

EDITOR'S DESK

HAPPY SUMMER!

We have a lot going on in this issue! UAFA Director Jack Upchurch introduced us to a great family story about his Uncle W. M. Upchurch and his lifelong friendship to the very wealthy Benjamin N. Duke Family, especially Duke's granddaughter Mary Biddle Duke.

Mae Cox tells us how her grandparents survived the Oklahoma tornado which took their home.

Read the 2nd part of the story of Nugget and Keith Upchurch in this issue.

Along with Mrs. Upchurch and her enchiladas recipe in the story *Cooking with Love*, her husband Virgil L. Upchurch is also a featured story in this FOOTPRINTS issue. Their clan is not so easy to show. Follow the reason why in *The Mystery of The Arizona Upchurches — Missing Link No. 14* through Linda Upchurch Sparks and our founder Dr. Phil Upchurch.

Importantly, the latest DNA article (Brenda Carbon) is here and quarterly Upchurch tree report by Board members, Linda Upchurch Sparks and a groundbreaking article by Carla Michaels.

THANK YOU FOR
YOUR SUPPORT

Cindy Hale

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Founded by Robert Phillip "Phil" Upchurch, PhD

July 15, 2022

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UFAA NEWS & INFORMATION

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Over 35 videos featuring founder ***Phil Upchurch*** telling family stories, along with UFAA President, Dr. Tom Upchurch. These are available and FREE to all. [https:// www.youtube.com](https://www.youtube.com)

You Tube After opening YouTube, enter "Upchurch and Allied Families" into the search box. This will open the UFAA channel and display the videos.

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Walter McGowan Upchurch, Jr. at Duke with Mary Duke Biddle — By Jack Upchurch

As you probably know, my uncle W. M. Upchurch, Jr. (called W.M. by family and Walter at Shell in NYC) received a BA from Duke University, Durham, NC in 1931 and a law degree from Duke Law School in 1936. From 1931 through 1941 he held various administrative positions at Duke, founded and directed the Duke Chapel Choir in 1933 and founded the Duke Employment Placement Service for students in 1940.

At some point during his time at Duke he became associated and friends with Mary Duke Biddle, the granddaughter of Benjamin N. Duke, who along with his father, Washington Duke and his brother James B. Duke founded the Duke tobacco empire which became the American Tobacco Company. Mary was born in New York City and at the age of 14 moved to live in Durham after her parents' divorce. She was a student at Duke from 1935 until she received her degree in 1938.



During this period from 1934 to 1938 before Mary married, my uncle became close with her family and escorted her to many social events. One such occasion was a trip to New York City with a group of friends to attend the theater and stay at her grandfather's mansion at Fifth Avenue and E 82 St. The Duke house completed in 1901 was a grand New York mansion of eight stories and 20,000 square feet and still exists today.

On the day the five or six couples

were to attend the theater matinee, they all gathered at the Duke mansion for a special luncheon. The room in which they

dined was decorated informally in a light, airy decor appropriate for that time of day. Each couple had a servant dedicated to them to provide ser-

vice. Afterwards they moved to the home's entrance where cars waited to transport them to the theater.

After enjoying a popular play of the day they all returned to the Duke mansion for dinner. At the appropriate hour they were served cocktails and escorted into the dining room. The room was the same as the one used for the luncheon—only it wasn't! The entire decor had been changed to a more formal one appropriate for evening dining!

Continued on page 4

Walter McGowan Upchurch, Jr. at Duke with Mary Duke Biddle

Continued from page 3

They were in the same room so how was this possible? Well, it was revealed that the panels in the wall were designed to swivel so that as they were turned a newly decorated room appeared. My uncle was amazed. A modest young man from North Carolina was not accustomed to such elegance, especially during the depression!



UAFA Director,
Herbert Jackson
"Jack" Upchurch, Jr.
is related to the Upchurch Family
through the Richard

Upchurch III clan that came out of Virginia in the mid-1700's relocating to Granville County NC and subsequently Franklin and on to Wake Counties. He first became interested in genealogy when he became the recipient of various family historical records and after being introduced to the Upchurch Bulletins by his uncle, Walter McGowan Upchurch, and his father, Herbert Jackson Upchurch, Sr.

2010 U.S. Census Data for UPCHURCH

This surname is in the top 162,000 names in the US Census from 2010. (There must be at least 100 to make the list).

There are 9922 UPCHURCH records listed in the 2010 US Census, and it is the Number 3587 ranked name.

An UPCHURCH makes up 3.36 of every 100k [100,000] people in the population.

Other US Census data for the surname UPCHURCH

80.62% are White alone (Non-Hispanic)

14.29% are Black Alone (Non-Hispanic Black or African American alone)

2.32% are Hispanic or Latino origin

0.37% are Asian Alone (Non-Hispanic Asian and Native Hawaiian and Other Pacific Islander alone)

0.58% are American Indian (Non-Hispanic American Indian and Alaska Native Alone)

1.81% Non-Hispanic two or more races



Walter McGowan Upchurch and His Relationship with Duke University

Walter McGowan Upchurch, a Shell Oil executive, Duke graduate and long-time supporter of the university, was honored for his devotion to Duke when he received the University Medal for Distinguished Meritorious Service on Dec. 8, 1988.

In his notes, Dr. Robert Phillip Upchurch recorded “The ceremony took place in Duke Chapel with faculty and administration in full academic regalia” and “we were quite happy for him about this.” The information came to him in a letter from Herbert Jackson Upchurch, Sr. dated February 3, 1989.

Over the years Upchurch developed close ties to the James B. Duke and Benjamin N. Duke families, long-time benefactors of the university.

“We’ve always felt like he was a member of our family,” said Mary Duke Biddle Semans, granddaughter of Benjamin N. Duke, trustee emerita of the university and chairman of the Charlotte-based philanthropic organization, The Duke Endowment. “We’ve been strong friends for all our lives, and he was one of the most kind and compassionate people I’ve ever known. He was truly a remarkable person, and we will miss him beyond words” expressed Mary Semans at learning of his passing.

Read Herbert Jackson “Jack” Upchurch’s delightful story on page 3.

A native of Raleigh, Upchurch was

active in both student government and music organizations while a student at Duke. He received his A.B. in 1931 and his law degree in 1936.

From 1931 to 1941 Upchurch held a variety of administrative positions at Duke and played a vital role in student life and the arts. For 10 years he was general manager of Duke’s Quadrangle Pictures, which at that time was the principal source of organized entertainment on campus. He was also director of the Office of Student Activities, a job that involved handling funds and accounts of all student organizations and directing Page Auditorium, and director of summer school activities.

In 1933 he founded the Duke Chapel choir and became its first director. He also secured visiting preachers for a Pulpit Committee at the chapel.

In 1940 Upchurch also became director of Placement Services, a program he expanded to provide educational, and placement help for students and alumni during a time of economic hardship. He also assisted in the university’s admissions programs.

In 1942, on war leave from the university, Upchurch joined Shell Development Co. in Emeryville, Calif., as its first personnel director. He entered the Navy in 1944 as a labor relations officer, and in 1946 resigned from Duke to return to Shell Development. He was named assis-



Dec 8, 1988. Award given to Upchurch by Duke President Keith Brodie which reads: For W.M.—With pleasure and deep appreciation for all you have done for Duke.

tant personnel manager of Shell Oil Co. in 1949 and manager of the Employee Publications Department in Shell’s head office in New York in 1950.

In 1954 he was appointed to assist the Shell companies in the United States with their philanthropic and civic programs and was elected secretary and chief staff officer of the Shell Companies Foundation Inc. In 1961 he was elected vice president and director of the foundation and in 1962, a member of the foundation’s executive committee and senior vice president. He retired from Shell in 1971.

Upchurch joined the Duke University Board of Trustees in 1964 and served on the board’s Executive Committee throughout his tenure as an active member. He was vice chairman of the board in 1975-76 and 1976-77. As a trustee he continued his interest in student activities, arts programs, and Duke Chapel, and was influential in

Walter McGowan Upchurch and His Relationship with Duke University

Continued from page 5

establishing the Duke University Archives in 1972. He was named trustee emeritus in 1977 and had continued to attend board meetings regularly since then.

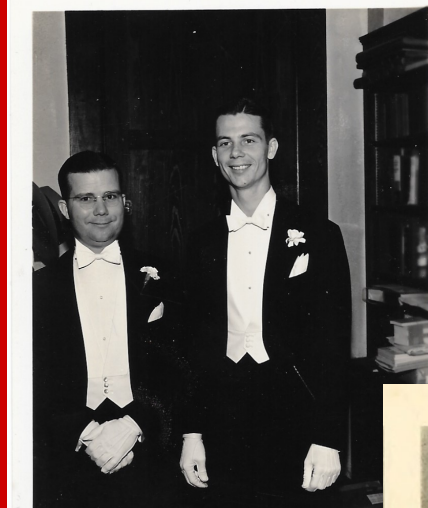
Listed in Who's Who in Commerce and Industry, Upchurch was active in The National Industrial Conference Board and its council of Executives on Company Contributions, and worked with, among others, the National Merit Scholarship Corporation, the U.S. Chamber of Commerce Education Committee, the National Better Business Bureau, and the United Way of America.

Walter McGowan Upchurch passed away on January 22, 1989, at Duke University Hospital. He was 79.

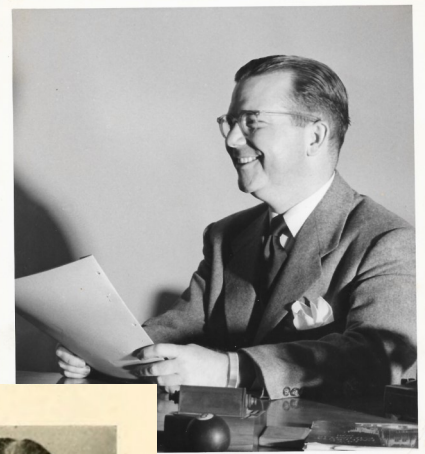
"We are deeply saddened by the loss of W. M. Upchurch, who had a long and distinguished relationship with Duke University as a student, staff member and trustee," said Duke President H. Keith H. Brodie.

"His vision and leadership were profoundly important to us, especially in student affairs, and his influence will continue to be evident for many years. The university has lost a beloved and valued friend."

Story compiled by Cindy Hale. Reference: a Duke University News Release, papers, notes and correspondence of UAFA founder R. Phillip Upchurch, PhD with various family members. Family photographs from Herbert Jackson "Jack" Upchurch, Jr., nephew of Walter McGowan Upchurch and our UAFA Director from South Carolina.



Wedding of Herbert Jackson Upchurch (Sr.) Walter is on the left.



W. M. Upchurch, Jr.



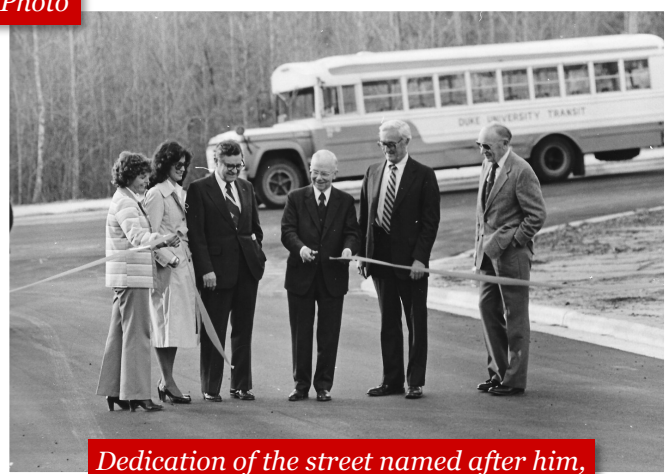
The Upchurch brothers as children. Walter McGowan (R) and Herbert Jackson Upchurch (Sr.) left.



W. M. Upchurch Navy Photo



This Upchurch family descends through the Richard Upchurch III clan that came out of Virginia in the mid-1700's relocating to Granville County NC and subsequently Franklin and on to Wake Counties.



Dedication of the street named after him, "Upchurch Circle" in Duke Forest.

Groundbreaking Wake County, NC Cemetery Work Now Online!

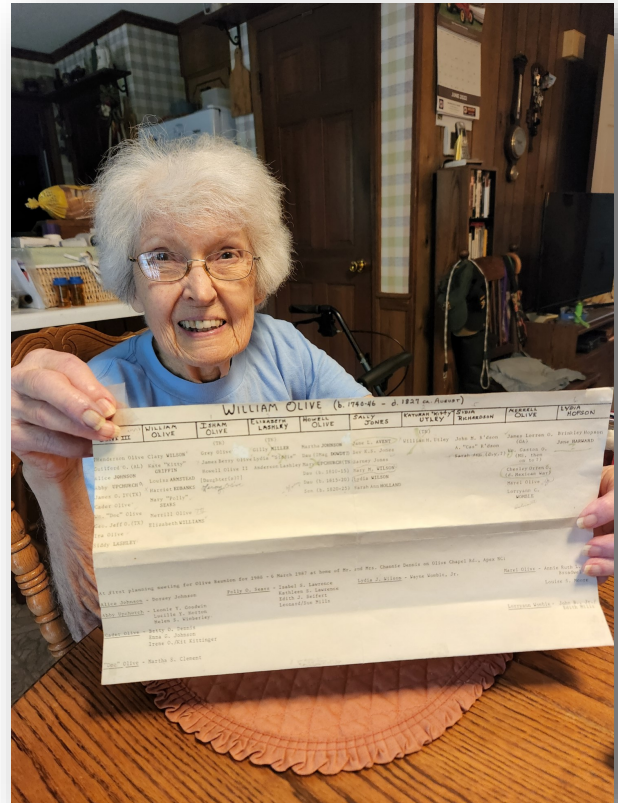
By Carla Michaels

Long-time UAFA supporter and Asbury Station Chapter DAR member Irene Olive Kittinger was on the front lines of documenting Wake County Cemeteries, starting in the 1970s. She and a team of volunteers drove countless miles documenting and recording cemeteries in every corner of the county. She even enlisted our own Phil Upchurch to help record vital cemetery information, and his surveys of several cemeteries made their way into her collection.

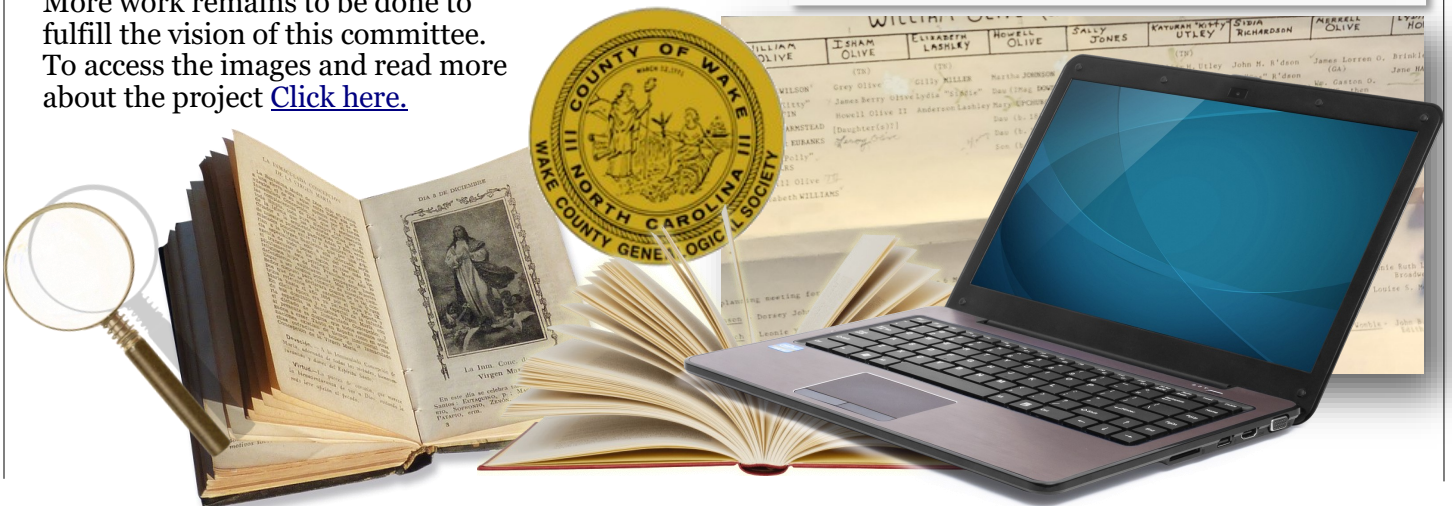
The information filled 20 ring binders, and Irene donated this collection to the Upchurch and Allied Families Association with the hopes that the information would be made widely available and the notebooks preserved. The paper documents have now been scanned and placed online through the tireless efforts of the Wake County Genealogical Society and are available to the general public. Carla Stancil, the WCGS President and Cyndi Deal, WCGS Newsletter editor and lead on this project were instrumental in assembling a dedicated group of volunteers who scanned and placed every page of Irene's research online.

Each Wake County Township has its own link and index and additional cemetery research can be added to this website. This website will be an invaluable resource for the Upchurch family and others to research their roots in Wake County.

More work remains to be done to fulfill the vision of this committee. To access the images and read more about the project [Click here](#).



Irene Olive Kittinger with her Olive family tree. At age 96, she is busy finishing research on her Olive ancestry.



Organizing Your DNA Matches on Ancestry[®] and Focusing Your Research

DNA CONNECTIONS By Brenda Carbon

Have you taken your DNA test on Ancestry and are overwhelmed with what to do next? The first step is to organize your matches so you can make sense of your numerous matches. Once you are organized, you can analyze them to find new ancestors and descendants, solve genealogy problems and break through brick walls. The good news is that you do not need to be a scientist or genealogist because Ancestry has wonderful tools for you to use!

First, you need to enter or upload your tree and make it public. Ancestry will not display information on living persons in a public tree.

Next, you need to link your DNA results to your tree. To do this, go to your DNA Results Summary page, select “Settings” under your name and scroll down to the link option. Enter your tree name and then your name. Now your tree is linked to your DNA results. When you look at your matches, testers who did not link their trees will display as “Unlinked”.

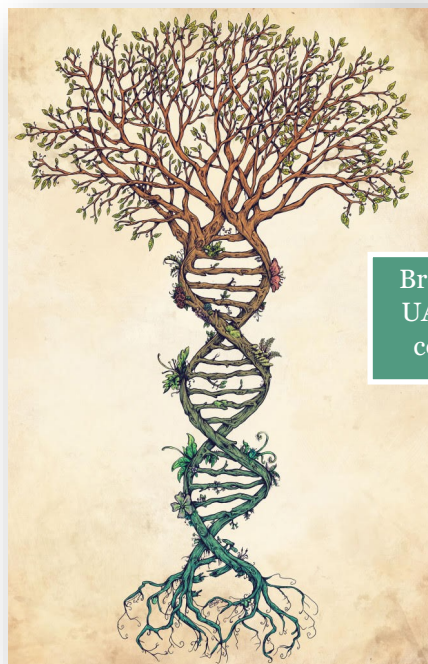
Proceed to the DNA Matches page. You will see filter, search, and sort options at the top. You will use these to help you organize and then review your matches.

1. Select the “Group” item and add a group “mother’s side” and one “father’s side”. Then look at your surnames and/or locations and add groups for up to 22 of them. I find it helpful to select a color scheme to more easily

tell the surnames on each side. For example, you can assign the bright colors to one side and the pastel colors to another side.

2. View your matches and select the closest cousin match on one side of your family, for example, your mother’s side. If it is a first cousin, this should catch most of the matches on your mother’s side of your family. Now select the “Shared Matches” option for this match to view the matches for your mother’s side. If this is a first cousin, these are the majority of your matches on your mother’s side. If not, it still matches those people on your mother’s side. Shared matches mean you and your cousin on your mother’s side have these other matches in common.

3. As you go down the list, select the “Do you recognize them?” option and select that this match is on your mother’s side. If you know the specific relationship, add it here. The mother’s side will now show on the match list page. Once you add the relationship to that match, it will change that to the specific relationship on the match list page. Note: Once you add the relationship, the match list view for that person will now show “View Relationship” instead of “Do you recognize them?”.
4. You can also refer to the “common ancestor” but I would not dig into the tree at this time. Remember you are in the organizing phase and



Brenda Carbon is Coordinator of UAFAs DNA Project and may be contacted at Italia19@aol.com



Organizing Your DNA Matches on Ancestry® and Focusing Your Research

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not doing analysis at this time. If you are like me and have many matches up to 4 – 6 cousins, you may want to stop and revisit any matches that are at 4 – 6 cousins later. Skip the matches with no trees, private trees, and unlinked trees. Also, skip those trees with a small number of people in their tree.

If all of the boxes for the common ancestor have continuous lines, it means that both your tree and their tree include the people in the lineage through the common ancestors. Dotted lines mean this is a projected relationship that Ancestry based on other trees they have. Now add the surname group(s) and any notes for your relationship with this person if you have reasonably validated this relationship. If needed, you can also edit the relationship.

5. The notes are viewable on the match list page. The notes help earmark those matches that you want to revisit as well as those to skip and any other observations you want to note. I do not add notes on each person since it is tedious and you can always come back and do this later. Your goal on this round is to capture key surnames.
6. Repeat steps 2 – 5 for the other side of your family limiting to the closest relationships, if needed.
7. Now go back to your matches and select the “Common

Ancestor” filter. If you prefer, you can additionally filter by a group. It depends on how much time you have and how many are already in your surname group.

8. Look at the Common Ancestor for each match, select the View Relationship and add/update any group, relationship, or note information.

Just a few more tips.

1. You can be related to a match in more than one way. If you find a match on your father’s side that was already on your mother’s side, edit the relationship to “both sides”. These could require quite a bit of analysis at a later date. You can also add surname groups if known to the both sides matches. Note that you can add multiple groups for any match.
2. You should check periodically for new matches by selecting the sort option to “date, newest to oldest”. Continue to work on grouping these matches.

Now you are ready to set your priority research goals so you can focus on one goal at a time. Here are a few examples and recommendations on how to approach your analysis.

1. Identify the ancestry past my fourth generation ancestor for my Smith line. To facilitate this search, filter your matches by the group you created for your Smith surname. If you want, you can also select the “common ancestors” filter initially to review those first. Now you can dive into analyzing these matches by checking trees for your

matches. Look at those trees with the most sources.

2. Identify more of my recent descendants on the Upchurch line. You can start by filtering your matches as above. I also recommend using Ancestry Thrulines for your Upchurch family. This will provide views of all of your projected DNA matches with Upchurch ancestors. For additional information on Thrulines, refer to the July 2020 Upchurch and Allied Families newsletter where I discuss this feature.
3. Research the Doe family and try to break through my brick wall. I cannot connect back any further than my great grandfather, John Doe, born in 1865 in Wake Co, NC. This could be a tougher problem to solve, but breakthroughs happen all the time with DNA. Use all of the tools as above to begin your analysis.

Remember genetic genealogy and traditional genealogy go hand in hand. Using both together provides additional information on your ancestry. You can do this!

Happy organizing and analyzing!



BY MAE COX: *My grandmother was an UPCHURCH: Mary May Upchurch (1892- 1975), who, in 1909, married Arthur Monroe Davenport (1886-1946). They were dirt-farmers/sharecroppers and lived in an array of houses in the Box, Corbett, and Noble areas of southern Cleveland County, Oklahoma. This story was compiled after visiting with four aunts, two of whom were actually there that fateful day.*

Tornado Blows Away House & Everything They Owned

In 1925, Arthur and May, along with their first five children were living in a two-room farmhouse northeast of Noble, Oklahoma. One spring afternoon Arthur and two of his sons, Charlie and Carl, were working in the fields when they realized there was a mean-looking storm coming their way. Arthur sent Carl to tell his mom to gather the kids and get to the cellar at the Goldens farm just a little bit down the road from their place.

Meanwhile, May was already preparing, as she too had noticed the dark menacing clouds. As the wind got stronger and stronger, she rounded up her favorite setting hen with all the baby chicks and secured them in the coop — “Her shirt-tail flapping like mad,” remembered one aunt.

Gathering her children, she took off for the cellar, Carl with five-year-old Ann perched on his shoulders so they could go faster. Meanwhile Arthur and Charlie were having a tough time getting the mules back to the barn. When they realized they couldn’t make it, they unhitched the mules, set them free, then ran for the cellar. They’d barely made it inside when the ferocious twister hit.

Arthur and Mr. Golden grabbed and held the cellar door as violent winds whipped it up and down straining to wrench it off the hinges. So great was its pull and thrust that their hands were battered against the door facing. When it was all over their hands were bruised and bleeding.

The tornado raged and whipped. From his position, peeking through slits in the door, Arthur reported the neighbor’s house “just blew away”. Their rock fireplace was tossed on top of the door they were holding. When the winds died down and they could get past the toppled fireplace, they looked across the road.

Their house was gone. The only thing left was the old iron bedframe standing where the house had been. Upon closer surveillance, they noticed that an old glass pedestal cake plate that May cherished was sitting, unharmed, under that bedframe.

The barn was gone too, but standing where it had once been was the little calf they’d left penned in the barn. Miraculously, the little critter had been spared when the tornado hit and was standing there shaking and scared half to death.

Everything else was blown away. Everything. Their beds, kitchen utensils, and even their mom’s old trunk were gone. All their memorabilia, furnishings, and photos. Gone. Absolutely nothing left. They scavenged through the fields and found a few items the storm had tossed aside.

With their place gone, they went to stay with one of Grandmother’s brothers, Will and Nancy Upchurch until they could get moved back to a little two-room shack down on Buckhead Creek where they had previously lived.

The folks in Noble heard about their



*Wedding Photo 1909
Arthur Davenport and May Upchurch*

loss and began gathering donations. One afternoon, here they came down the road with a whole wagonload of household items to help Arthur and May get back on their feet.

Several months later, May’s brother, Bowman Upchurch, who lived just a mile or so north of them, came running up to their house all excited. He had been working in his fields and found May’s old trunk. It was empty but unharmed. Grandmother was so happy to have that trunk back.

And so with the old trunk, May’s treasured cake stand, the iron bedstead, and one calf, they moved to the little one-room shack with their five little ones... and went on with their lives sharecropping and raising babies.



‘At least 10,000 friends’: Keith Upchurch reflects on Nugget’s legacy, Duke community response

I first met Keith Upchurch, Trinity ’72, and Nugget, his beloved golden retriever, during my first semester at Duke. I would join them on the steps of Marketplace, watching as grinning students stroked Nugget’s fur or fed her slices of apples.

Throughout my next three years—as a global pandemic forced classes online and dramatically altered the University—Nugget and Upchurch remained constants, there at the benches near the Plaza or outside the Brodhead Center. They seemed immune to change, the same kind smile from Upchurch and Nugget’s familiar mound of golden fur, in season and out.

And so, like many others, I was both shocked and saddened to hear of Nugget’s death last Thursday. Her collapse came as somewhat of a surprise to Upchurch, too. When I called him on Monday, he told me that a couple days before Nugget’s death, he had gotten a blood test that showed Nugget’s red cell counts being far below normal.

“So the vet told me I needed to start thinking about euthanasia. And so I had been thinking about it, but I just didn’t think it was gonna come so soon,” Upchurch said. “But on Thursday morning I just had no choice because she collapsed.”

Upchurch said that his grief has been coming in “waves.”

“Sometimes I can make it through part of the day and sort of push it out of my mind for a few minutes, but it always comes back,” he said. “It’s slightly better each day, but only slightly.”

It’s been helpful to read people’s tributes to Nugget in *The Chronicle* and to receive kind emails from students, he said. So far, he’s received over 100 emails from people who knew him and Nugget, including from people who graduated years ago. One student has even created an online petition to rename the elevated platform on the Bryan Cen-

ter Plaza in Nugget’s honor.

“The only thing that would be worse than her dying was if she died and nobody cared, but that’s certainly not the case,” he said. “She’s had more friends than any dog I’ve ever known. I think if you added it up throughout the 10-plus years, it would be at least 10,000 friends.”

This past Sunday night, Upchurch returned to campus to have dinner with a student. They sat at Nugget’s favorite bench, a long bench under a tree near the entrance to West Union. Upchurch was wearing his Nugget shirt, and one of the West Union staff recognized him and told him that there was a card outside for him to pick up.

When he went outside, Upchurch found a poster covered in messages to Nugget.

“There it was on a bench with flowers beside it, and a beautiful drawing of Nugget and all these signatures, very little space left,” he said.

Upchurch still hopes to keep coming to campus.

“I thought maybe nobody cared whether I came or not because Nugget is gone, but I’ve already had a lot of people ask me to come,” he said.

One of Upchurch and Nugget’s final times together on campus was during the Class of 2022 Commencement. It was cold that day, but they stationed themselves next to one of the Wallace Wade exits. When the ceremony finished, Nugget was there to greet the sea of people that came flowing out, including many parents who knew who Nugget was.



Keith A. Upchurch descends from Clan No. 1 — Moses Upchurch and Mary Sims

(Above) Keith Upchurch and Nugget after the Class of 2022 Commencement on May 8.



“She was sort of like a dog for all seasons. She loved all people at all times, no matter what the weather was,” Upchurch said. “There was one day when it was pouring rain, and I sat on the bench with Nugget, and she got completely soaked. She loves seeing students so much, and some of them would come up to her during that pouring rain ... So when I say she was a dog for all seasons, that’s figurative and literal.”

By [Chris Kuo](#) —May 19, 2022
[@chriskuo17](#) Twitter



Chris Kuo is a Trinity senior and a staff reporter for *The Chronicle*’s 118th volume. He was previously enterprise for Volume 117

The Scientific Reason Why You Hate (or Love) Cilantro

Have you ever wondered why cilantro tastes like soap? The answer may be in your DNA

A good debate centers around a harmless herb—cilantro. People either love it and use it in everything from [fish tacos](#) to [cilantro-lime rice](#), or they can't stand the taste of it. For some, cilantro tastes like soap, dirt, crushed bugs or metal shavings. It's gained such a negative reaction that someone used their time, energy and money to create an online community called I Hate Cilantro, which has more than 5,000 members.

Before you join the club and publicly announce your aversion to cilantro, you may want to learn why you don't like it.

On Team Soap? Maybe parsley recipes are more your speed.

According to The New York Times, the Oxford Companion to Food notes that the word "coriander" is said to derive from the Greek word for bedbug. (Gross, right?) It adds that the cilantro aroma "has been compared with the smell of bug-infested bedclothes" and that "Europeans often have difficulty in overcoming their initial aversion to this smell."

Psst: Here's how to get rid of pests in your pantry.

Research seems to confirm that your DNA plays a large part in



this. A genetics firm, 23andMe, asked 50,000 customers whether they liked the taste of cilantro and whether they thought it had a soapy taste. They then compared the DNA of the participants. A common genetic variation was found among the cilantro haters that's associated with the trait in a subset of people with European ancestry.

Another study by the group confirmed that one's environment and culture might play a large role. The study found that 14 to 21 percent of people of East Asian, African and Caucasian ancestry disliked cilantro, while 3 to 7 percent of South Asians, Hispanics

and Middle Easterners disliked it. Perhaps that's no surprise because cilantro is a popular supporting ingredient in traditional dishes in these regions.

If you're team cilantro and enjoy adding it to dishes, good for you! Its dark-green leaves contain antioxidants, essential oils, vitamins (folic acid, riboflavin, niacin, vitamin A and C, beta-carotene) and dietary fiber. It puts a little pep in



By Sarah Lee

your step while adding explosive flavor to soups, sauces, marinades, salads and [homemade guacamole](#).

If you simply can't warm up to cilantro, other options exist. One common substitute is parsley, which is very similar to cilantro but more mild in flavor. Start with something simple such as our [easy parsley butter](#). When you're ready for more, check out [our best recipes for cooking with fresh herbs](#).



2nd Quarter UAFA Upchurch Trees Report

From Linda Upchurch Sparks

I hope all of you have gotten your summer off to a great start. It's hard to believe that 2022 is half over, but it is, and the report of activity in the Upchurch family trees for the 2nd Quarter is attached. It shows the addition of:

2768 people

529 photos and/or stories

and 8127 records.

It looks like some of you have been working the 1950 census. That's about the best source for new information that I have come across.

As impressive as the improvements to the Upchurch trees are, I would be remiss if I didn't mention all the work being done in the Allied Families trees, primarily thanks to Teresa Churchill. Teresa is a de-

scendant of both Nathan Upchurch and Jesse Holleman so she began her work in the Allied Families with the Holleman tree. But she soon discovered that there are so many marriages between the Upchurches, Hollemans, Yates, and Mills that she couldn't just work one tree. Those of you who are also descended from one of these families might find these links interesting:

Jesse Holleman (b. 1735) by UAFA <https://www.ancestry.com/family-tree/tree/165956673/recent>

William Yates, Jr. (b. 1762) by UAFA <https://www.ancestry.com/family-tree/tree/161819763/recent>

Naaman Mills (b. 1757) by UAFA <https://www.ancestry.com/family-tree/tree/161818626/recent>

Thank you for your continued interest and work on these family trees.



2022.0701 UAFA Upchurch Trees statistics.xlsx - Protected View												
File Home Insert Draw Page Layout Formulas Data Review View Help												
PROTECTED VIEW Be careful—files from the Internet can contain viruses. Unless you need to edit, it's safer to stay in Protected View. Enable Editing												
	A	AA	AB	AC	AD	AE	AF	AG	AH	AI	AJ	AK
1												
2	CLAN	Total Change	1/1/2022	Change	Total Change	4/1/2022	Change	Total Change	7/1/2022	Change	Total Change	
82	Total in Upchurch trees	49586	127359	2503	52089	129696	2337	54426	132459	2768	57189	
83	Sources	2073	21417	503	2576	22216	799	3375	22745	529	3904	
84	Media	47603	253222	12755	60358	261600	8378	68736	269727	8127	76863	
85	ALLIED FAMILIES											
86												
87												

The screen shot above shows only a very small portion of the report, just for demonstration purposes. For questions or information. Contact Linda Upchurch Sparks: lusparks@eplus.net



Virgil L. Upchurch; An American Attorney

Virgil Leo Upchurch was born Feb. 14, 1930, in Anadarko, Oklahoma to Arbulee Upchurch and Rebecca Jane (Dabney) Upchurch.

He attended Anadarko Public Schools, participating in athletics, including football and track and field squad. Upon graduating from AHS in 1948, Upchurch attended Cameron Junior College in Lawton, Oklahoma, for one year before transferring to Central State College in Edmond in 1950.

After one semester there, the Korean War broke out and he joined the U.S. Air Force, proudly serving three years with the 59th Fighter Interceptor Squadron. During his final year of service, he developed an interest in law and decided to pursue a law degree upon his return to civilian life.

In January 1955, he enrolled at the University of Oklahoma and set out on a course that would last more than five decades and include countless courtroom victories.

He married his first wife, Jo Ellen West, in October of 1956 and of that union were born two sons, Jay Craig U. and Gary Neal U.

He earned his Bachelor's Degree in History in 1957 and two years later, his Law Degree. That same year (1959), he returned to his hometown of Anadarko, where after one year of private practice, he ran for Caddo County Attorney and was elected by an overwhelming majority. During three terms as County Attorney, he lost just two trial cases. Upchurch, a

self-professed Yellow Dog Democrat, never sought office again after serving as County Attorney. He did, however, remain active in the cause of fighting for social justice issues.

While his law practice often involved extended hours, he always

the door for a partnership with John Paul Buzbee. The firm of Buzbee and Upchurch enjoyed a successful 30-year run.

In 1982, Upchurch married his second wife, Sallie Buzbee, with whom he spent the last 30 years of his life.

Compiled by Cindy Hale



made time for his sons, coaching their Little League teams and attending games faithfully. The trio -- later to become a foursome with his step-son Mark -- made countless trips together to watch professional and University of Oklahoma-related sporting events and built a lifetime of memories that included a deep-seeded passion for the Sooners.

He returned to private practice in 1965 with Haskell Pugh, during which time he developed a strong reputation as a successful defense attorney. He and Pugh remained associates for 13 years until Pugh's retirement in 1978, which opened

During that time, the couple enjoyed traveling and exploring the world together.

Another of Upchurch's favorite pastimes was doting on his four grandchildren -- Brittany, Breleigh, Mahlia and Jacob, whom he loved dearly.

In 2009, Upchurch celebrated 50 years of practicing law in Anadarko, a half-century that saw him become a beacon of the community who touched countless lives.

He was a member of the Anadarko Rotary Club and previously served as

Continued on page 15

Virgil L. Upchurch; An American Attorney Continued from page 14

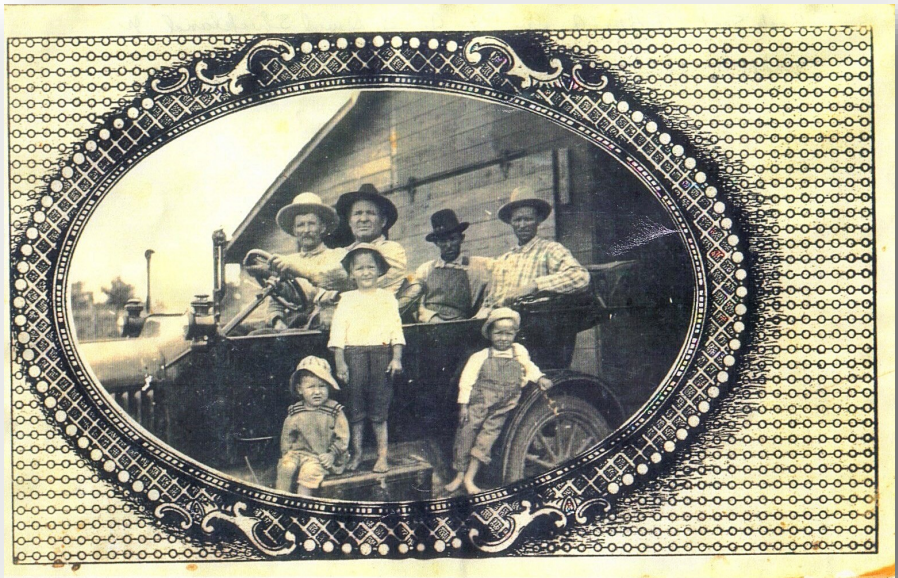
president for Oklahomans for Indian Opportunity and was a proud member of the University of Oklahoma Alumni Association.

He was a longtime member of the First Christian Church, and had a special way with people, no matter who they were or where they came from, that made them feel important and respected.

Virgil L. Upchurch, 81, of Norman, Oklahoma, passed away on Sunday, October 23, 2011, at Norman Regional Hospital. He was preceded in death by his parents, a sister, Genevieve Blakley, two brothers, Max Upchurch and Donald Upchurch, and his first wife, Jo Ellen Upchurch.

Obituary Published by Oklahoman, 2011; Find a Grave Memorial. Pictures thanks to the Ancestry tree of drjim-king and other sources. Compiled by Cindy Hale

I sought the help of Linda Upchurch Sparks to help me determine which Upchurch clan this family descends from—I had no luck. Thanks to Linda, I discovered that I had “landed smack dab in the middle of one of Phil’s Missing Links” as she said. The story is too good not to share. There is a bit of a mystery to it. Next page....



Top: Driver is William Daniel Upchurch, son of A.G. Upchurch (1825-1871) and Martha J. (Strickland) U. and Grandfather of Virgil U. Boy leaning on back wheel is Arbulee Upchurch (Father of Virgil L. Upchurch) and standing is brother David Allen U. Young child probably Roy Phillip U.

Top L—Mrs. Jo Ellen Upchurch. **Lower L—**Virgil L. Upchurch on his wedding day to Jo Ellen West **R—**Young Virgil.



The Mystery of THE ARIZONA UPCHURCHES - MISSING LINK NO. 14

I want to thank Linda Upchurch Sparks (Upchurch Tree Master Coordinator) for her help on this missing link. Linda reminded me that there are quite a few references to the "Mississippi Upchurches" throughout the [Upchurch Bulletins](#) (written by Dr. Phil Upchurch, 1980-2016).

If you browse through the Bulletins on this subject, let me remind you that there was an early assumption that Abel U. (Clan #8) was a grandson of William IV. That statement is made several times throughout the early part of the Bulletin. However it was later proved that Able was not the grandson of William IV.

Around the turn of the century (1900) twin brothers appeared on the Arizona scene. One of them known to later family members as Uncle William Upchurch was reported by the family to have been in Arizona but records for him have not been found. The other brother, David Allen Upchurch is known to have been b. 1 NOV 1871 (Gulfport, MS), d. 28 OCT 1953 (Prescott, AZ) (Bur. Sunset Cemetery, Willcox, AZ) and he had seven children. Their descendants are still in Arizona and altogether amount to quite a few dozen members of our extended family. Some rough records are available on this group.

Now back to the twins for whom we have no known father and who present us with Missing Link No. 14.

Family tradition holds that the twins were separated from their father in Gulfport, MS when they were five weeks old. The name of both parents is unknown. The twins are said to have been raised by their mother's brothers, Dave and Dan, last names unknown.

David Allen Upchurch lived in the San Pedro Valley of Arizona just across the mountain northeast of Tucson. There he had children born in the small settlement of Klondike and Fort Thomas starting in 1897. However, his first child was born in Emory, TX in 1896.

We are indebted to Charles William Upchurch of Tucson, AZ grandson of David Allen Upchurch for sup-

plying some details on the family. We are particularly grateful to Mr. Kenneth Otto Heusser of Farmington, NM who married a descendant of David Allen Upchurch. Kenny has a keen interest in genealogy and has helped to sketch what is known about the twins.

There is a single male, A. Upchurch, age 23, b. NC, on the 1850 census of Desoto Co., MS. He appears again on the 1860 census as A. G. Upchurch (married) age 38, house carpenter, b. NC. Roy White, Jr. speculates that this male could be the father of the twins. Mississippi Upchurches" we learn a bit more about this A. G. Upchurch but nothing as to his parents and no hint that he could have been the father of the twins. A. G. Upchurch is reported to have been Almenean G. Upchurch, or Alemean Gastin Upchurch, or Alexander G. Upchurch.

The grandparents and the uncles of the twins, as well as the prospective father, A. G. Upchurch lived in Desoto Co., MS, which is in the northern part of the state. The twins were born in Gulfport, MS, which is in the southern part of the state. We are short on details as to the move of the mother from northern to southern MS and as to who she might have had with her in Gulfport, MS at the birth of the twins on 1 NOV 1871.

Any hints on this Missing Link will be welcomed.





Military Column



Compiled by Cindy Hale

U.S., World War I Draft Registration Cards, 1917-1918

The World War I Draft Registration Cards database includes images of actual draft registration cards. You can browse images by locality (state, county, city, draft board) or you can search the index using name, birth date, and birthplace.

Be aware that these are records of people who registered for the draft. Everyone who registered did not actually serve in the military during World War One

**There are 794
UPCHURCHES listed!**

In 1917 and 1918, approximately 24 million men living in the United States completed a World War I draft registration card. That accounts for approximately 98 percent of men in the U.S. born between 1872 and 1900. The total U.S. population in 1917-1918 was about 100 million individuals, so close to 25 percent of the total population is represented in these records.

The WWI draft registration cards database can be an extremely useful resource because it covers a significant portion of the U.S. male population in the early twentieth-century. If you had family in the United States during WWI, you are likely to find at least one relative's information within this large collection. In addition, these cards contain more than just names and dates; they can contain significant genealogical information such as birthplace, citizenship status, and information on the individual's nearest relative.

[History](#)
[Registration](#)
[Registration Cards](#)
[Search Tips](#)
[Interesting Facts](#)
[FAQ](#)
[Browsing the Draft Registrations](#)
[History](#)

On 6 April 1917, the United States declared war on Germany and officially entered World War I. Six weeks later, on 18 May 1917, the Selective Service Act was passed, which authorized the president to increase the military establishment of the United States. As a result, every male living within the United States between the ages of eighteen and forty-five was required to register for the draft.

The period of 1880-1920 was a high immigration period to the United States. Young men were required to register for the draft regardless of their U.S. citizenship status. Of course, not all the men who registered actually served in the armed forces, and there were some who enlisted and served in the war but did not register for the draft.

Registration

The World War I draft consisted of three separate registrations.

Each of the three separate registrations used a slightly different version of the draft registration card. Because different cards were used, the information included in each varies.

In general, the registration cards included the following information.

- Full name
- Home address
- Date and place of birth
- Age, race, and country of citizenship
- Occupation and employer
- Physical description (hair

and eye color, height, disabilities)

- Additional information such as address of nearest relative, dependent relatives, marital status, father's birthplace, or previous exemption from service
- Signature

The card used for the first registration (sometimes called the Twelve-Question card because of twelve questions on the front) includes this information: name, age, address, date and place of birth, citizenship status, employer's name and address, dependent information, marital status, race, military service, and physical appearance.

[View a sample Twelve-Question draft card](#) (Ancestry users)
[View a sample Ten-Question draft card](#)
[View a sample Twenty-Question draft card](#)

The WWI Draft Registration Cards Today

The original records are kept at the National Archives—Southeast Region in East Point, Georgia. Microfilm copies are at the National Archives regions that serve their respective states. In addition, some large libraries have the film of these cards for their own state. You may want to inquire on state or county message boards (boards.ancestry.com) about the potential availability of some records in your own area.

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Military Column

Continued from page 17



U.S., World War I Draft Registration Cards, 1917-1918

LINKS:

[World War I Draft Registration Cards | National Archives](#)[World War I Centennial Commemorating The Great War National Archives](#)[Researching Individuals in WWI Records—National Archives](#)[United States WWI Draft Registration Cards 1917-1918—Family Search](#)[Fold3](#)[Search Find My Past WWI Draft Registration Cards](#)

U.S., World War I Draft Registration Cards, 1917-1918 for Allie Upchurch

North Carolina > Wake County > 1 > Draft Card U

2 Name (Last, first, middle) *Morrisville, N.C.*

3 Date of birth (Month, day, year) *April 3 1896*

4 Are you (1) a natural born citizen, (2) a naturalized citizen, (3) an alien? (If an alien, have you declared your intention to become a citizen?) *Natural Born Citizen*

5 Where were you born? (Country, State, County, City, Town, Village, or Post Office) *Morrisville N.C. U.S.A.*

6 If not a citizen of the United States, are you an alien or subject?

7 What is your present trade, occupation, or office? *Farming*

8 By whom employed? *Burtis Upchurch*

9 What is the name of the employer? *Morrisville Lumber Co. N.C.*

10 How long have you been employed by him? (Month, day, year) *No*

11 What military service have you had? (Branch, rank, grade, position, etc.) *None*

12 Do you claim exemption from draft, (specify grounds)? *No*

I certify that I have verified above answers and that they are true.

Allie Upchurch

Signature of registrant

1 Tell, medium, or short (specify which)? *Medium*

2 Color of eyes? *Dark Brown* Color of hair? *Red* Build? *Med*

3 Has person lost arm, leg, hand, foot, or both eyes, or is he otherwise disabled (specify)? *No*

I certify that my answers are true, that the person registered has read his own answers, that I have witnessed his signature, and that all of his answers of which I have knowledge are true, except as follows:

Produced by *Morrisville*

City or County *Morrisville*

State *North Carolina*

"OVER THE TOP" ILLINOIS!

Buy WAR SAVINGS STAMPS

Invest one-tenth of your December income in W.S.S. Put ILLINOIS OVER THE TOP! for OUR BOYS

Diagram below shows a small portion of WWI Upchurch registrants from Wake County, NC

View Record	Name	Birth Date	Birth Place	Residence	Relatives
View Record	Arthur Upchurch	Aug 1886		Wake County, NC	
View Record	Charles Dowd Upchurch	11 Mar 1886		Wake County, NC	
View Record	Charlie Daniel Upchurch	8 Sep 1898		Wake County, NC	
View Record	Charlie Haywood Upchurch	15 Sep 1898		Wake County, NC	
View Record	Clarence Upchurch	23 Jun 1896	North Carolina, USA	Wake County, NC	
View Record	Claudie Lass Upchurch	6 Sep 1883		Wake County, NC	Berthenia
View Record	Clyde Walker Upchurch	17 May 1893	North Carolina, USA	Wake County, NC	
View Record	Coy Tillman Upchurch	10 Jan 1899		Wake County, NC	L. H.
View Record	Daniel E Upchurch	14 Oct 1900		Wake County, NC	
View Record	Denis Upchurch	1893	North Carolina	Wake County, NC	
View Record	Dubie Sanders Upchurch	1 May 1898		Wake County, NC	
View Record	Dennis Paschal Upchurch	25 Sep 1899		Wake County, NC	
View Record	Earnest Jackson Upchurch	15 Jul 1893	North Carolina, USA	Wake County, NC	
View Record	Edward Dee Upchurch	19 Nov 1894	North Carolina, USA	Wake County, NC	
View Record	Frank Upchurch	2 Oct 1888	North Carolina, USA	Wake County, NC	

SOURCE INFORMATION: Ancestry.com. U.S., World War I Draft Registration Cards, 1917-1918 [database on-line]. Provo, UT, USA: Ancestry.com Operations Inc, 2005. Original data: United States, Selective Service System. World War I Selective Service System Draft Registration Cards, 1917-1918. Washington, D.C.: National Archives and Records Administration. M1509, 4,582 rolls. Imaged from Family History Library microfilm.

Your Eye Color Confirms Your Ancestry

13 Jun 2022 By Anonymous

Whether you have dark or light eyes depends almost entirely on genetics. Eyes come in a wide range of colors, some more common than others. These colors include blue, gray, green, hazel, and all the shades of brown—some so dark they almost look black. The more melanin that you have in your eyes (specifically in the stroma, one of the layers in the colored part of your eye known as the iris), the darker your eyes are.

Eye color used to be thought of as a pretty simple trait. Brown-eyed parents, it was thought, could have kids with any eye color—although they usually had brown-eyed kids. And blue-eyed parents, it was believed, could only have children with blue eyes. In this overly simple scenario, the brown eye color was "dominant" over the blue eye color.

It turns out that in real life, the inheritance of eye color is a bit more complicated. More often than this simple model in which brown eyes are domi-



nant might predict, blue-eyed parents can have brown-eyed kids. This is because more than one gene is involved in the eye color trait.

Scientists have identified four well-studied markers linked to eye color in the *TYR*, *OCA2*, and *HERC2* genes, and near the *SLC24A4* gene. Your pattern at these genetic markers is what determines your eye color result. Some people have markers linked only to light eye color. Some have markers tied only to dark color. And others have a combination of both light eye color markers and dark eye color markers.

The most rare eye color in people around the world is green. The most common color is brown.

It's likely that originally all humans had brown eyes. Around 6,000 to 10,000 years ago a genetic mutation popped up in the Black Sea region that likely led to blue eyes. In fact, all blue-eyed people have are believed to have a common ancestor: a European from the Black Sea region who probably lived between 6,000 and 10,000 years ago.

Blue eyes are most common in Northern Europe. A relatively high percentage (27%) of blue-eyed people in America is, partially thanks to Americans with Eastern European, Irish, and British ancestry.

Today, brown is still the most widespread eye color in the

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Your Eye Color Confirms Your Ancestry

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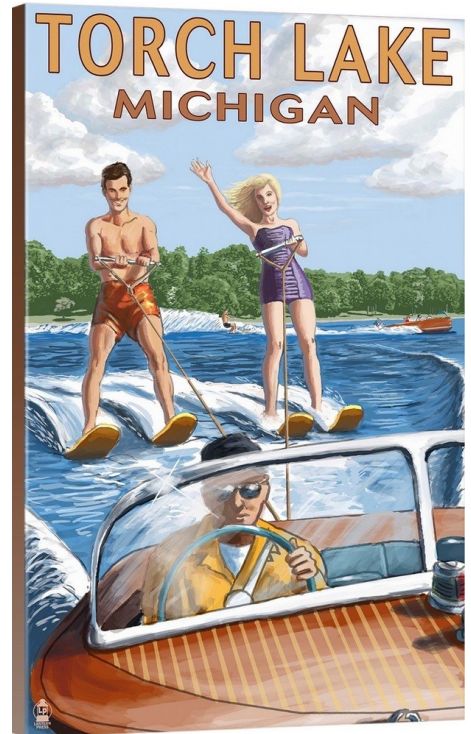
world. Light brown eyes are most common in the Americas, West Asia, and Europe, while dark brown eyes are most frequently found in Africa, Southeast Asia, and East Asia.

Green eyes are most frequently found in Northern and Central Europe. Although green eyes can occur naturally in all races, about 16% of people with green-eyed people are of Germanic and Celtic ancestry. To be more precise, a

staggering 86% of people from Ireland and Scotland have green eyes.

Less than 1% of the world's population has gray eyes, which makes them one of the least common eye colors. The shades of gray eyes may vary from greenish to smokey blue to hazel-brown, which often depends on the environment, especially lighting. They are most common in Northern and Eastern Europe.

Eastman's Online Genealogy Newsletter



Barbara Martin Andrews Jones, 88, of Pittsboro, NC, passed away Tuesday, June 7, 2022. A memorial service was held Saturday, June 11, 2022, at Pittsboro Baptist Church.

UAF Board Member, Mike Upchurch emailed me to let us know about her passing. He said he met Barbara at one of the Allied meetings in Cary, NC several years ago and she informed him that she was Phil Upchurch's first cousin once removed. Their shared Great Grandfather was Bartley Jefferson Upchurch (1841-1929). She was there at the meeting to support the cause of UAF and visit with her cousin. Thanks Mike —Editor

Barbara was born in Pittsboro on November 5, 1933, to George Henry Andrews and Beatrice Rowe Martin. She graduated from Pittsboro High School in 1951, received her BA from Meredith College in 1955, and her Masters in Education from East Carolina University in 1963. While she lived in multiple cities and states throughout her career, Barbara retired as librarian after 24 years in the Atlanta public school system. She returned to Pittsboro immediately after her retirement in 1992.

Barbara had a smile that truly lit up every room. She never aspired to be the center of attention, always instead wanting to ensure everyone around her was having a good time. Among friends and family she was cherished for both her wit and her wisdom. As with every good English major, you could count on Barbara to explain the correct usage of "lay" and "lie" as many times as required. Despite her perpetually positive outlook, Barbara had weathered many storms, handling each with class, grace, and courage. Part of every good-bye was the phrase "Do right," just a gentle reminder.

Barbara is survived by her daughter Ashley Rabbitt (Ken), her granddaughter Martin Atwell (Kyle), her grandson Mitch Rabbitt (Kathryn), and beloved nieces and nephews. She was preceded in death by her parents, her sister Eleanor Jane Wilmot, and her brother George H. Andrews.

[Donaldson Funeral Home](#)



Heritage Recipes

COOKING WITH LOVE [MRS. UPCHURCH'S CHEESE ENCHILADAS]

THE KIOWA FOODIE — JULY 30, 2021



There's a dish you cook.
It's special.

You know the one I'm talking about. Maybe it's not the most gourmet or impressive. It probably isn't a perfectly puffed soufflé or savory beef bourguignon from the pages of Julia Child's *Mastering the Art of French Cooking*. That's not to say you don't know how to cook both of those culinary masterpieces to such perfection that it would knock Gordon Ramsay's socks off if such an occasion presented itself.

No. This is a dish you whip up quickly and masterfully for a potential sweetheart, for your family, or a special event. Maybe it's one you save as a treat for yourself when the world is feeling especially cold or unnerving. Or all of those things.

I like to think of this dish as the kind nearly every cook keeps in their culinary repertoire because it's the one secretly *made with love*.

I have one, too. Mine is cheese enchiladas. Or rather, Mrs. Upchurch's cheese enchiladas.

An unpretentious casserole dish filled with bubbling cheese, enchilada sauce, sautéed onions, and corn tortillas seared and softened to perfection – this dish has been a centerpiece of date nights, pot-

lucks, and dinner parties for the past 20 years of my life. My cheese enchiladas have been served to families at the Oklahoma City Ronald McDonald House and, more recently, to a group of Native American women in a local beading collective.

If let's say, I like you or I love you or I'm at least fond of you, then you've probably experienced my cheese enchiladas.

And since it's the history, the story connected to the food we love that makes it meaningful, you should know that this dish – each cheesy and comforting bite – is part of the story of a small town Native American girl and a Spanish teacher.



Continued on page 22

Cooking with Love [Mrs. Upchurch's Cheese Enchilada's] *Continued from page 21*

I didn't grow up with much – a kid raised by a grandmother who woke at 5 am to work a low-paying job in a nursing home cafeteria. We ate meals cooked from government commodities – canned meats and canned vegetables, sacks of flour, lard, and something that almost passed for cheese – which made meals more a matter of practicality than pleasure. My grandmother regularly cooked a big pot of potato and green beans with water, salt, and pepper. Today, I realize the meagerness of that soup and what it meant – times were hard more often than not.

An oil boom in the 1980s took us briefly out of poverty but it didn't last. And during middle school, when my grandmother's failing health took its final toll, I found myself living with an aunt. She was a young mother working a minimum wage job. We lost our home. We moved from one shabby rental house to another, sometimes sleeping on the floor in a relative's home because we couldn't make rent.

Life can be a series of bad turns of luck where hardships only seem to compound but never get better. One winter things got pretty bad. We didn't have money for heat. We didn't have furniture. We didn't have groceries. I walked to Mrs. Upchurch's house and knocked on the door. I couldn't really tell you *why*, it's been so long ago now.

What I can tell you is that I started taking Spanish in the 7th grade and Jo Ellen Upchurch was my teacher.

She was pretty universally beloved by her students and colleagues because she was warm and funny. She cared. It was authentic. She was a wonderful teacher, a stellar human being, and it showed. She saw me as the naturally gifted student I was, even though I came from a home where no one cared

about the grades I made or believed in a future for me beyond a fast-food drive-thru window.

And somewhere along the way, in the years I continued to take Spanish, she became a kind of mentor and friend.

The people who give you their food give you their heart.

– CESAR CHAVEZ



Mrs. Jo Ellen Upchurch

So, at that moment, I guess I could only think of one person who might understand. And it was her.

I was nervous, probably on the brink of tears, when she opened the door. And as she ushered me in, the truth came spilling out of me.

There are so many generous and kind things Jo Ellen did for me during her lifetime. But the one that I've never shared with anyone is what happened that day after I knocked on her door.

She drove me to the store where we filled a cart with sacks of groceries for my family. But not once, not for a second, did she make me feel awkward or ashamed to be poor. And I paid her back every penny as soon as I was able.

Over the years, Jo Ellen would invite me into her home, into the lives of her family, so that I could finish my senior year in high school when my aunt moved to another city.

She drove me over an hour away at 6 am to take my ACT tests. She made me fill out a college application to the University of Oklahoma, the only place I applied and was later accepted. I'm also pretty sure that she rigged the Spanish Club elections my senior year to secure me a spot as Spanish Club President, probably so it would help with that college application.

Jo Ellen Upchurch drove me to campus and moved me into the dorms. She sent me care packages with cards and letters written, maddeningly, entirely in Spanish. She gave me a home to visit on the weekends.

And there were little things too, like the fact she was endlessly telling jokes and recruiting me for shenanigans and pranks, so much so that laughter was a part of daily life. And there were the big things, like the fact that she believed I could succeed, even when the world underestimated me and told me in its own way that poor brown girls like me weren't supposed to take up too much space, speak up, speak out of turn, want too much or expect to win, much less unapologetically demand our worth in life.

Mrs. Upchurch was also, notably in context to this [story], the person who taught me how to cook.

Jo Ellen was a gifted cook – her house filled with mouthwatering scents: a Mexican casserole, a savory meatloaf, a quiche, and the sugary smell of rum cake. These dishes were delicacies to a kid who grew up on bologna sandwiches, fast food burgers, and government commodities.

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Cooking with Love [Mrs. Upchurch's Cheese Enchilada's] *Continued from page 22*

Cheese enchiladas were the first dish I learned to cook and, somehow through the years, I've never forgotten them. I don't just mean the recipe, I mean the exact way she taught me how to make them.

I hope you learn to make these enchiladas, too. And when you do make them, let it be with love. In Native American culture, this act of creating with joy and putting your positive energy into your creation is called **good medicine**.

In life and in cooking, I wish you *good medicine*. And if you strive to be someone's Mrs. Upchurch in this crazy and uncertain world, I can think of no better legacy to leave behind.

Now About Those Cheese Enchiladas...

There are only four ingredients to my favorite date-night and potluck dish: a block of sharp cheddar, one yellow onion, corn tortillas, and enchilada sauce.

These enchiladas require a few simple techniques to achieve absolute perfection. But don't worry, they are so easy that a 17-year-old cooking novice mastered them.

Start by prepping your ingredients. Chop the onion, shred the cheese, and open your cans of sauce. Set aside a plate with a few sheets of paper towels and grab some tongs. Set aside a casserole dish and preheat your oven. Find a teaspoon and a few small bowls and set these aside as well. This is your mise en place moment, the time you take to prepare before you begin cooking, and it will always make you a better, happier cook.

Next, turn on some tunes. I like the Gypsy Kings for this dish. It takes me back to my brief career

as a flamenco dancer in a high school troupe that performed at the Oklahoma City Festival of the Arts – another of Mrs. Upchurch's Spanish club projects.

Now, heat a skillet until it is lovely and hot. Add a drizzle of oil, but not too much. Grab your tongs and your plate with paper towels. Add a tortilla to the pan and flip it as soon as it softens and bubbles. Repeat for each side and set on the paper towels. Add more oil as needed and blot off the excess. Do not add dry tortillas to your casserole. It will make them difficult to roll and it's just wrong.

After your tortillas are done, add more oil, sauté your onions until golden, and remove them to a small bowl.

Now, it is time to assemble your enchiladas.

Pour a generous amount of enchilada sauce on the bottom of your baking dish. Cover it completely. Then create an assembly line of tortillas, onions, and shredded cheese. Use your spoon to add a dollop of onions, then a heaping of shredded cheese to the center of each tortilla. Firmly roll your enchilada, keeping it tight but do not tear it. Begin placing inside the dish, stacking each enchilada securely next to the last until the dish is full.

Cover your enchiladas with sauce, more than you may think you need, and smother the top with cheese. Bake in a hot oven until the top is bubbling. Then, remove and allow to cool. Serve with tortilla chips and your favorite salsa.

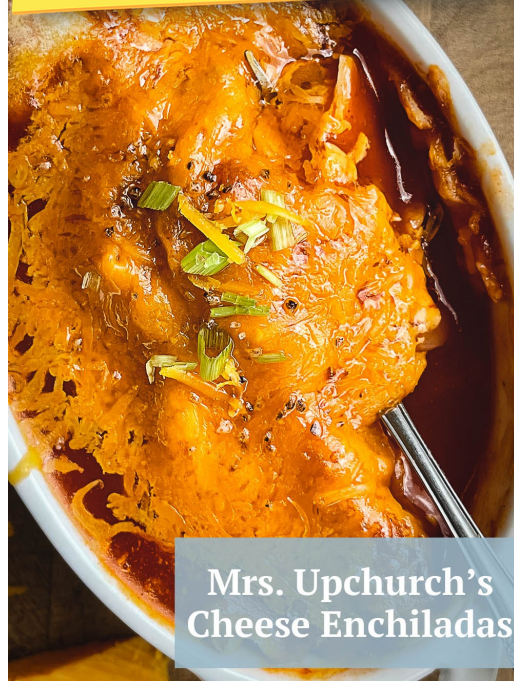
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FOOD & RECIPES | NATIVE
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Jay Upchurch—Feb 2, 2022 at 5:11 PM

Kara,
What a wonderful tribute to my mom (and her enchiladas)! I appreciate you sharing your story and for reminding me just how amazing she was and continues to be in our hearts. I know she loved you like the daughter she never had – and the love you gave in return helped nourish her soul both in the classroom and beyond.
Thank you, Jay U.



Mrs. Upchurch's
Cheese Enchiladas

Ingredients

- 1 block of sharp cheddar cheese
- 4 cans of medium or spicy enchilada sauce (10 ounce)
- 1 yellow onion (diced)
- 1 package of corn tortillas

Mrs. Upchurch's husband, Virgil L. Upchurch and family story told on page 14 of this issue.