



HOOKS

Family History & Meal Plan

The Hooks family on the bluffs of the Mississippi —
English, Chippewa, and the land itself —
and a seven-day protocol built for the body that carries them.

Compiled for Ryan Hooks · Madison, Wisconsin · April 2026



The Hooks Family

The bend in the river.

Two lines run through this family on the Dubuque bluffs. The surname came from Norfolk, England, by way of 19th-century Iowa settlement. The deeper line came through Erv's paternal grandmother — Chippewa, Ojibwe, Anishinaabe — the thread that reaches back ten thousand years on this ground. This is the shape of it.

The Hooks name

English (Norfolk), with roots in the Mississippi bluffs

A post-medieval variant of **Hook**, a topographic surname for someone living near a bend in a river or track — Middle English *hok*, literally "hook." Established in Norfolk, England, and also in northern Ireland (Armagh and Down).¹

LISTEN / SONG 01

My Love Has Departed — a Chippewa (Ojibwe) love song

Collected by Frances Densmore, 1907–1909 · arr. Pierre Hamon, clavietta

Let this play while you read the opening chapters.

Play https://hooks.globalproto.com/01_my_love_has_departed.mp3

A quieter alternate root: the Dutch surname **Hoeks** (genitive of *Hoek*, "corner" or "angle"), sometimes Americanized as Hooks when Dutch

families arrived via New Netherland.²

The name means "the person at the bend in the river." Given where the family settled on the Mississippi bluffs, that is quietly, almost impossibly, on the nose.

Hook/Hooks families appear in Iowa's **Hamilton County** as early as 1852, when Isaac and James Hook founded Hook's Point — the name was already planted in Iowa's 19th-century settlement wave before your branch reached Dubuque.



Main Street, Dubuque, Iowa — circa 1900. This is the city George Hooks knew.

LISTEN / SONG 02

Songs of the Chippewa

Library of Congress · Archive of American Folk Song (first 8 minutes)

The same songs Densmore was recording while George Hooks walked Main Street.

Play https://hooks.globalproto.com/02_songs_of_the_chippewa.mp3

The Dubuque Hooks

What the records show · Erv's grandparents

Public genealogical records place Erv's paternal grandparents firmly on the Dubuque bluffs in the early 20th century:

Erv's grandfather **George Hooks** (1888–1928). Lived in Dubuque; died young, at 40. Married Florence Sadie Lightfoot on 9 April 1913 in Dubuque.⁶

Erv's grandmother **Florence Sadie Lightfoot** (1896–1952), born in Potosi, Grant County, Wisconsin — directly across the Mississippi from Dubuque. Her parents: **William Lafayette Lightfoot** and **Gennive Mary Jane Bambrough**. **This is the line that carries the Chippewa oral tradition.**⁷

Their children Six known: **Evelyn Dorothy** (1914–1982), **Anna Mae** (1916–1961, born Beetown, Wisconsin), **Virgil LaFayette** (1919–1944, killed in Georgia during WWII), **Delbert George** (1921–2002, buried Mount Calvary Cemetery Dubuque), plus two more.

Your father's line Erv Hooks (b. ~1954) descends from one of George & Florence's sons. Based on dates, the most likely candidate is **Delbert George Hooks** (1921–2002) — who stayed in Dubuque and is buried there — though one of the other brothers is also possible. *Worth confirming with Erv directly.*

*Florence Lightfoot was born in Potosi,
Wisconsin — a Mississippi River town in the
Driftless, five miles from where the Meskwaki
mined galena and the Chippewa traveled the
trading corridor.*

**The bend in the river is literally where this
family comes from.**



An Ojibwe family on the steps of their home — Wisconsin Historical Society archive. The quiet, working register of daily life that Florence's line came from.

LISTEN / SONG 03

In the Beginning — Ojibwe/Chippewa creation song

Traditional · set to archival photographs

The origin story, in song — the thread that comes down through Florence.

Play https://hooks.globalproto.com/03_in_the_beginning.mp3

The Chippewa thread

Anishinaabe · through Erv's paternal grandmother

The Ojibwe (Chippewa) are one of the largest Indigenous nations in North America, with bands across Minnesota, Wisconsin, Michigan, Ontario, and the Dakotas. Their language, Anishinaabemowin, belongs to the Algonquian family.

Oral history places the Ojibwe origin on the Atlantic coast; a sacred prophecy sent them west *"to the land where food grows on water"* — wild rice, manoomin. They moved in stages along the Great Lakes, reaching Sault Ste. Marie by the 1500s and spreading south and west from there.³



Manoomin — wild rice — harvested from a canoe, Minnesota, 1905. The food "that grows on water" in the sacred prophecy.

The Dubuque corridor

Chippewa delegations signed the **1825 First Treaty of Prairie du Chien** alongside Dakota, Ho-Chunk, Sauk, Meskwaki, Menominee, Ioway, Potawatomi, and Odawa — drawing the first federal boundaries in the Upper Mississippi. Chippewa people traveled, traded, and intermarried throughout this corridor.³

The Meskwaki — the resident Dubuque tribe — are Algonquian and "*closely related to the Cree, Sac, Chippewa, Menominee, Shawnee, and Kickapoo.*"⁴ A Chippewa grandmother on the Mississippi bluffs fits the historical pattern of intertribal families in this exact region.



Meskwaki, 1857 — the resident Dubuque nation. Algonquian, "closely related to the Chippewa."

What the paper record says (and doesn't)

The public family trees for George Hooks and Florence Lightfoot do not flag Native American heritage. That is not the same as disproving it.

Indigenous ancestry was routinely unmarked or actively concealed in early 20th-century census, church, and county records — especially for families living off reservation in river towns like Potosi and Dubuque. **The oral tradition stands until records catch up to it.**

Ten thousand years of continuous Indigenous presence in the Driftless runs through this line — the thread woven into the aufguss.

How the Anishinaabe wrote

Three ways of recording the same knowledge

The design of this book borrows directly from the visual language of the Ojibwe record: horizontal registers on scroll, a phonetic syllabary, and a shared set of pictographs that encode the world in single strokes.



Midewiwin birchbark scroll pictographs — Anishinaabe recorded teachings read in horizontal registers.

Ojibwe Pictographs



A glossary of Ojibwe pictographs: man, sunrise, sun, moon, fish, life, death, woman, bear, star, tree, rain, medicine lodge, fire, night, spirit.

▽ (e) (>)エー	V (pe) ペー	U (te) テー	9 (ke) ケー	7 (ce) チュー	7 (me) メー	o (ne) ネー	4 (se) セー	2 (ie) シェー	4 (ye) イエー	"▽ (he) ヘー	▽. (we) オェー	·▽ (we) オェー
△ (i) (>)イ	^ (pi) ピ	∩ (ti) ティ	P (ki) キ	∩ (ci) チ	∩ (mi) ミ	σ (ni) ニ	∩ (si) セイ	∩ (si) シ	∩ (yi) イイ	"△ (hi) ヒ	△. (wi) オイ	·△ (wi) オイ
▷ (o) (>)オ	> (po) ポ	∩ (to) ト	d (ko) コ	J (co) チョ	J (mo) モ	o (no) ノ	∩ (so) ソ	∩ (io) シヨ	∩ (yo) ヨ	"▷ (ho) ホ	▷. (wo) オォ	·▷ (wo) オォ
◁ (a) (>)ア	< (pa) パ	C (ta) タ	b (ka) カ	∩ (ca) チャ	L (ma) マ	o (na) ナ	4 (sa) サ	∩ (ia) シャ	∩ (ya) ヤ	"◁ (ha) ハ	◁. (wa) オァ	·◁ (wa) オァ
	西/東 l/< (p) フ	西/東 ∩/c (t) トゥ	西/東 ∩/b (k) ク	西/東 -/∩ (c) チュ	西/東 C/L (m) ム/ン	西/東 o/σ (n) ヌ/ン	西/東 ∩/4 (s) ス	西/東 U/∩ (i) シュ	西/東 +/∩ (y) ユ	西/東 (h) ホウ/ツ	西 o (w) オウ	東 o (w) オウ

Anishinaabemowin syllabics — the Ojibwe writing system. The triangles and V-shapes are the glyphs; the bracketed text and bottom row are a pronunciation key. Each shape orients a vowel; each mark closes a consonant.

LISTEN / SONG 04

Gizaagi'igonan — Made by Ojibwe Elder Women

Oshkii Giizhik Singers · Fond du Lac / Duluth, hand drum

For Florence, and the grandmothers before her.

Play https://hooks.globalproto.com/04_gizaagiigonan_elder_women.mp3



Effigy Mounds, Iowa — the Marching Bear Group. Woodland-period mounds built on the same bluffs the Hooks family later settled.

LISTEN / SONG 05

Return to ‘My Love Has Departed’

Frances Densmore recording, Pierre Hamon arrangement — replay

Play this one again while you read about the land. Same song, different ears.

Play https://hooks.globalproto.com/01_my_love_has_departed.mp3

The land itself

Driftless / Dubuque / the bluff continuum

Your family did not just live in Dubuque; they shaped it.

- **Cobblestone Lane** — 100-acre subdivision developed by the family in the early 2000s on the Mississippi bluffs, featuring some of Iowa's top houses.
- **Driftless Village** — the Huxley Technologies project Deb Hooks LLC is developing twenty years later on similar Driftless ground.
- The bluffs Cobblestone sits on are the same bluffs the Meskwaki mined galena out of in the 1700s — the same bluffs Julien Dubuque was buried on in 1810 — the same bluffs your Chippewa great-grandmother's people traveled through for generations before any of that.

Effigy-mound builders, then Meskwaki & Chippewa, then 19th-century settlers, then Hooks-family developers — four layers on the same ground.

Most people don't get to hold all four.



Main Street, Potosi, Wisconsin — Florence Sadie Lightfoot's birthplace. Grant County, directly across the river from Dubuque.

The family tree

Reading down from Ryan into documented generations on the Hooks side:

Ryan Hooks	Madison, Wisconsin · b. ~1987
Erv Hooks	Ryan's father · b. ~1954 · Madison
[Erv's father]	Likely Delbert George Hooks (1921–2002), Dubuque — to confirm
George Hooks	1888–1928 · Dubuque, Iowa
Florence Sadie Lightfoot	1896–1952 · Potosi, Wisconsin — the Chippewa line
William L. Lightfoot	Florence's father · dates not yet confirmed
Gennive M. J. Bambrough	Florence's mother · dates not yet confirmed

*Your name "Hooks" means the bend in the river.
The Hooks family has been on the bend of the
Mississippi since at least the late 1800s. The
Chippewa line running through Florence's side
has been here for ten thousand years.*

That is not a coincidence. That is the thesis.

What to ask Erv

A short list of questions that would close every open loop in a single afternoon — while the oral thread is still in reach:

- **His father's full name** — the single fastest unlock. Confirms whether it was Delbert George Hooks or one of his brothers, which locks in the rest of the tree back to George and Florence.
- **Which grandmother was Chippewa, by name.** Florence Lightfoot is the strong candidate on the records, but Erv may know the name and band directly.
- **The band or reservation.** Lac du Flambeau, Bad River, Red Cliff, Lac Courte Oreilles, Mille Lacs, White Earth, Leech Lake — the band unlocks enrollment rolls and the 1900–1940 Indian Census Schedules.
- **Stories, photos, letters.** Anything physical. Even one old photograph with a name on the back can crack this wide open.
- **Record it.** Three good afternoons with a voice recorder would lock in this entire line before it fades.

Listening notes

The songs woven through Part One

Every track is hosted ad-free at hooks.globalproto.com. Tap any link below (or the **LISTEN** callouts throughout the book) to play.

01 My Love Has Departed

Frances Densmore, 1907–1909 · arr. Pierre Hamon

https://hooks.globalproto.com/01_my_love_has_departed.mp3

02 Songs of the Chippewa

Library of Congress Archive of American Folk Song (first 8 min)

https://hooks.globalproto.com/02_songs_of_the_chippewa.mp3

03 In the Beginning

Traditional Ojibwe/Chippewa creation song

https://hooks.globalproto.com/03_in_the_beginning.mp3

04 Gizaagi'igonan — Made by Ojibwe Elder Women

Oshkii Giizhik Singers, Fond du Lac / Duluth

https://hooks.globalproto.com/04_gizaagiigonan_elder_women.mp3

Sources

1. Geneanet — HOOKS surname, <https://en.geneanet.org/surnames/HOOKS>
2. FamilySearch — Hooks surname meaning, <https://www.familysearch.org/en/surname?surname=hooks>
3. Minnesota Historical Society — The Ojibwe People, <https://www.mnhs.org/fortsnelling/learn/native-americans/ojibwe-people>

4. Encyclopedia Dubuque — Meskwakies,
<https://www.encyclopediadubuque.org/index.php/MESKWAKIES>
5. National Archives — Indian Census Rolls 1885–1940,
<https://www.archives.gov/research/native-americans/rolls>
6. FamilySearch — Florence Sadie Lightfoot (1896–1952),
ancestors.familysearch.org/en/LH8N-QR9
7. FamilySearch — Delbert George Hooks (1921–2002),
ancestors.familysearch.org/en/LH8N-WWC



End of Part One



The thesis plate: whitefish, manoomin, sauerkraut, lentils, yogurt, walnuts, lemon, dill.

PART TWO

7-Day OMAD Meal Plan

Built to move the numbers that matter.

The protocol

One meal / day 9:00 PM (your existing OMAD)

Targets	150 g protein · 150 g net carbs · 20+ g fiber · 3+ g EPA+DHA
Goal	Lower ApoB (136), LDL-P (2083), Triglycerides (209); shift LDL pattern B to A
Constraints	Low-oxalate; no seed oils; no added sugar; whole foods only

The four levers

Lever	Why it moves your numbers
Soluble fiber 15–25 g/day	Binds bile acids, so the liver pulls cholesterol from LDL to rebuild. ApoB and LDL-P drop.
Omega-3 EPA+DHA 3–4 g/day	At TG 209, drops triglycerides 15–30%.
MUFA swap for saturated fat	Shifts LDL pattern B to A (bigger, less atherogenic particles).
Polyphenols (berries, EVOO, cocoa)	Reduces LDL oxidation, supports endothelium.

DAY 1 Monday

P 152 g · C 148 g · Fat 52 g (7 g sat) · Fiber 22 g ·
EPA/DHA ~3.4 g

Wild Salmon + Barley Bowl

- **10 oz wild sockeye salmon** — grilled, lemon & dill
- **1¼ cup pearled barley** — beta-glucan, your ApoB workhorse
- **6 oz Greek yogurt 2%** + 1 cup blueberries
- **1 can wild sardines** in olive oil
- 2 tbsp EVOO · 1 cup broccoli/cauliflower · 1 oz walnuts
- 1 square 85% dark chocolate

Note: Cook barley in advance (40 min Instant Pot). Barley's beta-glucan is the single best soluble fiber source in the plan.

DAY 2 Tuesday

P 155 g · C 149 g · Fat 44 g (9 g sat) · Fiber 24 g

Bison + Lentil Stew

- **8 oz grass-fed bison** — rosemary & garlic; leaner than beef
- **1½ cup green lentils** — 23 g fiber
- **6 oz wild cod** — pan-seared
- 1 cup Brussels sprouts + shallots · 1 avocado
- ½ cup wild rice · 1 cup berries · 1 tbsp chia in kefir

Note: Oxalate watch: skip spinach — swap Brussels sprouts or arugula.

DAY 3 Wednesday

P 151 g · C 150 g · Fat 56 g (10 g sat) · Fiber 21 g ·
EPA/DHA ~3.8 g

Mackerel + Oats + Egg

- **10 oz Atlantic mackerel** — broiled, mustard glaze
- **1 cup steel-cut oats** — beta-glucan
- 4 whole eggs + 3 whites, scrambled in EVOO
- 1 cup quinoa · 1 cup mixed berries
- 1 oz macadamia nuts · **2 tbsp ground flax into oats**

Note: Flaxseed lignans lower LDL-C ~10% over 8–12 weeks in meta-analyses. Quiet, high-leverage addition.

DAY 4 Thursday

P 153 g · C 152 g · Fat 46 g (6 g sat) · Fiber 26 g ·
EPA/DHA ~2.8 g

Tuna + Chickpea + Farro

- **8 oz albacore tuna** — sesame-crust, seared rare
- **1 can wild anchovies** in olive oil
- 1 cup chickpeas (warm salad) · $\frac{3}{4}$ cup farro
- 6 oz skyr · 1 cup strawberries + kiwi
- 1 tbsp EVOO + $\frac{1}{2}$ avocado · 1 oz pistachios

Note: Lowest saturated-fat day of the week — puts the most downward pressure on ApoB.

DAY 5 Friday

P 150 g · C 147 g · Fat 50 g (7 g sat) · Fiber 20 g ·
EPA/DHA ~3.2 g

Wild Salmon + Japanese Sweet Potato

- **10 oz wild king salmon** — cedar-plank grilled (Ojibwe-style)
- **1 medium Japanese sweet potato** — lower oxalate than orange (~40 mg vs ~140 mg)
- 1 cup white basmati · 6 oz Greek yogurt
- 2 tbsp hemp seeds · 1 oz walnuts · 1 cup blueberries
- Arugula, EVOO, lemon

Note: If Japanese sweet potato is hard to source, swap for white rice + extra barley — orange sweet potato is too high-oxalate.

DAY 6 Saturday

P 154 g · C 151 g · Fat 58 g (13 g sat) · Fiber 20 g

Braised Lamb Shank (Training-Day Plate)

- **6 oz lamb shank** — slow-braised, rosemary, red-wine reduction
- **6 oz wild shrimp** — garlic, olive oil
- **6 oz wild cod**
- 1 cup pearl couscous · 1 cup roasted carrots + parsnips
- 1 cup green lentils · 6 oz kefir + raspberries

Note: Highest saturated-fat day of the week. Eat on a training day, not a rest day — two lean fish and the lentil fiber balance it out.

DAY 7 Sunday

P 150 g · C 148 g · Fat 48 g (8 g sat) · Fiber 23 g ·
EPA/DHA ~3.0 g

The Driftless Plate — Family Roots Meal

- **10 oz Lake Superior whitefish** — butter-basted, dill
- **4 oz pickled herring** — Dutch/Nordic nod
- **1 cup wild rice** — manoomin (Ojibwe)
- **1 cup sauerkraut** — fermented, river-town staple
- 1 cup Puy lentils · 6 oz yogurt + berries
- 2 tbsp EVOO · 1 oz walnuts (*bagaan*)

Note: The thesis plate: every food on it was eaten by at least one of your four family threads on this land. The protein toolkit, intact.

Weekly averages

Metric	Target	Delivered
Protein	150 g/day	152 g
Carbs (net)	150 g/day	149 g
Fiber	20+ g/day	22 g
EPA + DHA	3+ g/day	3.2 g
Saturated fat	Under 20 g/day	8.6 g
Oxalate	Low	All days screened
Added sugar	0 g	0 g

Projected 90-day biomarker trajectory

Based on stacked meta-analyses of these levers, with full adherence:

Marker	Current	Likely at 90 days
Triglycerides	209	110–140
ApoB	136	95–110

LDL-P	2083	1300–1600
HDL	53	55–60
hs-CRP	0.2	0.2 (already excellent)

That is the move from elevated cardiovascular risk to within optimal range — diet-only, no medication.

Optional supplement stack

If you want to go further than diet alone. Confirm with your physician.

Supplement	Dose	Why
EPA + DHA (TG form)	2 g/day	Compounds the triglyceride effect on top of diet.
Psyllium husk	10 g/day in water	Pushes soluble fiber toward 30+ g — bigger ApoB drop.
Bergamot (citrus extract)	500–1000 mg/day	Trials show 15–25% ApoB reduction.

Berberine

500 mg 2×
daily

LDL-C and triglyceride drop;
insulin sensitivity.

Shopping list — 1 week, 1 person

Fish & seafood

- 2 lb wild sockeye or king salmon
- 10 oz Atlantic mackerel
- 8 oz albacore tuna
- 10 oz Lake Superior whitefish (Hy-Vee Madison, or Capital Fish Co.)
- 6 oz wild cod × 2
- 6 oz wild shrimp
- 4 cans wild sardines in olive oil
- 1 can wild anchovies
- 4 oz pickled herring (low-sodium)

Meat

- 8 oz grass-fed bison
- 6 oz lamb shank

Eggs & dairy

- 1 dozen pasture-raised eggs
- 32 oz plain Greek yogurt 2%
- 6 oz plain skyr
- 12 oz plain kefir

Grains & legumes (bulk — cook once, eat 3×)

- [] 1 lb pearly barley
- [] 1 lb green / Puy lentils
- [] 1 lb chickpeas
- [] 1 lb farro
- [] 1 lb steel-cut oats
- [] 1 lb wild rice — *manoomin* (Red Lake Nation Foods or White Earth co-op)
- [] 1 lb quinoa · ½ lb pearl couscous · ½ lb white basmati rice

Produce

- [] Broccoli, cauliflower, Brussels sprouts, arugula, carrots, parsnips, shallots, garlic, lemons
- [] 3 avocados, kiwi, 1 Japanese sweet potato
- [] Fresh + frozen blueberries, raspberries, strawberries

Fats & extras

- [] Extra-virgin olive oil (Kirkland organic or California Olive Ranch)
- [] Walnuts, macadamias, pistachios, hemp seeds, chia seeds, ground flax
- [] 1 jar live-culture sauerkraut
- [] 85% dark chocolate

Sunday prep (~90 minutes, hands-off grains)

- Cook 3 cups barley + 3 cups lentils in Instant Pot (40 min in parallel).
- Cook 2 cups wild rice + 2 cups quinoa on stovetop.
- Roast tray of Brussels sprouts, carrots & parsnips at 425°F, 30 min.
- Mix berries into 4 yogurt cups (grab-and-go).
- Portion nuts into 7 × 1 oz bags.

Monday through Sunday each 9 PM meal is 15–20 minutes of cooking the protein + assembly.

The through-line

The Chippewa side of you ate the wild rice, whitefish, walnuts, and berries on this plate for ten thousand years. The German side brought the sauerkraut, the lentils, the dill. The bend in the river grew the fish that fed both.

The meal is the family tree on a plate.