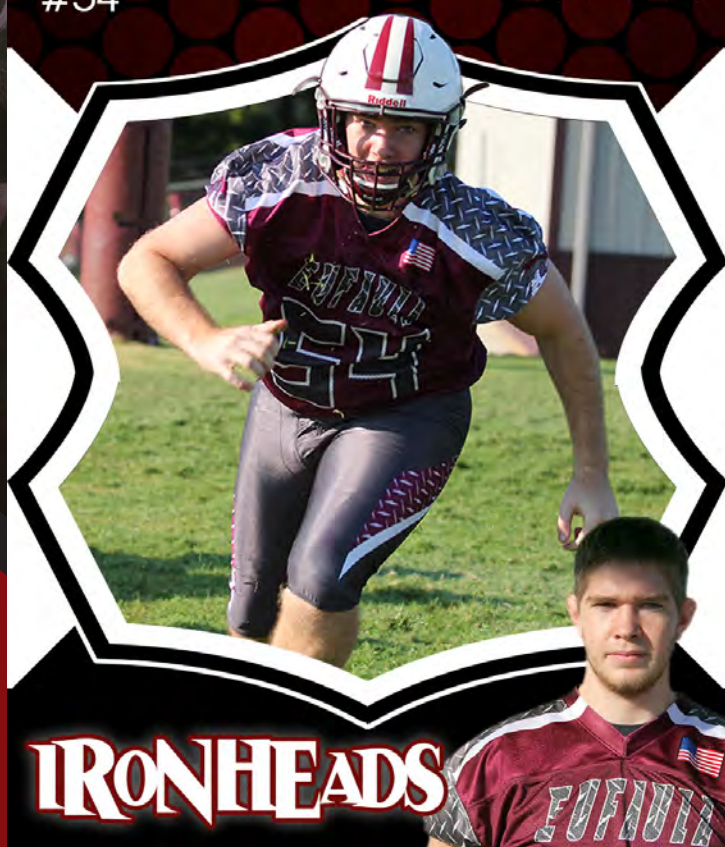


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ZACH MILLS
#54

POSITION: C
HT: 6' 1" WT: 225



ROME McDONALD
#80

POSITION: WR/DB
HT: 5' 10" WT: 138



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wish the
Ironheads
good luck this
football season!



2018 Eufaula Ironheads



The 2018 Eufaula Ironhead football team and coaching staff. (Staff photo by Rodney Haltom)

2018 Eufaula Ironhead Football Roster

JERSEY	NAME	GRADE	POSITION	HEIGHT	WEIGHT
#1	Nicholas Jones	10	WR	5'10"	155
#2	Jacob Fitzer	10	QB	6'2"	190
#3	John Bailey	12	WR/DR	6'	185
#4	Logan Kriemeyer	12	WR/DB	5'11"	91
#6	Noah Gray	10	WR	5'10"	145
#7	Khelil Deere	9	WR	5'9"	151
#8	Larry Rea	11	WR	5'8"	160
#9	Eli Adams	11	C	5'6"	132
#10	Zac Anderson	12	RB/ lb.	6'	210
#11	Trevion Nichols	10	WR	5'8"	140
#12	Brauck Willoby	10	TE	6'1"	195
#14	Jake Vernon	9	QB	5'8"	137
#15	Eli Turner	9	RB	5"	130
#16	Briar Sweitzer	10	R	5'8"	140
#17	Evan Spoehr	9	RB	5'8"	148
#18	Jase Pippenger	12	QB/ lb.	5'11"	165
#20	Stetson Smelser	10	lb.	5'7"	145
#21	Slade Williams	9	RBB	5'2"	110
#22	Noah Alexander	10	RB	5'10"	180
#25	Corrie Crabtree	10	WR	5'9"	160
#26	Tye Pippenger	10	WR	5'10"	205
#27	Tyler Lee	9	WR	5'9"	145
#28	Johnny Burton	9	RB	5'11"	185
#51	Cash Tipton	9	G	5'9"	240
#52	Anthony Friday	12	OL/DL	5'6"	235
#53	Blake Pennington	10	OL	5'10"	221
#54	Zach Mills	12	OL/DL	6'1"	225
#55	Joshua Fortner	9	lb.	5'11"	166
#60	Nick McGuire	12	OL/DL	6'2"	280
#63	Blake Dawling	9	NG	5'9"	164
#64	Levi Jackson	12	OL/DL	6'	245
#64	Eden Gray	9	C	5'8"	196
#66	Jordan Marshall	10	RT	6'	290
#68	Kendan Watson	11	NG	5'11"	260
#70	Daniel Atwood	12	OL/DL	6'1"	295
#71	Alexandria Valdes	10	RG	5'8"	198
#76	Ty Dodd	9	OL	6'4"	275

JERSEY	NAME	GRADE	POSITION	HEIGHT	WEIGHT
#80	Rome McDonald	12	WR/DB	5'10"	190
#88	Kaden Farrow	12	TE/DE	6'1"	187

*As of Aug. 2 at Gridiron Guide photo shoot. Subject to change.

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2018 Eufaula Ironhead Coaches



The 2018 Eufaula Ironhead football coaching staff pictured left to right: Josh Luna, Victor Paden, Jeremy Gragg, Larry Newton, Jr., Michael Campbell and Cameron Box. (Staff photo by Rodney Haltom)



LARRY NEWTON, JR.

Attended Haskell Indian Jr. College/Southeastern
21 years coaching experience
Position coaching-Head coach, offensive line
and defensive line
Favorite thing about coaching football - Watching
the players improve each week and their
determination to succeed
What is your goal as a team - First and foremost
to be accountable in the classroom, no one
ineligible and to get at least 1 percent better
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2018 Eufaula Ironhead Coaches



CAMERON BOX

Attended East Central State University
6 years coaching experience
Strength and Conditioning coach
Favorite thing about coaching football - Working with the athletes and forming great characteristics on and off the football field.



MICHAEL CAMPBELL

Attended Northeastern State University
12 years coaching experience
Position coaching - wide receiver/defensive ends
Favorite thing about coaching football - Friday nights
What is your goal as a team - Improve every day, stay healthy and be successful.



JEREMY GRAGG

Attended East Central University
14 years coaching experience
Position coaching - defensive coordinator
Favorite thing about coaching football - Getting a group of young men to buy in for a common goal and succeeding at it.
What is your goal as a team - Win a district and state championship.

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2018 Eufaula Ironhead Coaches



JOSH LUNA

Attended Northeastern State University
12 years coaching experience
Position coaching - Offensive coordinator
Favorite thing about coaching football - To prepare kids to be the best they can possibly be.
What is your goal as a team - To compete every play and to play as hard as we can.



LARRY NEWTON, SR.

Attended Oklahoma and Northeastern State University
42 years coaching experience
Position coaching - offensive and defensive line coach
Favorite thing about coaching football - Working with young men and Friday nights.
What is your goal as a team - Improve every week.



VICTOR PADEN

Attended Northeastern State University
25 years coaching experience
Position coaching - RB/DB
Favorite thing about coaching football - Developing players.
What is your goal as a team - to be the most competitive team on the field.



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2018 Eufaula Ironheads

Pride of Eufaula a dominating program

The Pride of Eufaula marching band is continuing the tradition of excellence this year in going for another state championship. The program has amassed an astounding 22 state championships in the past 26 years. Within the past five years over 75 percent of band students attending college have been offered music scholarships of some kind.



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Checotah/Eufaula rivalry runs deep

Rivalry between Eufaula and Checotah is a tradition that dates back to statehood in 1907 and the infamous McIntosh County Seat War of 1909 when there was a gunfight between the two communities over which town would be the home of the county government.

Eufaula won the battle, but that didn't end the competition.

Since 1915, Checotah and Eufaula have fought it out on the football field.

Until the early '90s the victor went The County Bell, a cast iron bell that went home with the winner until the next year.

"There were fights over the bell," recalled Sports Editor Rodney Haltom, who recalls playing football during the bell days of the mid-'80s but would neither confirm nor deny any participation in any altercations or other questionable activities. "If Eufaula lost, they would go try to steal it back and the police would have to retrieve it – it would go back and forth like that.

"We did some things you couldn't get away with today."

The bell disappeared sometime in the '90s, stolen for the last time.

But the rivalry between the two teams



Sports Editor Rodney Haltom presents Coach Newton with the trophy in 2016

has continued, unabated – said to be the oldest uninterrupted rivalry in the state since 1921.

Haltom remembered the pride players felt in playing for the bell, a symbol of the deep emotion they felt for winning – or deep depression for losing.

Six years ago, Haltom decided the ath-

letes needed another symbol.

"I had a beautiful trophy made to give the kids more incentive to play – it made the games a little more prideful," Haltom said. "On my part, it was a good, clean way to give back to the community." The Wildcats and the Ironheads met Sept. 15, 2017 for the 102nd anniversary of the football rivalry, they played for the McIntosh County Championship Cup – a three-tiered silver cup engraved each year with the name of the winning coach and the final score of the game.

"It's a traveling trophy. If you lose, you pass it on," Haltom said.

Checotah won the trophy the first two years and last year in the 100th meeting. The team keeps it in the school trophy case.

Last year Eufaula took it home and placed it in the locker room for players to admire.

Haltom's Huddle, Where Champions Gather was born from this event.

Haltom's Huddle is the name of the editor's column.

"At the end of the game I huddle up

Continued on pg 19

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Sports Editor Rodney Haltom presents the Wildcats with the McIntosh County Championship Cup in 2017. (Staff photo)

Continued from page 18

with the winning team, give them a speech and present them with the trophy. Rivalry between Eufaula and Checotah is a tradition that dates back to statehood in 1907 and the infamous McIntosh County Seat War of 1909 when there was a gunfight between the two communities over which town would be the home of the county government.

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Haltom's Huddle is the name of the editor's column.

"At the end of the game I huddle up with the winning

team, give them a speech and present them with the trophy," Haltom said.

The trophy is compliments of Haltom, a prideful thing for him as well as for the students.

"I take care of the maintenance – the school's not out of pocket for anything," he said.

The Wildcats have a slight advantage in 102 games played with a 52-49-1 record over the

Ironheads after winning back the McIntosh County Championship Cup in dramatic fashion in 2015. Drew Dan scored five touchdowns to lead Checotah over Eufaula 42-21. The Ironheads posted the first shutout victory in decades in 2016 with a 21-0 shellacking of the Wildcats. But, the Wildcats battled back to the trophy in 2017 with 36-15 victory.

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2018 Eufaula Ironheads



2018-2019 Ironhead Cheerleaders front row: Karli Wilkinson, DeAna Evans, Hannah Burns, Madison Atwood, Mia Jones, Cheyenne Fells, Jami Adams, Korisa Ford, Madison Cragg and Meredith Neal. Back row: Grace Tiger, Becky Bray, Tatum Rhoades, Madison Lynn, Amara Atchison, Isabella Pettit, Destinee Hutton, Amanda Cox and Chelsea Marshall.



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OU's Gold Standard

This article was published in November 1946 in Sooner Magazine, published every month by the University of Oklahoma Association. It is reprinted in its entirety and with permission by OU.

The gold Oklahoma's Sooners found six years ago down in the smoky hills of McIntosh County is buying Coach Jim Tatum's rugged team a lot of Prestige these days- inflation or no inflation.

It was six years ago that Joe Junior" Golding, a Eufaula, Oklahoma, high school boy, was ardently courted and won by the Sooners. Tom Stidham, brawny Sooner head coach, not only personally visited the fancy-footed Eufaula boy in those days but also sent his brother George, a personable Checotah, Oklahoma, banker over to win and woo the curly-thatched lad who had scored all 71-points Eufaula made in its 71-0 spanking of Haileyville.

It was a successful courtship that paid off with six years of happy married life (Golding had been to war four of the six years), and as far as the Sooners are concerned, the union can continue indefinitely. Golding was a good provider the very first year after the nuptials. As a sophomore for Coach Dewey "Snorter" Luster in 1941 he became the best wingback in Oklahoma's modern football history, averaging 5.8 net yards on each rush although running laterally to the weakside. He snared 21 forward passes for 238 yards, grabbed off three pass interceptions, ran back two kick-offs 91 yards and scored eight touchdowns. He could run either inside or outside.

The he went away to war. Golding was in the thick of early fighting, when the Nazis

overran Europe. He was a sergeant in the Infantry, won the Silver Star and Purple Heart with assorted clusters, the Combat Infantryman's Badge and comported himself so well in battle that he won a battlefield commission to second lieutenant. He played no service football.

This fall Golding came back to play in his first football in five years and to stamp himself the finest running back developed at Norman in modern times. Instead of the single wing and A formations the Sooners had used when he played under Luster in 1941, Oklahoma uses T formation. Golding had never played T formation (the Army game was his first at the strange style) but he quickly adapted himself to it.

He was the best back on the field in the Oklahoma - Army game. His slashing running gained 75 net yards to 83 for the whole Army team (All-American Glenn Davis gained 22 yards in 12 carries). Against Homer Norton's Texas Aggies Golding picked up 68 to minus eight for the Aggie team.

Against Dana Bible's mighty Texas, like Army rated No.1 in the Nation the week Oklahoma met them and which had averaged nearly 300 yards per game rushing while murdering Missouri 42-0, Colorado 76-0, and Oklahoma A&M 54-6, Golding single-handed out-rushed the whole Texas team, gaining 86 net yards to Texas' 81 while Bobby Layne, the Texas tai lb.ack, was collecting only 13 net yards in nine rushes.

Golding's fourth game was against Kansas State in Oklahoma's Big Six Conference opener on Owen Field,

OU Campus. Although he carried the ball only seven times, Golding exploded against the Wildcats and when the detonations died away, new records lay scattered about like a bright ore. Golding played only 17 minutes in Oklahoma's 63-0 shellacking of Iowa State at Ames but scored one touchdown. In Oklahoma's 14-12 victory over Texas Christian in a driving rain storm at Fort Worth, Golding gained 59 yards in nine plays, averaging over six yards per carry in the mud.

Golding's total of 164 net yards rushing against Kansas State broke Bob Brumley's modern

Oklahoma record of 146 made against the Oklahoma Aggies in 1943. Golding's average of 23.4 net yards per each rushing play broke Orville Matthews' 16.2 set years ago against Marquette. Golding's 81-yard touchdown run the longest scoring rush ever made by a Sooner player in modern times, breaking the former record of 71 set last year by Johnny Steward against Kansas. Oklahoma has gone back to the gold standard.



PLAYERS OF THE
PAST

Eufaula graduate Junior "Joe" Golding at the University of Oklahoma. (Photo submitted)

Golding's Rushing Record 1946	Kansas State 7 164 0 164
Game-Carries-Yards Gained-Yards	Iowa State 9 83 29 54
Lost-Net Gain	Texas Christian 9 59 0 59
Army 13 78 0 78	Kansas 15 135 5 130
Texas Aggies 20 86 8 78	Total 86 701 52 649
Texas 13 96 10 86	Average per play 7.9 net yards.



2018 Eufaula Ironheads

History defines McIntosh County rivalry

The football rivalry between the McIntosh County's biggest schools, Eufaula and Checotah, has been a vital instrument and the foundation of a steamroller that produced some of the greatest coaches and players to have ever graced the field. The rivalry has continued through two world wars, 18 United States Presidents, countless conflicts and battles.

McIntosh County has produced six legendary Hall of Fame coaches in Eufaula's Paul Bell, Johnny Bohannon and Perry Anderson and Checotah's Ray Grandstaff, Leon Dixon and Truman Dixon.

That level of coaches is alive and well in McIntosh County. Eufaula's Larry Newton Jr. and Checotah's Chad Hendricks are the mirror image of the Bell and Grandstaff duo. Both coaches are best friends except for that one week of the year when both face the other on opposite sides of the gridiron. There is little that each coach does not know about the other after working on the



same Skiatook football for six years before coming to McIntosh County. Both not only coached together, but played against one another at the collegiate level.

The one main common denominator that both share is the love they have for the game and the schools they rep-

resent. Like Grandstaff and Bell, each has a great working relationship with area colleges and has produced several collegiate players like Bell and Grandstaff did with J.C. Watts, Lee Roy, Dewey and Lucious Selmon, Rusty Griffis, Bill Osmond, David Shoemaker, Gregg Dixon, Tracy Scroggins,

Noah Palmer, Chris Carr, Larry Newton Sr., Demetrius Crowder, Travis Burkhalter, Avery Shine, Richard Eddy, Tray Bowie, Rusty Martin, Jim Derrick, Kerry Sharpe, Drew Dan, Caleb Knight, Cody Gilroy and Kendrick Shaver.

Both schools have seen coaches come and go but now they each have a coach that cares about their student athletes on and off the field and are very instrumental in the students' decision-making process when it comes to being recruited.

Bell, Grandstaff and Kerry Roberts (Former Eufaula head coach) not only produced wonderful and exciting athletes but fantastic citizens. In 101 years, the record is an incredible 51-49-1. That stat in itself should describe just how competitive this football rivalry is. From the days of Jr. Golding and Bill Miner to the present day of Hunter Hiler and Seth Knight, quality athletes are still a product of this great rivalry and will be for the many decades to come.

**Name the only father and son
combo to win the Most Valuable
Player award in their respected
Bowl games?**

Answer: J.C. Watts (Oklahoma) in the 1981 Orange Bowl and Trey Watts (Tulsa) in the 2012 Liberty Bowl.

At-Home Sports Injury 101

By Dr. K.G. Bradley

August is here and with it comes football, band, cheer, fast pitch softball, cross-country running and a host of other outdoor activities for school aged children and young adults. As a specialist in sports injury and physical fitness, I am constantly fielding questions about sports related injuries, concussion, heat related issues, hydration issues and a plethora of other sports related topics. So, I thought this might be a great platform to very briefly cover some helpful at-home suggestions addressing some of the most common sports injuries we see at the office. This is great information and an excellent at-home guide for parents to help deal with these common issues.

First, let me explain that the first hours post injury are

among the most important as it relates to how an injury is going to heal. Doing the wrong thing at home after an injury can make the injury more severe and delay the healing time.

Let's start with ice vs. heat for injury. I could write pages on this one topic, but I'll condense this into a paragraph. There are three phases of injury, acute (the moment it happened up to 72 hours), sub-acute (72 hours post-injury to about 14 days post-injury) and chronic (an injury older than 14 days). These three phases are important because they help us understand when to use ice or heat. In the acute phase of an injury, ice only! Ten minutes at a time, wrap the ice pack in a thin piece of cloth (like a t-shirt) to protect the skin. NEVER use heat in the acute phase of an injury.

It does not matter which body part is injured, the physiology is the same. You would never soak a fresh sprained ankle in a bucket of hot water (I hope), why would you use a heating pad on a fresh back injury? I see it all the time in my office. In the sub-acute phase of an injury, you can alternate ice and heat, this is called contrasting therapy. Start with an ice pack for ten minutes, take it off, rest for ten minutes, then, apply heat for ten minutes. If the injured area is worsening leading into the sub-acute phase, then stick to the ice pack only and get the injury examined by a qualified health professional. In the chronic phase of an injury, as long as the injury is improving, you can move to heat by itself. More heat for longer periods of time is NOT better. Use the heat ten minutes at a time on a

low to medium setting. We do not want you to burn yourself. I see heating pad blisters at my office all the time where a patient has slept on a heating pad or left it on too long at too high a temperature.

Next, let's talk about hydration for your student athlete. Again, this one topic could be pages long. The rule of thumb is half your body weight in ounces. So, for a 100 lb. athlete, that would be 50 ounces of bottled water per day. A sports drink is ok, but not for the full amount of fluid. Energy drinks and/or soft drinks, especially those that are artificially sweetened (diet soft drinks), are a big no-no. Get a bathroom scale and a poster board and create a chart for your athlete to weigh-in and out every day.

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THE EUFAULA F.O.P. LODGE #207
SUPPORTS THE IRONHEADS & WISH YOU ALL A SAFE SEASON

Continued from page 23

Monitor (chart) their water weight loss every day and make sure that if their weigh-out was significantly less than the weigh-in, ensure they re-hydrate throughout the evening so the next morning weigh-in is back to the previous day. Semi-dehydration can sneak-up on an athlete and sometimes it takes a couple of days to get to the point where a dehydration situation is coming.

Sprain vs. strain injuries those terms get thrown around like dirty laundry and I am finding that most parents and athletes have a poor understanding of the difference. We first have to have a quick anatomy lesson. Ligaments hold bones to bones and tendons connect muscles to bones. This is important as a **SPRAIN** is an injury to a ligament and a **STRAIN** is an injury to a muscle or tendon. I hear all the time in my office, "They told me I tore all my ligaments." To which I typically respond, "when is your corrective surgery?" This usually draws a surprised blank stare and the reply is almost always, "they didn't say anything about surgery." A ligament injury is potentially a more serious problem than an injury to a muscle or tendon, although both can be a

serious problem. Because ligaments hold bones together, certain ligament injuries can create bone instability that if not recognized and taken care of, can prove to be fatal. There are three basic grades of injury to all of these soft connective tissues and they represent the most common injuries I see in my office this time of the year. Grade 1 is simply a minor stretching to one of these tissues, usually some pain and a little swelling but **NO** discoloration (black and blue). Grade 2 is more significant tissue damage that includes some microscopic tearing of the tissue. Grade 2's sometimes hurt a little worse, swell a little more and have the hallmark bruising or discoloration under the skin. Grade 3's represent the most serious. The grade 3's represent completely torn tissue and in these cases, surgery is not uncommon to "re-attach" the torn tissue. The vast majority of these sprain-strain injuries are Grade 1's and 2's.

The treatment for these soft tissues injuries is pretty simple. In many instances, a simple x-ray can rule-out a fracture (which is the same thing as a broken bone). Once a fracture is ruled-out, the rule of thumb at home is **R.I.C.E.** Rest, Ice, Compress and Elevate. Follow the ice vs. heat rules at the beginning of this article. If after a couple weeks the injury isn't bet-

ter, re-x-ray is sometimes indicated and/or some therapy is indicated to help the injured area heal properly. It is important to seek health care advice from a health care professional with formal training and experience in dealing with these types of injury. I see kids with simple grade 1 soft tissue injuries miss entire seasons because a different health professional blindly braced them and removed them from anything for 8 to 12 weeks. These are frustrating situations because with the proper diagnosis and initial care, these athletes would have been back to doing what they love to do in a matter of a week or two.

If you have questions, please do not hesitate to give me a call (918) 689-2424 or shoot me an e-mail (dockevin@sbcglobal.net) and I would be happy to answer any questions you might have.

Dr. Bradley is one of only 9 Chiropractic Physicians in Oklahoma with formal post-graduate training and board certification as a specialist in sports medicine and physical fitness. He has been in private practice for 25 years and has taken care of thousands of athletes over the years at his practice in Eufaula, OK. He is periodically a contributing author for our publication on sports medicine topics.



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MONDAYS PORK TENDERLOIN BASKETS for \$4.50	WEDNESDAYS BURGER BASKETS for \$4.50
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2018 Eufaula Ironheads

McIntosh County War

The McIntosh County rivalry goes back before statehood. At this time, the courthouse was located in two buildings on the corner of 1st and Foley Avenues in Eufaula. One on the Southeast corner was used for offices, the other building on the Northeast corner was used for holding court. After statehood, a two-story building on the Northeast corner of Main Street and Riley Avenue was rented and the courthouse was moved there. In July 1925, the building burnt and many county records were lost. After the fire, spaces in buildings all over town were rented for offices and courtroom.

In 1926 a new courthouse was built at 110 North 1st Street, Eufaula. The architect for this new building was Layton, Hicks and Roesyth. The contractor was Tankersly Construction Company.

Dissention occurred after statehood between Eufaula and Checotah because both towns wanted the county seat. In 1908, a large group of armed men boarded the



train at Checotah and came to Eufaula with the intention of forcibly moving the county seat.

When the men left the train in Eufaula, city Mayor R.B. Buford sent C.L. Follansbee to get Grant Johnson to assist City Marshall Woods in maintaining law and order. Before Johnson could get to town, Woods and Joe Par-

menter, Checotah City Marshall, got into an argument at a well on the Northeast corner of Main and Foley Streets. Shooting began and Woods was killed. Story goes that Parementer killed him, however citizens from both cities were involved in the shooting and it was impossible at the time to fix blame.

The Checotah people

returned home empty handed, but the next day, a man named "General" Dunlap (the General was a nickname), who lived North of Eufaula, came into town and said he was going to kill Ed Julian because of some controversy over the fight the day before. Julian was a county official who lived in Checotah, but stayed at the Foley Hotel in Eufaula. The Foley Hotel was located above the First National Bank building on the Northwest corner of Foley and Main Streets.

Dunlap went up the stairs to Julian's room. He knocked on the door and ordered Julian to come out. After threats were exchanged through the locked door Julian became frightened and fired bullets through the door, killing Dunlap on the spot. Julian was arrested and a hearing was held but he was released due to the fact that he had killed Dunlap in self-defense.

Paraphrased from a 1939 Indian Journal

「Name two Eufaula graduates
that are now coaching in the
collegiate ranks of Division
Football?」

Answer - Kendrick Shaver (Utah State) and
Travis Burkhalter (Marshall)

University of Tulsa wants to be explosive in 2018

Explosive is what Tulsa football became accustomed to in the first two seasons under head coach Philip Montgomery, and as the Golden Hurricane enter the 2018 season looking to get back into Bowl contention Montgomery wants to see that explosiveness return on the offensive side of the ball. Tulsa returns 52 lettermen and a total of 27 players on offense and defense that have had starting experience in their collegiate careers with the Hurricane. In 2017, the Hurricane offense still managed to rank 14th nationally in rushing, while scoring just under 30 points per game at 29.3. The passing game is where Tulsa needs to add balance this season. Senior Justin Hobbs already a 2,000-yard career receiver, will lead a group of three returning starters, and although Tulsa's loses its all-time rush-

ing leader, sophomores Shamari Brooks and Corey Taylor II lead a running attack that could very well end up among the top-15 nationally for the third straight season.

2018 Tulsa Football Schedule

Sep. 1 vs. Central Arkansas 6:00 ESPN3
Sept. 8 @ Texas 7:00 LHN
Sep. 15 vs. Arkansas State 6:00 CBSSN
Sep. 20 @ Temple ESPN
Sep. 29 BYE WEEK
Oct. 4 @ Houston 7:00 ESPN
Oct. 12 vs. USF 6:00 ESPN
Oct. 20 @ Arkansas TBA
Oct. 27 vs. Tulane TBA
Nov. 3 UCONN TBA
Nov. 10 @ Memphis TBA
Nov. 17 @ Navy 2:30 CBSSN
Nov. 24 vs. SMU TBA
Dec. 1 The American Championship Game
ABC



Tulsa Head Coach Philip Montgomery
(Photo by TU)



Tulsa looks to be explosive on offense in the 2018 season. (Photo by Rodney Haltom)

Sooners Continue Championship Tradition

The University of Oklahoma (OU) is king of the modern era of college football (1946-2017). Since the end of World War II, the Sooners are the nation's No.1 team, with more victories (640) than any other school and the best winning percentage (.766). OU has seven national championships, 47 conference championships, 29 bowl championships, six Heisman trophy winners, 82 national award winners and 162 first team All-Americans. Head coach Lincoln Riley set a school-record with 12 wins by a first-year head coach. The Sooner has played in 19 straight bowl games.

2018 UNIVERSITY OF OKLAHOMA FOOTBALL SCHEDULE

Sept. 1 vs. Florida Atlantic 11:00 FOX
Sept. 8 vs. UCLA 12:00 FOX
Sept. 15 @ Iowa State 11:00 ABC
Sept. 22 vs. Army 6:00 TBA
Sept. 29 @ Kansas TBA
Oct. 6 vs. Baylor TBA
Oct. 13 BYE WEEK
Oct. 20 @ TCU TBA
Oct. 27 vs. Kansas State TBA
Nov. 3 @ Texas Tech TBA
Nov. 10 vs. Oklahoma State TBA
Nov. 17 vs. Kansas TBA
Nov. 23 @ West Virginia TBA
Dec. 1 Big 12 Championship Game TBA

OU Head Coach Lincoln Riley.
(Photo by Rodney Haltom)



**Sooner receivers Trey Sermon and Cee Dee Lamb celebrate
Lamb's touchdown over Tulane. (Photo by Rodney Haltom)**

Kendrick Shaver named WSU safeties coach



Eufaula graduate Kendrick Shaver has spent the last seven seasons at Utah State but was recently hired by Mike Leach to be assistant coach at Washington State University. (Photo submitted by USU)

Washington State University Head Football Coach Mike Leach announced that Kendrick Shaver, a native of Eufaula, Oklahoma, has been added to the Cougar football staff and will coach safeties. "Kendrick Shaver is an outstanding coach that has coached several different positions along the defense in his career," Leach said. "He called the defense at Utah State for the past two years, he brings constant energy to practice, and has the reputation of being a tremendous recruiter. We are fortunate to have a coach and person of his caliber join our program."

Shaver recently completed his seventh season

at Utah State, second as the co-defensive coordinator. Throughout his time at Utah State, Shaver spent six seasons coaching in the secondary before working with outside linebackers in 2017. "This is an incredible and intriguing opportunity for me. To work for coach Leach, whom I feel is arguably one of the best offensive minds in the sport of football is truly a blessing," coach Kendrick Shaver said.

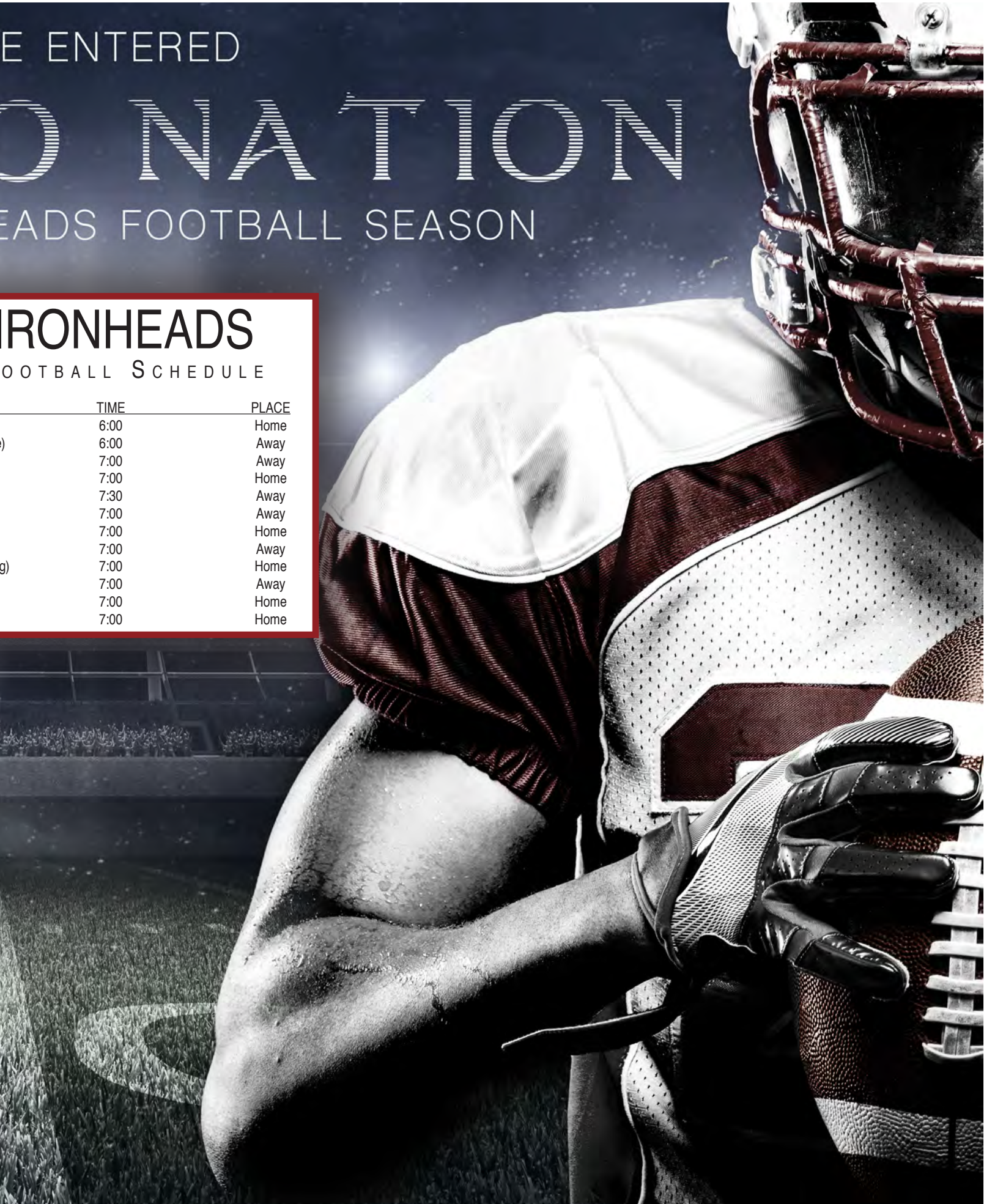
During his seven years at Utah State, Shaver has been part of a Utah State program that played in school-record six-straight bowl games, to go along with a 2012 Western Athletic Con-

ference championship. Each of the past two seasons the Aggie defense has ranked among the top 20 nationally in passing yards allowed, finishing the 2017 seasons 19th at 182.5 ypg. The USU defense has another similarity with recent Washington State defenses: turnovers gained. In 2017, the Aggie defense gained 29 turnovers, which ranked sixth nationally. That figure was one better than WSU's 28 turnovers gained, which ranked ninth. Throughout his seven years on the Aggies' defense staff, Utah State's defense has been at or the near the top of the Mountain West Conference and among the top third of the national leaders in several categories. In 2013 and 2014, the USU defense ranked seventh and 12th, respectively, in scoring defense. "I wasn't looking for a job when coach Leach called me. I have been very happy at Utah State for seven year and as you know that's a long time to be anywhere in my profession. I'm excited about working with our defensive coach Tracy Claeys, who has 16-years of coaching experience. I'm just going to absorb as much as I can and contribute as much as I can," Shaver said.

During his time at Utah State, Shaver, who was named FootballScoop.com's Co-Defensive Backs National Coach of the Year in 2012, mentored current NFL player Nevin Lawson of Detroit. He also has coached All-Americans Will Davis (2012) and Lawson (2013), while two Utah State cornerbacks have been selected in the NFL Draft: Davis in the third round (93rd pick) of the 2013 NFL Draft by Miami and Lawson in the fourth

round (133rd overall) of the 2014 NFL Draft by Detroit. Prior to joining Utah State's staff, Shaver spent four years (2007-10) as the secondary coach at Northern Colorado. Shaver was also the secondary coach and recruiting coordinator at Northeastern Oklahoma A&M (2006), and defensive and special teams graduate assistant at Eastern Kentucky (2004-05). He began his coaching career at Hillcrest (Mo.) High School, where he coached defensive backs and wide receivers in 2002. A native of Eufaula, Okla., Shaver played two seasons (1998-99) at Northeastern Oklahoma A&M Junior College before transferring to Missouri State, where he was a free safety and cornerback in 2000 and 2001. With 11 pass breakups in 2001, Shaver is presently tied for No. 6 on MSU's single-season pass defense list. Shaver spent the 2003 season playing for the Sioux Falls Storm of the NFL before coaching full-time. Shaver, who graduated from Missouri State with a bachelor's degree in business in 2002 and went on to earn his master's degree in physical education in 2005 from Eastern Kentucky, served an NFL Minority Coaching Fellowship with the Oakland Raiders in 2014.

"Coming from Eufaula, all I know is hard work. That bring your hat and lunch pale mentality because were going to here all day and I'm excited about bringing that part of me to a program such as Washington State. I just couldn't pass it up," coach Kendrick Shaver said.



E ENTERED

ION NATION

EADS FOOTBALL SEASON

IRONHEADS

FOOTBALL SCHEDULE

	TIME	PLACE
	6:00	Home
)	6:00	Away
	7:00	Away
	7:00	Home
	7:30	Away
	7:00	Away
	7:00	Home
	7:00	Away
g)	7:00	Home
	7:00	Away
	7:00	Home
	7:00	Home



YOU HAVE

IRONHEAD

2018 EUFAULA IRONHEAD

EUFAULA IR

2018 VARSITY FOOTBALL

DATE	OPPONENT
Aug. 16	Morris (Scrimmage)
Aug. 23	Henryetta (Scrimmage)
Aug. 31	Vian
Sept. 7	Holdenville
Sept. 14	CHECOTAH
Sept. 21	Heavener
Sept. 28	Hartshorne
Oct. 5	Hugo
Oct. 12	Wilburton (Homecoming)
Oct. 18 (Thur)	Valliant
Oct. 26	Antlers
Nov. 2	Atoka (Senior Night)