

Feeling like Scrooge?

OMRF scientists might know why

Whether you feel a bit like Ebenezer Scrooge this holiday season or you crave the good feelings that accompany generosity, the cause may stem, at least in part, from your hormones and the chemicals in your brain.

That's the assessment of a pair of Oklahoma Medical Research Foundation scientists.

Research has linked stinginess to testosterone. It's a predominantly male hormone, which may explain the extreme miserliness of Scrooge, whose name remains synonymous with greed nearly 200 years after the publication of Charles Dickens' "A Christmas Carol."

In a 2009 study, researchers applied either a testosterone cream or a placebo cream to male college student volunteers. They then tested the generosity of both groups by giving each student \$10 and having them split the money with another participant however they wished.

The results: Those on the testosterone cream gave 27% less to their fellow participants than those on the placebo cream. A more potent variant of testosterone showed even more dramatic effects, as those with the highest levels in their bloodstream gave their study partner an average of 55 cents, compared to \$3.65 given by those with the lowest amounts.

"The subjects were randomized and were 'blind' to whether they were using the real hormone cream or the placebo," said OMRF physician-scientist Hal Scofield, M.D. "In scientific research, that's the gold standard for assuring reliable results."

Another factor in Scrooge's stinginess could have been dopamine, which acts as a neurotransmitter for the brain's reward system, said Mike Beckstead, Ph.D., who holds the Hille Family Foundation Chair in Neurodegenerative Disease Research at OMRF.

"Dopamine is more designed to signal immediate gratification, while the rewards of generosity are more delayed," said Beckstead, who studies the brain chemical in his lab at OMRF. "Dopamine would teach you that if you spent \$100 on a gift



for somebody, that's a net negative to you, because the immediate act of giving is that you're \$100 poorer."

Conversely, Beckstead said, high levels of two other brain chemicals, serotonin and oxytocin, would lead someone toward generosity.

"Serotonin promotes mood and well-being, while oxytocin is often called the brain's love chemical. It's focused on trust and social connection and intimacy," Beckstead said.

This isn't true only in humans. Several studies have found that oxytocin drives mammals like elephants and dogs to show altruism toward distressed animals of the same species. Earlier this

year, scientists found that mice do the same thing.

"Those stories you hear about dolphins protecting swimmers from sharks – that's altruism," Beckstead said. "And the main brain chemicals involved with that are serotonin and oxytocin."

Both OMRF scientists cautioned that neither high levels of testosterone and dopamine, nor low levels of the altruistic brain chemicals, doom anyone to a lifetime of stinginess.

"Studies have shown that generosity is both innate and a learned behavior," Scofield said. "Like Scrooge eventually realized, we seldom regret being generous. The regret usually stems from not learning that lesson earlier in life."

LEGALIS

NOTICE TO THE PUBLIC OF PUBLIC COMMENT PERIOD FOR THE 2026-2029 STATEWIDE TRANSPORTATION IMPROVEMENT PROGRAM

The Oklahoma Department of Transportation is seeking public comment on the Statewide Transportation Improvement Program (STIP) for federal fiscal years 2026 through 2029. The full proposed FFY 2026-2029 STIP can be viewed online at www.ODOT.org by clicking the Programs and Projects tab and then clicking Transportation Programs. Comments can be submitted using the comment form on the website. Comments will be accepted through Thursday, January 8, 2026. LPXLP

IN THE DISTRICT COURT IN AND FOR DELAWARE COUNTY STATE OF OKLAHOMA

SOUTHWEST STAGE FUNDING, LLC DBA CASCADE FINANCIAL SERVICES; Plaintiff,

vs.

WILLIAM WARREN; TAMRA WARREN; et al. Defendants.

Case No. CJ-2025-215
Jude McAffrey, Jennifer
NOTICE BY PUBLICATION

THIS IS AN ATTEMPT TO COLLECT A DEBT AND ANY INFORMATION OBTAINED WILL BE USED FOR THAT PURPOSE.

THE STATE OF OKLAHOMA TO: WILLIAM WARREN; TAMRA WARREN; IF LIVING, AND IF DECEASED, THEIR HEIRS, PERSONAL REPRESENTATIVES, DEVISEES, TRUSTEES, SUCCESSORS AND ASSIGNS AND THE UNKNOWN SUCCESSORS

GREETINGS:

You are hereby notified that you have been sued by Plaintiff in the above cause in the District Court of Delaware County, Oklahoma, entitled Southwest Stage Funding, LLC dba Cascade Financial Services, Plaintiff v. William Warren; Tamra Warren, et al., Defendants, and that you must answer the Petition of said Plaintiff on or before the 30 day of January, 2026, or the allegations of said Petition will be taken as true and a judgment will be entered for the sums due under the Note and Mortgage which are the subject of said suit in the amount of \$182,384.76 with interest, attorney fees and all costs and a decree ordering foreclosure of said Mortgage, barring your interest in the following described real property:

Lot 191, Block 16, WALNUT HILL AREA, FLINT RIDGE NO. 4, a subdivision, according to the recorded plat thereof, Delaware County, Oklahoma

Together with all improvements constructed upon, affixed to or located upon the above-described real property, including without limitation, any residential dwelling located thereon, which dwelling is or may be a manufactured home, which manufactured home shall be conclusively deemed to be real estate - VIN #BEL021419TXABAC, commonly

known as 16191 Black Walnut Rd., Kansas, OK 74347 (the "Property")

DATED this 1st day of December, 2025.

COURT CLERK OF DELAWARE COUNTY
By: /s/ Natasha Isaac
Deputy Clerk

KIVELL, RAYMENT AND FRANCIS
A Professional Corporation
Ger'Kayia Tunley, OBA #36283
Triad Center I, Suite 550
7666 East 61st Street
Tulsa, Oklahoma 74133
Telephone (918) 254-0626
Facsimile (918) 254-7915
E-mail: gktunley@kivell.com
ATTORNEYS FOR PLAINTIFF

(Published in the Grove Sun December 9, 16, and 23, 2025)
LPXLP

Click Storage Auction Notice Date & Time: January 8, 2026, 10:00 AM
Place: 64181 E 290 Rd Grove, OK 74344-Unit #F16
Manner: StorageAuctions.com

(Published in the Grove Sun December 23, 2025)
LPXLP

IN THE DISTRICT COURT IN AND FOR DELAWARE COUNTY STATE OF OKLAHOMA

RICHARD SCHRADER, Plaintiff,

vs.

The Successors, Heirs, executors, Administrators, Trustees, Devisees and Assigns, Immediate and Remote, Whether Known or Unknown of DORETHA MAY SCHRADER, DECEASED, and DAVID LEONARD, MIKE LEONARD, and ROBIN LEONARD, Defendants.

Case No. CV-2023-197
NOTICE BY PUBLICATION

THE STATE OF OKLAHOMA, To: David Leonard and Mike Leonard

You are hereby notified that you have been sued in the District Court of Delaware County, State of Oklahoma, in Case No. CV-2023-197, by the above-named Plaintiff, wherein the Plaintiff is seeking to reform the deed, and to quiet title to the following-described real

property situated in Delaware County, Oklahoma, to-wit:

LOTS 213 & 214, FLINT RIDGE RV PARK NO. 2, A SUBDIVISION LOCATED IN DELAWARE COUNTY, OKLAHOMA, ACCORDING TO THE RECORDED PLAT THEREOF.

You are further notified that unless you answer the Petition of the Plaintiff on or before the 27th day of January, 2026, the allegations of the Petition will be taken as true and judgment rendered reforming the Deed and determining that a joint tenancy was created and title passed to Richard Schrader upon Doretha May Schrader's death, and a further judgment determining that David Leonard, Mike Leonard, Robin Leonard, and the unknown successors, heirs, executors, administrators, trustees, devisees and assigns of Doretha May Schrader, deceased, if any, have no right, title or interest in and to the above-described property. You are referred to the Petition for further details.

WITNESS my hand this 10th day of December 2025.

Karma Sapp, Court Clerk
DELAWARE County, Oklahoma
By: /s/ Natasha Isaac
Deputy

Clayton M. Baker, O.B.A. #32347
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Attorney for Plaintiff

(Published in the Grove Sun December 16, 23, and 30, 2025)
LPXLP

IN THE DISTRICT COURT IN AND FOR DELAWARE COUNTY STATE OF OKLAHOMA

Tammy Johnston, Plaintiff,

vs.

The Successors, Heirs, Executors, Administrators, Trustees, Devisees and Assigns, Immediate and Remote, Whether Known or Unknown, of Levi Sapsucker, Deceased, Full Blood Cherokee Roll Number 19375, Davison Sapsucker, Deceased, Henry Sapsucker, Deceased, Als-ah Sapsucker, Deceased, Woodrow Sapsucker, Deceased, Mary Proctor Sapsucker, Deceased and Eli Sapsucker, Carrie Blackfox nee Sapsucker, Grace Wilson nee Sapsucker, Betty Whitley nee Sapsucker, Geneva Proctor Sapp, Willis Wilson Sapp, Wilma Ann Sapp, Vivian Joyce Sapp, Robert Thompson, Judge Owens, Bettie K. Owens Hendrickson, Mildred Owens Raper, Geneva Owens

Revas, Marie Owens Goularte, Rickie Pigeon, Joseph Pigeon, Jay Pigeon, Barbara Hopton, and Rose Ann Littledave, if living, or if any be deceased, their unknown heirs, successors and assigns, Defendants.

You are hereby notified that you have been sued in the District Court of Delaware County, State of Oklahoma, in Case No. CV-2025-174, by the above-named Plaintiff, wherein the Plaintiff is seeking to judicially determine the Successors, Heirs, Executors, Administrators, Trustees, Devisees and Assigns, Immediate and Remote, Whether Known or Unknown of Levi Sapsucker, Deceased, Full Blood Cherokee Roll Number 19375, Henry Sapsucker, Deceased, Davison Sapsucker, Deceased, and Davison Sapsucker, Deceased, to quiet title to the following-described real property situated in Delaware County, Oklahoma, to-wit:

Revas, Marie Owens Goularte, Rickie Pigeon, Joseph Pigeon, Jay Pigeon, Barbara Hopton, and Rose Ann Littledave, if living, or if any be deceased, their unknown heirs, successors and assigns, Defendants.

Case No. CV-2025-174
NOTICE BY PUBLICATION

THE STATE OF OKLAHOMA, TO: The Successors, Heirs, Executors, Administrators, Trustees, Devisees and Assigns, Immediate and Remote, Whether Known or Unknown, of Levi Sapsucker, Deceased, Full Blood Cherokee Roll Number 19375, Davison Sapsucker, Deceased, Mary Proctor Sapsucker, Deceased, Henry Sapsucker, Deceased, Als-ah Sapsucker, Deceased, Woodrow Sapsucker, Deceased, Davison Sapsucker, Deceased and Eli Sapsucker, Carrie Blackfox nee Sapsucker, Grace Wilson nee Sapsucker, Betty Whitley nee Sapsucker, Geneva Proctor Sapp, Willis Wilson Sapp, Wilma Ann Sapp, Vivian Joyce Sapp, Robert Thompson, Judge Owens, Bettie K. Owens Hendrickson, Mildred Owens Raper, Geneva Owens Revas, Marie Owens Goularte, Rickie Pigeon, Joseph Pigeon, Jay Pigeon, Barbara Hopton, and Rose Ann Littledave, if living, or if any be deceased, their unknown heirs, successors and assigns

You are hereby notified that you have been sued in the District Court of Delaware County, State of Oklahoma, in Case No. CV-2025-174, by the above-named Plaintiff, wherein the Plaintiff is seeking to judicially determine the Successors, Heirs, Executors, Administrators, Trustees, Devisees and Assigns, Immediate and Remote, Whether Known or Unknown of Levi Sapsucker, Deceased, Full Blood Cherokee Roll Number 19375, Henry Sapsucker, Deceased, and Davison Sapsucker, Deceased, to quiet title to the following-described real property situated in Delaware County, Oklahoma, to-wit:

The W/2 NE/4 SW/4 and the S/2 E/2 SW/4 of Section 21, Township 21 North, Range 23 East of the Indian Base and Meridian in Delaware County, Oklahoma.

You are further notified that unless you answer the Petition of the Plaintiff on or before the 5th day of February, 2026, the allegations of the Petition will be taken as true and judgment rendered determining the identity of the heirs and all of the persons who are and were entitled to inherit the above-described real property upon the death of Levi Sapsucker, Deceased, Full Blood Cherokee Roll Number 19375, Henry Sapsucker, Deceased, and Davison Sapsucker, Deceased, and a further judgment determining that Successors, Heirs, Executors, Administrators,

Trustees, Devisees and Assigns, Immediate and Remote, Whether Known or Unknown of Levi Sapsucker, Deceased, Full Blood Cherokee Roll Number 19375, Davison Sapsucker, Deceased, Henry Sapsucker, Deceased, Als-ah Sapsucker, Deceased, Woodrow Sapsucker, Deceased, Davison Sapsucker, Deceased, Mary Proctor Sapsucker, Deceased and Eli Sapsucker, Carrie Blackfox nee Sapsucker, Grace Wilson nee Sapsucker, Betty Whitley nee Sapsucker, Geneva Proctor Sapp, Willis Wilson Sapp, Wilma Ann Sapp, Vivian Joyce Sapp, Robert Thompson, Judge Owens, Bettie K. Owens Hendrickson, Mildred Owens Raper, Geneva Owens Revas, Marie Owens Goularte, Rickie Pigeon, Joseph Pigeon, Jay Pigeon, Barbara Hopton, and Rose Ann Littledave, if living, or if any be deceased, their unknown heirs, successors and assigns have no right, title or interest in and to the above-described property. Judgment will further be rendered quieting title to the real property in Plaintiff. You are referred to the Petition for further details.

WITNESS my hand this 18th day of December, 2025.

KARMA SAPP, Court Clerk
DELAWARE County, Oklahoma
By: /s/ Nikita Smoke
Deputy

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LPXLP

CALL FOR A SPECIAL MEETING OF THE SENECA-CAYUGA NATION GENERAL COUNCIL TO BE HELD ON SATURDAY, January 10, 2025

In accordance with ARTICLE III - REGULAR AND SPECIAL MEETINGS Section 2 of the By-Laws to the Constitution of the Seneca-Cayuga Nation, and having received required amount of written requests, I Charles Diebold, Chief do hereby call a special meeting of the General Council to be conducted on Saturday, January 10, 2026 as requested. The special meeting of the General Council shall be held in the Nation Community Building located at 24805 South 660 Road, Grove, Oklahoma. The special meeting will begin at 10:00 AM.

The principal object of the special meeting is for the General Council to address General

Council Resolution# 01 -060708, #01 -060207 with respect to the ambiguous, outdated and misinterpretation of said resolutions pertaining to elections and for the transaction of other business that may be presented.

AGENDA

I. Call to Order
II. Prayer
III. Declaration of Quorum
IV. Approval of Minutes 2025 Annual Meeting
V. Unfinished Business
a. Ad-Hoc Committee - Motion#2 from 2024 GC meeting, all job/ contracting candidates shall be subject to vetting and a background check.
VI. New Business
a. Rescind Resolution# 01 -060708
b. Rescind Resolution# 01 -060207
c. Other business as presented
VII. Adjournment

/s/ Charles Diebold
Chief Seneca-Cayuga Nation

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"Notice Of Timber Sale"

The Oklahoma Department of Wildlife Conservation is accepting cash bids for timber sales on the Spavinaw WMA in Delaware County. For further information or a copy of the sale contact the area biologist, Russell Perry at 918-629-5286.

(Published in the Grove Sun December 23 and 30, 2025)
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OKLAHOMA CLASSIFIED AD NETWORK

FOR MORE INFO CALL
1-888-815-2672

WANT TO BUY

OLD GUITARS WANTED! LARRY BRINGS CASH for vintage USA guitars, tube amps, banjos, mandolins, etc. Fender Gibson, Martin, Gretsch, others. Call or text 918-268-2222. www.stringsawd.com

NEWSPAPER FOR SALE

AWARD-WINNING WEEKLY community newspaper in Stephens County for sale. Contact Todd at 580-641-6356.

ADVERTISE STATEWIDE

Put your message where it matters most - IN OKLAHOMA NEWSPAPERS. We can place your ad in 134 newspapers. For more information or to place an ad, contact Landon Cobb at (405) 499-0022 or toll-free in OK at 1-888-815-2672.