



BISHNIK

The Official Publication of The Choctaw Nation of Oklahoma

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February 2006 Issue

Choctaws helping fire departments



Chief Gregory E. Pyle and Councilman Perry Thompson present a check for \$7,000 to Grant Fire Chief Martina Pulliam. Also pictured are firefighter Mary Gregg, treasurer Wilma Davidson, Assistant Fire Chief Jeff Hoyt and board member Jr. Campbell.

Free supplies and fuel, funds supplied for area firefighters

Tips for protecting your home can be found on Page 7

Choctaw Chief Gregory E. Pyle presented a \$7,000 check to the Grant Fire Department on January 3. This donation from tribal funds assists the small volunteer fire department in retaining federal awards they received last year. Two big projects the Grant fire department is working on are the extension to the department building to include an extra truck bay and meeting space, and the purchase of new radio equipment.

“Thoughts and prayers are with all of the fire departments in Southeast Oklahoma as they battle numerous wildfires during this drought,” said Chief Pyle. In addition to the monetary donation being given to Grant, the tribe allowed the fire departments in the Choctaw Nation boundaries to come by the nearest Choctaw Travel Plaza throughout the month of January to fill up their fire truck with fuel and also to receive snacks, bottled water and Gatorade.

One hundred sixty-three volunteer fire departments in the Choctaw Nation area have also been awarded a \$200 grant for immediate help in addition to the free fuel and supplies. Requests from fire departments across the 10 1/2-county area of the Choctaw Nation have informed the tribe that, while the free fuel, water, food and other supplies were

See FIRE DEPARTMENTS on Page 7

Higher Ed applications due March 15

The deadline to receive applications for the 2006-07 school year from the Choctaw Nation Higher Education Department is March 15. Applications can be found and printed off the Choctaw Nation website – www.choctawnation.com – or you may contact the Higher Education office at 1-800-522-6170.

Head Start begins spring recruiting

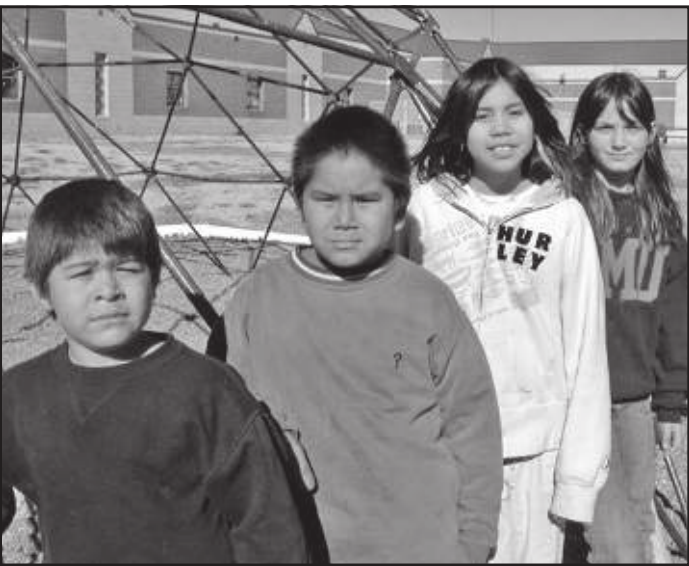
The Choctaw Nation Head Start Program is recruiting prospective students for the 2006-07 school year. Although the program accepts applications year-round, each year in the spring a concerted effort is made to identify children who might be eligible for the Head Start Services. This program serves three- to five-year-old children of all nationalities, including children with disabilities. Indian preference is preferred. The Head Start program is directed primarily toward low-income families.

Families of children with special needs are encouraged to apply. The Head Start program assists families in obtaining support services.

Choctaw Nation Head Start provides families with assistance in their effort to obtain educational, health, nutritional and social services. The program provides a nutritionally sound breakfast and lunch each day.

For more information and to obtain an application, contact the Choctaw Nation Head Start Centers in Antlers, Atoka, Bennington, Bethel, Broken Bow, Coalgate, Durant, Hugo, Idabel, McAlester, Poteau, Stigler, Wilburton, and Wright City. You may also contact the Durant Administration office at 1-800-522-6170, ext. 2373.

Jones Academy Super Students



Enrique Guerro, Kendale Willie, Cheyenne Washee, and Jessica Sampson.



Cheyenne Neal, Jeremiah Watkins, Marty Watkins, and Nathaniel Kauley.



Louise Coon



Jordan Kochamp

Top students for the second nine weeks have been chosen at Jones Academy.

First grade student Enrique Guerrero and second grade student Kendale Willie were selected as Super Students in Ms. Wells' classroom. Enrique, the son of Anita Jennings of Ada, excels in language skills and understanding. Kendale, who is on the Superintendent's Honor Roll and a great reader, is the son of Kenny Willie. Ms. Wells said both are a joy to have in the classroom.

Ms. Martin's third grade Super Student, Jessica Sampson, is the granddaughter of Sue Davis of Clayton. Jessica is known for her good attitude and cooperation in the classroom. Cheyenne Washee, daughter of Lisa Willis of Tulsa, is Ms. Martin's fourth grade class Super Student. Cheyenne is on the Superintendent's Honor Roll.

Jeremiah Watkins and Cheyenne Neal are Mr. Sirmans' fifth grade Super Students. Both students apply themselves to their studies and help other classmates with their academic understanding. Jeremiah excels in reading. His interests are football, basketball, and skateboarding. Jeremiah's parents are Rita Hulbutta and Marty Watkins. Cheyenne loves working on the computer. Her other interests are reading, gardening, plants, and drawing. Cheyenne is the granddaughter of Betty Cogar of Davis.

Mr. George Spears selected Nathaniel Kauley and Marty Watkins as his sixth grade Super Students. Nathaniel is the son of Jodyann Ortiz of Tulsa. Nathaniel is in band and plays basketball for Hartshorne. He enjoys video games and sports. His dream is to play in the NBA or NFL. Marty is the son of Rita Hulbutta and Marty Watkins. He is in band and plays basketball for the Miners. Marty is a member of the "Nutritional Task Force" at Jones Academy whose purpose is to promote proper nutrition and healthy living. Marty also enjoys video games and skateboarding. He would like to become a professional skateboarder. Mr. Spears commented that both students are outstanding and can be very insightful and helpful.

Jordan Kochamp and Louise Coon were named the Jones Academy Alternative School Super Students. They were cited for being positive role models. Jordan, a junior from Carson City, Nevada, is the daughter of Regina Chavira. This is her second year at Jones Academy. Jordan is a very talented fast pitch softball player for the Hartshorne Miners. Louise Coon is a senior who applies herself in the classroom and has a very helpful attitude with good work ethics. Louise is the daughter of Arthur Coon of Ada.



Sergeant Debra Mooney presents Executive Director Jack Pate with a Choctaw flag that was flown in Iraq.

Tribal flags return home

A historic presentation of tribal flags took place January 20th in Durant at the quarterly meeting of the Inter-Tribal Council of the Five Civilized Tribes.

Congressman Dan Boren and Major General Wyatt, Adjunct General of the Oklahoma Army and Air National Guard, were special guests at the presentation which took place shortly after commencement of the meeting.

“The 120th Combat Heavy Engineer Battalion was stationed in Iraq for one year. The battalion has soldiers representing each of the Five Civilized Tribes: Choctaw, Chickasaw, Cherokee, Creek, and Seminole,” said Leon Lusty, Chief of Staff for the Seminole Nation.

According to Lusty, the flags were posted for the duration of the 120th's tour and returned home with the battalion.

“These flags will be presented by tribal soldiers of the 120th to each of the tribal leaders,” said Lusty.

“The Five Civilized Tribes were well represented in Iraq in support of Operation Iraqi Freedom,” said Command Sergeant Major of the 120th Ron Gott.

“These flags were raised each morning at our headquarters and retired each evening despite the hostile environment we lived in. Also, each flag was a humble reminder to all of where we were from,

See FLAGS on Page 3

Council approves by-laws of new tribal corporation

The Choctaw Nation Tribal Council met in regular Session January 14 to approve the Articles of Incorporation and By-Laws of Choctaw Manufacturing Defense Contractors, Inc., a new tribal corporation.

Other business included approving seismic permits in Pittsburg and Latimer counties in favor of Chesapeake Operating, Inc, a right of way in favor of the GHK Companies, LLC, in Pushmataha County and a grant application to the National Park Service Historic Preservation Fund Grants to Indian Tribes.

The next Regular Session will be February 11 at Tushka Homma.

From the Chief's desk ...

Compassion is greatly appreciated



Chief Gregory E. Pyle

Friends and family gathered recently for a celebration of the life of my father, Alvin Pyle, who passed away January 20th. The love and compassion shown to him during his illness is more greatly appreciated than mere words can ever express. A tremendous thank you is extended to the hospital in Talihina and all of the staff. The kindness and professionalism from everyone helped the entire family through this time.

Sitting at lunch before the memorial service for Dad, surrounded by my children and grandchildren, aunts, uncles, cousins, brothers and my sister, I was conscious that in addition to many “blood” relatives, my family is blessed to include friends who are as close as family.

How thankful my wife and I are that people we have known throughout our lives are willing to express their love for us and for my father by acknowledging his accomplishments and the impact he had on their lives.

Memories of Dad are sweet, and sharing those memories brings a great deal of comfort. My family and I thank you all very much for your sympathy and prayers.

From the Assistant Chief's desk ...

Coliseum lineup has something for everyone

The Choctaw Coliseum is bringing excitement to southern Bryan County, attracting people from miles around to its many concerts and events.

This month, on February 11, the Choctaw Nation Youth Advisory Board is presenting Youth Explosion 2 featuring Thousand Foot Krutch and Building 429. The Choctaw Nation Championship Playday Series 3 is scheduled for February 12 and will include mutton busting, barrels, poles, breakaway, team roping, calf roping and more. The fun continues on March 12 with Championship Playday Series 4 and on April 9 with the series final.

More rodeo events are on tap for this spring and summer including Bull Bash '06, the annual Randy Bailey Memorial Tie Down Roping, and Booger Barter Productions Team Roping.

On Saturday, February 25, the Outlaw Monster Truck Spectacular is sure to draw a big crowd and the first 500 kids get a free toy monster truck!

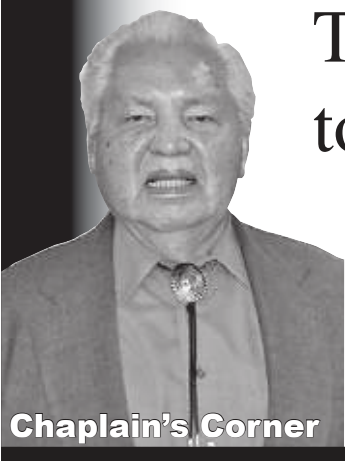
Big name entertainers are on their way to Durant. Be sure and mark your calendar for Montgomery Gentry on March 24 and Tracy Lawrence on April 7.

There is always good family entertainment at the coliseum. With the nearby Choctaw Inn, Wellness Center and restaurants, plus all that Durant has to offer in area sports, shopping and even more restaurants, a coliseum event could very well turn into a great weekend excursion.

Check out the coliseum's website: www.choctawcoliseum.com for a complete calendar or call 580-931-8645 for more details. The Choctaw Coliseum is located at 4216 Hwy. 69/75, Durant



Assistant Chief Mike Bailey



The Rev. Bertram Bobb

The road from man to God was completed

It is a blessing and a privilege to labor in the Gospel ministry among Native American people. Thank you for your notes, letters, and personal acknowledgements. Continue to pray.

What a blessing to listen and sing the testimonies in the Choctaw hymns – written in the early 1930s. I listen to them in our local Choctaw gatherings, the Choctaw Nation Choir and the McCurtain County Chahtah Taloa Singers.

It is a blessing to sing the English hymn which tells us of God's love and how He expresses this love. The hymn is “When I Survey the Wondrous Cross.” The words of this hymn are:

“When I survey the wondrous cross,
“On which the prince of glory dies,
“My richest gain I count but loss,
“And pour contempt on all my pride.”

Before Jesus died on the cross He cried out, “It is Finished.” What did He mean?

When Jesus died, He removed the last barrier between God and man. With these words, “It is Finished,” He announced that the road from man to God was completed and open to traffic.

Soon after Jesus had said these words, “It is Finished,” He died. A Roman soldier came and thrust a spear into His side and out came blood and water. Medical doctors say that the mixture of blood and water indicate that He died of a broken heart.

The Lord Jesus Christ gave His all. He poured out the last ounce of blood to redeem us – to buy us back. He spared not Himself.

I pray that we might grasp the full significance of the precious shed blood of Christ. The

message of the blood, the cross, and the redemption is still foolishness to a people who would like to believe that man is not as bad as all that. (I Corinthians 2:14).

The modern man today is in conflict with the truth of God at this point. God speaks of a fall and a condemnation, and His key Word is GRACE. The modern man speaks of the soul's native goodness, that there is some good in man, and man's key word is WORKS.

God speaks of the depths into which men have fallen and the depravity of the natural man. Man boasts of his nobility, his ideals and his progress.

God calls men to believe in Christ or be lost. Man says that it is enough to be like Christ. Man's goal is imitation, not redemption.

God says that Christ is the Savior of the world. Man says that Christ is just a great example.

Can you see, that with all the thoughts and teaching of man, that we have drifted away from the old truth “... and without shedding of blood is no remission.” (Hebrews 9:22).

Let me call your attention to a verse which reveals what the blood of Jesus Christ can do for us today. The blood of Christ justifies and saves us. We read in Romans 5:9, “Much more then, being now justified by his blood we shall be saved from wrath through him.”

Justified means to free from blame, to clear of guilt or to acquit. Good looks at us, “Just As If I'd” never sinned.

When Jesus was nailed to the cross, that cross was for a notorious criminal named Barabbas. Barabbas dreaded this day, for this was the day of his execution. But when the authorities came to his cell they came with good news. They said, “Barabbas, you are a fortunate man. Jesus is going to die in your place. We have orders to release you.” This criminal was set free. All charges were dropped. He was saved from the death he deserved. (Read the record in Matthew 27:15-26).

Barabbas was a type of the

human race, rebellious, godless, and heartless. But he was saved by Jesus Christ's death. That would have been wonderful even if Barabbas had been the only one saved, but the Bible says, “Much more then, being justified by his blood, we shall be saved from wrath through Him.”

Do you know how the Indians long ago saved their wigwams or teepees from prairie fires?

They set fire to the dry grass around their settlement.

The fire cannot come where the fire has already been. So it is with the penalty for sin. The judgment for sin has been paid for at the cross, and can never be paid for again. He who takes his stand at the cross, is saved – he has eternal life. He is in God's safety zone, cleansed by the blood of Christ. (Read John 3:16; 14:6; Romans 5:1).

The writer of Hebrews 9:14 reveals what the blood of Jesus Christ can do for us. The writer says, “How much more shall the blood of Christ, who through the eternal Spirit offered himself without spot to God, purge your conscience from dead works to serve the living God.”

This verse teaches that the blood of Christ has purged the conscience from dead works to serve the living God. This is a fact. There are alcoholics who have been lifted up to a new honor – a new honor in Christ. There were many with a lust for evil who found the peace of Christ and has yielded their energies to the service of God.

Not only the first man, Adam, but every man since Adam has plunged headlong into Satan's trap of sin. Man had to be recovered. Man had to be bought back. The Lord Jesus Christ paid the price on the cross. He did because He loved us. We were bought back with the blood of Christ.

Are you washed in the blood? If you don't know Jesus Christ as your own personal Savior, will you trust Him today? Now.

Pray! Jesus Christ is the answer to man's need and for the needs of our nation. May God bless you in a very special way in 2006 is my prayer.

Flags

continued from Page 1
Oklahoma, and the great Native American heritage that we represented.”

Gott went on to say that all five flags were topics of interest and that their Native American soldiers were constantly schooling and explaining the heritage of the five nations the flags represented.

“We also conducted the first Pow Wow inside Iraq and it is probably still talked about today by all those who actually witnessed the event put on by the Native American members of our battalion,” said Gott.

Specialist Leslie Montemayer (Creek) presented the Creek flag to Chief A.D. Ellis of the Creek Nation.

Sergeant Debra Mooney (Choctaw) presented the Choctaw flag to Executive Director Jack Pate and the Cherokee flag to Chief Chad Smith of the Cherokee Nation.

Sergeant Danny Tiger (Seminole) stepped in to present the Chickasaw flag to Governor Bill Anoatubby of the Chickasaw Nation.

Sergeant Anthony Tiger (Seminole) then presented the Seminole flag to Principal Chief of the Seminole Nation Kelly Haney.

Each flag was presented with a certificate of authenticity plus a Commanders and Command Sergeant Majors coin.

WILD ONION DINNER
11 a.m.
Saturday, February 25 at the
OK Choctaw Tribal Alliance Center
5320 S. Youngs Blvd. Oklahoma City

Menu: Wild onions, mashed potatoes, pinto beans, tanchi labona, fry bread, salt pork, fried chicken, tea/coffee, grape dumplin and other desserts. Soda pop for sale. Cake sale.
\$6 for adults – 1/2 price for children 12 and under.
For further information, call Stella Long at 405-949-2147 or Myrtle King at 405-634-6786

7TH ANNUAL NEW CREATIONS YOUTH RALLY
March 16-18
Little River Mission Seminole, Oklahoma
Everyone welcome!
For youth of all ages!
For more information contact Helen or Phillip at 405-382-6905 or Redman Wolf at 405-383-3771

40TH ANNUAL SINGING
Hampton Chapel Church
March 18, 2006
2 1/2 miles east of Spencerville, Oklahoma
5:30 p.m.
Wild Onion Supper
Singing starts at 7 p.m.
MC: Edgar Taylor
Everyone welcome

11th Annual Gathering of California Choctaw

Mark your calendars for the first weekend in May

May 6 & 7, 2006

Section 7 • Hart Park • Bakersfield, California

Highlights include:

Choctaw storyteller Tim Tingle
Choctaw artist Gwen Coleman-Lester
Broken Bow dance troupe
Chanters class • Princess contest
Games for the children
Traditional food-making
Dress-making classes • Choctaw beading
Bake-off Contest • Choctaw vendors
Choctaw Nation of Oklahoma Tribal Membership

We invite all who have Choctaw traditional clothes to wear them. This would be the time and the place to wear them!

More information at www.oklachahta.org

The Bake-off Contest was great fun last year.
We need lots more to participate,
so bring in those goodies!
There are prizes, fun and awards!

To register for the Bake-off Contest:

Name _____
Address _____
Phone _____
Category/Categories I want to enter: (example: Dessert, Choctaw dish) _____

The gathering is for Choctaws and their family members
Please pre-register for the FREE Saturday meal

Name _____
Address _____
Phone _____
E-mail _____
Are you a tribal member? _____
Those who are attending with you:
Name _____
Adult/Teen/Child _____ Tribal? _____
Name _____
Adult/Teen/Child _____ Tribal? _____
Name _____
Adult/Teen/Child _____ Tribal? _____
Name _____
Adult/Teen/Child _____ Tribal? _____
Name _____
Adult/Teen/Child _____ Tribal? _____

Mail to: Okla Chahta Clan
P.O. Box 80862
Bakersfield, CA 93380



HEALTHY LIFESTYLES

Understanding substance abuse

In the next few months the Choctaw Nation Healthy Lifestyles articles will focus on different drugs and their effects on the body and mind along with tips on how to fight this epidemic so that families will be able to identify substance abuse early and get help to protect their families by keeping the family unit healthy.

An estimated 21.6 million people in the United States aged 12 or older in 2003 were classified with substance dependence or abuse. Our local communities are being hit hard with the rapid substance abuse issue by our youth and even our adults. It is very important that we educate ourselves on this issue so that we may fight this epidemic head on.

Drugs, when put into the body, can change the way the body works or the way the person thinks or feels. All drugs can be toxic or poisonous. There are three effects that any drug can have: a small amount acts as a stimulant and can make a person “hyper” (speeds one up); a greater amount acts as a sedative and starts to put one to sleep; an even greater amount taken fast enough can kill someone.

However, there are many drugs today that are dangerous enough to be toxic even in a small amount.

Drugs circulate through the bloodstream and enter tissues in the body. Most drugs have a special affinity (attraction) for the fatty tissues and dissolve easily in fat. Drugs are not always eliminated from the body. Drug residues can stay in the blood or fat or other tissues for varying lengths of time. The body can, during later exercise or physical labor (which burns up

the fat), release the drug chemicals again into the bloodstream where they can have a second high affect again. One widespread myth about drugs is that they only stay in the system for a short time so there is little long-term risk. Taking drugs, as you can see, is not necessarily a one-time game. Drugs can affect a person even long after he or she has stopped taking them. Additionally, drugs have an even greater effect on growing bodies. Children’s bodies are still changing and developing. They can be significantly affected by the chemicals and toxins in drugs.

Anyone who is using drugs takes them to get rid of some pain or to avoid problems and unwanted feelings. These unwanted feelings could be any unpleasant feelings, including boredom. Drugs are considered valuable to the degree they produce some desirable effect. To understand why someone takes drugs now, you need to know what was wrong before he or she started taking them. Here are some typical reasons:

- *The person may have had some physical problem which was causing him or her pain.
- *He or she may have been trying to calm down.
- *Maybe he or she was unable to sleep.
- *The person may have wanted to be accepted by other people or teens (peer pressure).
- *He or she may have wanted to feel happier.
- *Boredom, nothing else to do.
- *Weight loss.

Drugs were a temporary solution to the unwanted feelings or unwanted conditions. To get a real solution, the person would have to fix what was causing the problem in the first place. For more information see next month’s article which will focus on specific drugs and their effects.

Healthy Living = Longer Life

TAKE ACTION NOW!!!

It’s time for you to do something about your diabetes care

SET GOALS to target what you will do. Start small and work your way up. For example: “I will cut down on sodas and drink water instead.” When that’s going well ... take the next step. Add another goal – “I will dance or bike ride a couple of times a week.” Then add a new goal – “I will eat smaller servings of cookies, burgers, and fries.”

TRY to make each new goal just a bit harder. After you shoot hoops twice a week, try adding another activity on three other days. Raise the goal until you reach a level that works for you.

AVOID goals that will be too hard to meet. For example, rather than saying you’ll never eat a burger or a candy bar again, say you’ll eat only one a week.

REWARD yourself when you reach your goal! Do something or buy something you like.

TELL your family or friends about your goals. Maybe they’ll be active with you or help out some other way.

CHOOSE GOALS THAT YOU CAN REALLY MEET.

GOT IT!!! Over time, you will feel good about yourself if you manage your diabetes by eating healthy foods, being more active, and working towards a healthier weight. It’s up to you. Don’t blame things on your diabetes. Take it one step at a time and soon you’ll see progress.

Healthy overweight children needed for study

The purpose of this study is to investigate the relationships between insulin sensitivity, body fat, and fitness in healthy overweight Native American and Caucasian children between the ages of 7 and 12 who have a relative with type 2 diabetes.

The study will require some blood samples to be drawn, total body fat assessment, and physical fitness evaluation. Additionally, your child will receive a comprehensive physical examination. Total time commitment to complete the study will be

seven visits over three years.

All testing will occur at the University of Oklahoma Health Sciences Center in Oklahoma City and Edmond Open MRI. Participants will be compensated for their time.

If you are interested in having your child participate, please contact Lauren Pratt, at 405-271-8001, ext. 43238 or Lauren-Pratt@ouhsc.edu.

The University of Oklahoma is an equal opportunity institution.

Choctaw Nation

AFL

Project

A brighter future in store

The Choctaw Nation Adolescent Family Life (AFL) Project is an innovative program focused on pregnant teenagers, their child, male partner, and extended family members.

The AFL program provides opportunities for a brighter future through integrated services within the Choctaw Nation and external agencies. Participants will expand their knowledge through prenatal education, healthy relationship skills and parenting workshops

Striving for healthy outcomes in adolescent family lives is the purpose of our program. Services are provided through Choctaw Nation Outreach Services to pregnant Native American teens under 19 years of age or otherwise qualified through an eligible Native American.

For more information or questions about eligibility please call 918-647-0682 or 800-349-7026, ext. 6441.



Senior Fitness Challenge

Betty Wood works on “Mind-Body-Spirit” at the Crowder Choctaw Center as part of the tribe’s Senior Fitness Challenge.



Team WIA of Durant had the most combined weight loss in round three of the Choctaw Nation Fitness Challenge.

Fitness Challenge winners announced

November 20th marked the end of round three of the Choctaw Nation Fitness Challenge. Twenty-one teams (210 participants) completed the challenge with a total weight loss of 445 pounds over a 12-week period. The overall winner, team with the most points, and keeper of the trophy was Team Psyche from CNHCC. They were also round two’s winner. The team consists of Mary Ayn Tullier (captain), Dr. Howard, D.J. Battiest, Michelle Marvel, Judi Stonedale (sub), Mary Boerner, Lewis Smitherman, Karen Neal, Dr. Coniglione, Eli Tullier, and Herve Lucier.

The individual with the most points was Annette Morse from the McAlester team Cuts N Curves.

The team with the most combined weight loss was WIA (Withering Inches Away) from Durant. They had a combined weight loss total of 76 pounds. The team consisted of Patty Mink (captain), Trish Singleton, David Lilley, Lena Johnson, Johnia Baker, Ty Baker, Trina Dunagan, Dedra Gallegos, Kay Jackson, and Wanda Vanderveen.

The individual with the most weight loss was David Lilley from Durant team WIA.

The team with the most weight loss and most points and the individual with the most weight loss and most points all received gift cards to Hibbett Sports.

The challenge is sponsored by the REACH 2010/Wellness Education Department at Choctaw Nation Health Care Center. Congratulations to all the teams who completed the challenge and keep up the good work.



David Lilley receives his gift card from Doris Ward.



Mary Barrs accepts the T-shirts, gift cards, and certificate for Team Psyche, overall winner of round three.

HEALTH FAIRS

SCHEDULED AT COMMUNITY CENTERS

– 2006 SCHEDULE –

Community Center	Council Member	Date	Time
DIABETES EDUCATORS			
Stigler	Charlotte Jackson	Feb. 8	11:30
Atoka	Anthony Dillard	Feb. 15	11:30
Hugo	Perry Thompson	Mar. 8	11:30
Wright City	Jack Austin	Mar. 23	12:00
Antlers	Jack Austin	April 5	11:30
Spiro	Jackson/Cox	April 26	11:30
Idabel	Hap Ward	May 17	12:00
COMMUNITY HEALTH NURSES			
Broken Bow	Mike Amos	June 7	12:00
Bethel	Mike Amos	June 14	11:30
Poteau	Delton Cox	July 12	12:00
Talihina	Kenny Bryant	July 26	11:30
Wilburton	Joe Coley	Aug. 16	11:30
McAlester	Bob Pate	Sept. 20	11:30
Crowder	James Frazier	Oct. 4	11:00

For those 65 and over

Persons with no memory problems are being sought

Researchers working with the Choctaw Nation are looking for men and women 65 years of age and older who have no memory problems. Must be 1/4 or more American Indian to participate.

Those who qualify will receive a \$25 gift card for answering questions about their medical history, measuring their waist size, completing memory testing and donating less than an ounce of blood for analysis.

If interested, call Carey Fuller toll-free at 866-800-6514.

Persons with memory problems

If you are over 65 years of age and have memory problems, or have an elderly friend or loved one with memory problems, help may be available.

You may be helped by a medical evaluation at the Choctaw Nation Health Care Center in Talihina, where specialists in memory disorders see patients on a regular basis.

If concerned, call Carey Fuller toll-free at 866-800-6514.

New Year’s babies at Choctaw Nation Health Care Center



CHE Administrator Reece Sherrill presents a basket of goodies to Danna Bailey and baby girl, Rebecca JoLynn Napier.



Robert and Twila Fletcher with baby girl, Lauren Denise Fletcher, accept their New Year’s basket from Reece Sherrill, CHE Administrator.

Can exercise reduce your risk of catching a cold?

Sir William Osler, the famous Canadian medical doctor, once quipped, “There’s only one way to treat the common cold – with contempt.” And for good reason. The average adult has two to three respiratory infections each year. That number jumps to six or seven for young children.

Whether or not you get sick with a cold after being exposed to a virus depends on many factors that affect your immune system. Old age, cigarette smoking, mental stress, poor nutrition and lack of sleep have all been associated with impaired immune function and increased risk of infection.

Keeping the immune system in good shape. Can regular exercise help keep your immune system in good shape? Researchers are just now supplying some answers to this new and exciting question. Fitness enthusiasts have frequently reported that they experience less sickness than their sedentary peers. For example, a survey conducted during the ’80s revealed that 61 percent of 700 recreational runners reported fewer colds since they began running, while only 4 percent felt they had experienced more.

Further research has shown that during moderate exercise, several positive changes occur in the immune system. Various immune cells circulate through the body more quickly, and are better able to kill bacteria and viruses. Once the moderate exercise bout is over, the immune system returns to normal within a few hours.

In other words, every time you go for a brisk walk, your immune system receives a boost that should increase your chances of fighting off cold viruses over the long term.

Should you exercise when sick? Fitness enthusiasts and endurance athletes alike are often uncertain of whether they should exercise or rest when sick. Although more research is needed, most sports medicine experts in this area recommend that if you have symptoms of a common cold with no fever (i.e., symptoms are above the neck), moderate exercise such as walking is probably safe.

Intensive exercise should be postponed until a few days after the symptoms have gone away. However, if there are symptoms or signs of the flu (i.e., fever, extreme tiredness, muscle aches, swollen lymph glands), then at least two weeks should probably be allowed before you resume intensive training.

Staying in shape to exercise. For athletes who are training intensely for competition, the following guidelines can help reduce their odds of getting sick.

1. Eat a well-balanced diet. The immune system depends on many vitamins and minerals for optimal function. However, at this time, there is no good data to support supplementation beyond 100 percent of the Recommended Dietary Allowances.
2. Avoid rapid weight loss. Low-calorie diets, long-term fasting and rapid weight loss have been shown to impair immune function. Losing weight while training heavily is not good for the immune system.
3. Obtain adequate sleep. Major sleep disruption (e.g., three hours less than normal) has been linked to immune suppression.
4. Avoid overtraining and chronic fatigue. Space vigorous workouts and race events as far apart as possible. Keep “within yourself” and don’t push beyond your ability to recover.

For more information call Wellness Education/REACH 2010 at 800-349-7026, ext. 6044 or 6958.

NURSERY NEWS

Bailey Reid Thorne

Bailey Reid Thorne was born November 29, 2005, to Mike and Kristy Thorne of Tucson, Arizona. He was also welcomed by his brother, Ryan; grandparents, Gene and LaHoma Murphy Crauthers, and other relatives. Bailey’s great-grandparents are the late William T. and Ella Murphy of Idabel.



To the youth of the nation...

Academic Success

By Alexis Collins

Being a teenager can at times be incredibly confusing and frustrating. As we mature we must start making plans for a successful future. This means staying away from things that could have a negative effect on our academic performance such as marijuana or other illegal drugs.

Society still tries to perpetrate the myth that marijuana is nothing more than a harmless drug, no more dangerous than alcohol or cigarettes, which gives teens the wrong impression. As we attend school we deal with peer pressures in so many ways. Having a strong mind and will to succeed will help you make right decisions when approached by friends trying to influence you to just “try it one time.” If you are a student preparing for the ACT/SAT test and are using drugs, this could hinder your ability to concentrate and could cost you not to be able to get into the college of your choice. Parents must constantly urge their teens not to do drugs or alcohol and help them focus on their academic future. If you are a teen currently going down the wrong path and want to change things in your life, go talk to your high school counselor, teacher or pastor. They will get you the help you need.

Together, parents and teachers can set the foundation for raising healthy, drug-free students who will soon be future citizens and leaders.

Folsom Scholarship available

A \$5,000 Folsom Scholarship is offered each year to provide financial assistance to a high school senior who is a member or descendant of the Choctaw Nation, in recognition of his or her potential for success and desire to make a difference in the lives of others. Requirements include:

Past Performance – Must provide official copy of high school transcript; must provide two letters of reference from combination of following individuals: Teacher/counselor; parent/guardian; community-based organization (non-profit, religious affiliation, volunteer organization, etc.); personal reference (not a relative).

Statement of financial need – Applicants must include a statement of financial need (in their own words). This statement must address two elements: (1) Why does the applicant need these funds? (2) How has the applicant prepared for and envisioned meeting his or her college expenses?

Education and career goals – Applicant must provide written statement of 500 words or less explaining what his/her personal goals are and how this educational opportunity will help make a difference in the community in which applicant lives and/or works.

Native American requirement – Applicant must provide copy of Choctaw membership card or other proof that he/she is a member or descendant of members of the Choctaw Nation.

Letter of acceptance – The applicant must provide a letter of acceptance from the issuing institution (may be a trade school, two-year or four-year accredited institution, certification or licensure program, etc.).

Attendance requirement – Applicant must attend an institution within state of residence.

All materials must be postmarked by April 14, 2006. The above requested items constitute the complete application. Failure to provide all requested items by the deadline will result in disqualification. Send the required documentation to: DataTrac Scholarship Committee, 14120 Newbrook D., Ste 200, Chantilly, VA 20151.

Award decision will be made no later than May 22. Award amount will be paid directly to the institution the winner will be attending.

Children of DataTrac employees, its teaming partners’ employees, and/or Choctaw Tribal Council members are not eligible to participate.

WIC Why breakfast?

Smart reasons to eat breakfast ...

Fuels the body with nutrients. Your child may not make up nutrients missed at breakfast. You may not either.

Provides food energy for the morning’s active play.

Gets your child ready to learn – at home, school, or day care. Kids learn better if they eat breakfast. If you eat breakfast, you may get more done in the morning, too.

Helps keep a healthy body weight. Breakfast helps control the urge to nibble or eat too big a lunch. Even with breakfast, young kids may need a small morning snack.

Helps kids feel good. Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pangs.

Tastes good! Offer foods your child and family enjoy – even if they aren’t common for breakfast.

Smart ways to make breakfast successful! ...

Eat breakfast yourself. “Showing” teaches more than simply “telling.” Your child will follow what you do.


Manage your early morning time.

- Start making breakfast the night before –mix the juice, slice fruit, or make hard-cooked eggs.
- Go to bed earlier, so you get up earlier.
- Stock your kitchen with quick-to-fix breakfast foods.

Consider your child’s needs.

- Offer two or three food choices. That helps your child feel in control of breakfast eating.
- Give your child time to wake up. Many kids aren’t hungry right away.
- Ask your child to help with breakfast – on a morning when you’re not rushing. It can be a nice way to start your child’s day. Yours, too!

Nibbles for Health, USDA



Choctaw Nation WIC

WOMEN, INFANT AND CHILDREN

Serving the Choctaw Nation at 14 sites

SITE	PHONE	HOURS	DAYS
Antlers	580-298-3161	8:30-4:00	Every Tuesday
Atoka	580-889-5825	8:00-4:30	Every Mon., Thurs. & 1st, 3rd, 4th Wed.
Bethel	580-241-5458	8:30-4:00	1st & 3rd Tuesday
Boswell	580-380-2517	8:30-4:00	1st & 2nd Friday
Broken Bow	580-584-2746	8:30-4:00	2nd & 4th Tues., every Wed. & Thurs.
Coalgate	580-927-3641	8:30-4:00	2nd Wednesday
Durant	580-924-8280 x 2255	8:00-4:30	Daily
Hugo	580-326-5404	8:00-4:30	Mon., Wed., Thurs., 3rd & 4th Fri.
Idabel	580-286-2510	8:00-4:30	Monday and Friday
McAlester	918-423-6335	8:00-4:30	1st & 2nd week - Tues., Wed., Fri.
		8:00-4:30	3rd & 4th week - every day
Poteau	918-647-4585	8:00-4:30	1st, 3rd, 4th wk - Mon., Wed., Thurs., Fri.
		8:00-4:30	2nd wk - Monday, Wednesday, Friday
Smithville	580-244-3289	8:45-3:45	2nd Thursday
Stigler	918-967-4211	8:30-4:00	1st & 2nd Monday
Talihina	918-567-7000 x 6792	8:00-4:30	Every Tuesday
Wilburton	918-465-5641	8:30-4:00	1st & 2nd Thursday

Lack of self-esteem of big concern in youth

One of the largest areas of concern for Native American youth is the lack of self-esteem. Without the feeling of positive self-worth, and positive reinforcement in their lives, children will begin to display outward negative behavior that reflects the negative feelings they are harboring inside. Increasing self-esteem can be done in small, often unnoticeable methods such as:

- Listen with heart
- Acknowledge their presence
- Avoid calling teens “kids”
- Say, “I see good things in you”
- Be honest
- Respect them
- Appreciate their uniqueness
- Share your personal struggles with them
- Give hugs when appropriate
- Always encourage
- Avoid being judgemental – remember, their behavior is reflection of what they see
- Teach them life skills by modeling
- Give them reachable tasks and goals to accomplish
- Talk to them about unhealthy behavior
- Encourage healthy risk-taking
- Nurture their native cultural interests
- Show your care and concern by doing “little things” for them (e.g. cards, small gifts)
- Be there for them – show them you are someone they can trust
- Give lots of compliments
- Ask for feedback
- Love them unconditionally

Positive self-esteem and positive self-worth lead to positive, healthy lives as our youth ma-

ture. February is International Boost Self-Esteem Month. Take the time to encourage our Nation’s youth this month. For more information concerning self-esteem issues facing Native American Youth, feel free to contact the Choctaw Nation CARES Project at 918-567-4128.

Ardmore High School Native American Club
“Dreamcatchers” and Southeastern Oklahoma
Inter-Tribal Pow-Wow Alliance

FUNDRAISING POW-WOW

March 4

Heritage Hall

220 W. Broadway St., Ardmore, Oklahoma

Arts & Crafts, Kids Contest, Food, & More

– Headstaff –

Master of Ceremonies: Gary Kodaseet
Head Singer: Anthony Monoessy (Southern Boys)
Head Man Dancer: J.T. Lile
Head Lady Dancer: Cristina Star
Head Gourd Dancer: Warren Queton
Arena Director: Billy Bemo
Color Guard: Choctaw Nation

– Schedule –

2:00-5:00 Gourd Dance
5:00-6:00 Supper Break
6:00-7:00 Gourd Dance
7:00-11:00 Grand Entry

All veterans, princesses,
drums and dancers welcome

Pow-Wow and Arts & Crafts info:
Cedric Ketcheshawno at 580-326-4979, 580-317-3767
Thomas L. Cronmeyer at 580-277-9481

Bring your own chairs,
No alcoholic beverages or drugs allowed.

AILYC

American Indian Leadership Youth Council
of Broken Bow Schools

10th Annual Spring Pow-Wow

April 1

McCurtain County Sports Complex

– Schedule –

2 p.m. Gourd Dancing
5:30 p.m. Supper Break
6:30 p.m. Grand Entry
(all dancers must be in grand entry to compete)

Over \$5,000 Prize Money in Contest

Contests:

Men & Women’s Golden Age
Men’s Traditional/Straight/Fancy/Grass
Ladie’s Buckskin/Cloth/Fancy/Jingle
Teen Boys Traditional/Straight/Fancy/Grass
Teen Girls Buckskin/Cloth/Fancy/Jingle
Junior Boys Traditional/Straight/Fancy/Grass
Junior Girls Buckskin/Cloth/Fancy/Jingle
Tiny Tots

Drum Contest - \$1,000 Cash Prize
Host drums will not compete

– Headstaff –

Masters of Ceremonies:
Sammy “Tonekei” White and Tim Tallchief
Head Man Dancer: Wilson Roberts
Head Lady Dancer: Toni Tsatoke
Head Gourd Dancer: Richard Twohatchet
Arena Directors: Willard Polk and Bill Takeshorse
Host Southern Drum: Drumbusters
Host Northern Drum: TBA
Host Color Guard: Choctaw Nation of Oklahoma
Guest Color Guard: Seminole Nation of Oklahoma

ATTENTION ALL AILYC ALUMNI:
Call to place your orders for your “Alumni” T-shirt
and to co-host the pow-wow with the AILYC.
For more information contact Faith Parra 580-584-
2099 (leave message); Sandra Frazier 580-420-7162
or Mahli Billy 580-584-3514.

No political soliciting * No videotaping
* No drugs or alcohol allowed * Security provided

PEOPLE YOU KNOW

Happy 92nd birthday!

Happy 92nd birthday on February 22 to Carrie Belle Tonihka Bohanan of Eagletown. Carrie is very active – she loves to attend her local church, she sews, paints, does crafts and enjoys reading her mail. If anyone would like to send best wishes, her address is HC 76 Box 496, Eagletown, OK 74734.



Happy birthday Carol

Carolyn Sue May-Anders is turning ?? on February 9. You are the best, you are a keeper! From Bob.



Justin celebrates 11th

Justin Jarrett celebrated his 11th birthday on December 15. Justin is the son of John and Stacy Jarrett. He is the grandson of Debbye Flanery of Missouri and Buck Wesley of Wright City and the great-grandson of Elsie Wesley of Sobol and Lenis Wesley of Hugo. We are proud of the young man you are becoming. Remember always that our God gives you everything you’re to be (2 Thessalonians 1:2).



Look who turned three

Kyle Lucas Barrett turned three years old on January 17. His proud parents are Jimmy and Doretha Barrett of Boswell. Kyle’s proud grandparents are Raymond and Edith Pistubbee of Boswell and Floylay and Dora Barrett of Amity, Arkansas. His great-grandparents are Hershel and Rhoda Sullivan of Smithville.



Happy seventh birthday

Kaitlyn Shiann Barrett turned seven years old on December 4. Her proud parents are Jimmy and Doretha Barrett of Boswell. Proud grandparents are Floylay and Dora Barrett of Amity, Arkansas, and Raymond and Edith Pistubbee of Boswell. Her great-grandparents are Hershel and Rhoda Sullivan of Smithville.



Birthday girls

Julianne Colleen Hamill turned one on December 16, celebrating with Winnie the Pooh. Marietta Frances Hamill turned three on January 16. She celebrated with My Little Pony. Julianna and Marietta are the daughters of Marion Jr. and Kelly Hamill of Norman. Grandparents are Marion Hamill Sr. and the late Ethel Thompson Hamill of Grant and Max and Ivanell Meek of Norman.



Celebrating birthdays

Happy birthday to Josie Pitts who turned 13 on January 28 and Christopher Pitts who turned seven on February 3. They are having a great time in all of the snow in Watertown, New York. Josie and Christopher are the children of Bill and Kathy Pitts. Grandparents are Earl and Ellen Pruitt of Smithville and Emma Pitts of Hominy. Great-grandmother is Olline Pruitt of Stilwell.



Happy birthday wishes for Robert Gipson

Tyler, Ember, Elijah and Cole would like to wish their Daddy, Robert Gipson, a happy birthday. Robert turned 31 years old on January 8.

Happy birthday Mom

Susie Jane Wilson Noahubbi of Dallas, Texas, celebrated 76 years of living on January 11. Her daughters, grandchildren and great-grandchildren would like to wish her a happy birthday!



Stubbs serving TTU

Dawson Stubbs, a member of the Choctaw Nation of Oklahoma, is a lieutenant for the Texas Tech University Health Sciences Center, Amarillo. He is one of many Native Americans at TTU respecting tradition and embracing a healthy future.



Pledger, Gorecki plan wedding

The engagement of Elesha Marie Pledger of Overton, Texas, and Charles Kenneth Gorecki of Quapaw, Oklahoma, is announced. The wedding is scheduled for April 22, 2006, at First Christian Church in Miami, Oklahoma.

The bride-elect, daughter of Mr. and Mrs. Michael Kitchings of Overton, is a graduate of Lighthouse Christian Academy and a graduate of North-eastern Oklahoma A&M with an Associates Degree in Applied Science as an AutoCAD major. She is the granddaughter of Joe and Omega Kitchings of Arp, Texas, and Richard and Alice Bishop of Valliant. The future bridegroom is the son of LaVern and Ruth Gorecki and grandson of the late Mr. and Mrs. Jack Snell of Garden Valley, California, and Helen Gorecki of Miami. Charles is a graduate of Highlands High School in North Highlands, California.



Look who’s two!

Happy belated birthday wishes go out to Allen Job Williams. He turned two years old on December 11. Allen is the son of Jerry and Kari Williams. Grandparents are Donna Williams and Dannye Williams, Carolyn and Steve Pervis and Butch and Becky Walls. Great-grandparents are Pat and Gene Wren and Eula Walls.



Look who’s three!

Morgan Ashley Spray turned three years old on January 3. Morgan is the daughter of Stephanie and Paul Spray. This little Texas Choctaw is the granddaughter of Jimmy and Elois Barcus of Palmer, Texas. Birthday greetings also from Uncle Brian and Callie, Aunt Paulette, and cousins Montanna, Jessica, Samantha, and Jeremy.



’06 honor grad to attend Baylor

Kelley Caldwell will graduate from Lake Highlands High School in Dallas, Texas, in the Spring 2006 class. She plans to attend Baylor University this fall. Kelley has served on the Student Council, Exchange Club, Mu Alpha Theta, and Venture Crew. She was elected to the National Honor Society (10-12) and received the President’s Award for Educational Excellence in the ninth. She also researched, fund-raised, organized and attended a three-week Spanish immersion program in Costa Rica. Kelley began a soccer camp for kids K-4 that has run each summer for four years.



She is ranked in the top 10 percent of her graduating class and received the honor of AP Scholar, passing three or more AP exams with a grade of 3 or higher. She currently serves as a Peer Helper at her school, is active in her church youth group, serves as a National Honor Society officer and Senior Class officer. Kelley is interning with the greater Dallas Chamber of Commerce in the International Business Development Department.

Kelley is the granddaughter of George and Jo Ann Goodner and the great-granddaughter of Jewell Goolsby, all of whom currently reside in Oklahoma City. George retired after many years of service with the Bureau of Indian Affairs. She is the great-granddaughter of original enrollee Nancy Victor and grand-niece of Wilma Victor who retired to Idabel after a career in the Department of Interior in Washington, D.C.

Senior inspires Keifer Trojans to victory

A 19-game losing streak was ended as the Keifer Trojans defeated Summit Christian Academy of Broken Arrow. Aaron “Cub” Columbus, the son of Michael and Luann Columbus of Kiefer, is a source of inspiration for teammates, continuing to play with a severely injured knee.

A senior now, Cub tore an ACL before his sophomore season started. The injury, as yet unrepaired, doesn’t hold Cub down. He doesn’t want to miss out on his high school football years, returning to play this year. His endurance is testimony to the Keifer Trojan’s new winning tradition.

Congratulations

Congratulations to Summer Wesley Morris on her graduation from the University of Oklahoma, December 17, 2005. She earned a Bachelor of Liberal Studies degree. Summer is very grateful for the financial support from the Choctaw Nation Higher Education Department.



Airington graduates ECU

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Misty Dawn Airington on graduating East Central University, Ada, with a Bachelor of Science in Business Administration with a dual concentration in entrepreneurship and management information systems. She is currently employed in the Information Technology Department of Prepaid Legal Services Inc., Ada.



Turner Senior of the Month

Audrey Ladner was recently selected as Senior of the Month at Turner High School in Love County. Audrey is the daughter of Brian and Melissa Ladner and the granddaughter of Ott and Laquitta Ladner of Jimtown. She has played basketball two years, slow pitch and fast pitch softball four years. A member of the slow pitch team that played in the state tournament in 2004 and 2005, Audrey was named to the Daily Ardmoreite All Area Team in 2005. She was a cheerleader one year, a member of the FFA three years, FFA Speech Team one year and is Senior Class Secretary. Awards and honors she has received include Beta Club, Chickasaw Nation Governor’s Honor Roll, and Who’s Who Among American High School Students. Audrey’s volunteer service includes helping with the upkeep of the Jimtown and Oswalt rural cemeteries and with the Love County Historical Society’s Museum. In college she plans to major in physical therapy or nursing.



Picone selected as a top poet

Jones Academy student Judy Kay Picone, an eighth-grader at Buzidragis Junior High School in Hartshorne, has had her poem, “Are You Listening?”, included in the “Teacher’s Selection: Anthology of Eighth Grade Poetry.” One of three chosen to participate in the creative program, she was congratulated by the Anthology of Poetry, Asheboro, North Carolina, as being one of the top poets selected from eighth grades throughout the United States. This is the second time the poem has been published, the first in a book titled, “A Surrender to the Moon,” last winter.



Judy is the daughter of Vincent and Sherry Picone. She is the granddaughter of Wayne and Nora Scott of Panola and Alex and Judy Picone of Kansas City, Missouri.

‘Red Fury’ considered for Sundance Film Festival

Linda Lauren’s submission of her screenplay, “Red Fury,” was chosen by the Sundance Institute Feature Film Program’s selection committee for review for 2006. From 1,700 initial applications, the script made it to the second round in the process of choosing 12 fellowships for January.

Home for the holidays

Pvt. J.R. Moore, U.S. Army, made it home for the holidays after completing basic training at Ft. Knox, Kentucky. He received training in hand-to-hand combat, nuclear/biological defense, marksmanship, the uniform code of military justice, tactical movement, drill and ceremony. An unusual event occurred during training – tornado warnings were issued and the whole company was evacuated from the training area immediately. Pvt. Moore stated while in boot camp the importance of family was driven home and to appreciate some of the smaller things in life such as phone calls and music. The only music he heard was singing cadence during marching.



He reported to Aberdeen Proving Grounds, Maryland, for advance individual training as a track mechanic in January.

Moore is a 2005 graduate of Monument High School, Monument, Oregon. His parents are Robert and Deena Moore of Pendleton, Oregon. Grandparents are Ray and Nellie Moore of The Dalles, Oregon. His great-grandmother, Katie Moore, is an original enrollee of the Choctaw Nation of Oklahoma. In 2003, he assisted his grandfather, Ray, to achieve a lifelong dream of walking the “Trail of Tears.” Mr. Moore made the walk 11 months after having six by-pass heart surgery.

Himes deployed to Kabul

Timothy Himes of Talihina, a member of the U.S. Air Force, has been deployed to Kabul, Afghanistan. The son of Delores Dye and the late Billy Himes, Tim is proud of his Choctaw heritage and honored to serve our country. You can write to him: Tim Himes, CFC-A PAO, APO, AE 09356.

Trueblood earns law degree

Tribal member Blake Trueblood of Lakeland, Florida, was recently conferred a Juris Doctor degree from the law school at Washington University in St. Louis, Missouri. Trueblood was also admitted to practice law in the State of Florida by the Florida Bar after successfully meeting the requirements and passing the examination.

He has joined his brother, Travis Trueblood, in the private practice of law at the Trueblood Law Group in Lakeland, Florida.

Mr. Trueblood is continuing to further his education and enrolled in the Masters of Business Administration program at Nova Southeastern University in Fort Lauderdale, Florida, this fall.

Doctoral student finishes first semester

Since 1999, Joel Dodd, a Choctaw from the Oklahoma City area, has been directly involved in advocating band programs on the Indian Reservations in New Mexico and Arizona. In Mr. Dodd’s article in the July 2005 “Instrumentalists,” he brought attention to the serious shortage of qualified music teachers on the reservations of Arizona and New Mexico.



As a Native American, he has had much success in recruiting from the populous when starting band programs. In his current position, Dodd’s all-Apache band from Cibecue, Arizona, took first place in the WMAT fair parade on September 3. Dodd has performed with the Springfield, Missouri, Symphony, Lawton Philharmonic, Busch Gardens, and was invited to the Rome Music Festival in 1997. He has a BM and BME from Southwestern Oklahoma State University, a masters degree in music from Pittsburg State University, and is currently working on his Doctorate in Music Education from Boston University in the distance education program. He currently teaches at Cibecue Community School, is principal tuba with the White Mountain Symphony Orchestra, and is the adjunct low brass music instructor at Northern Pioneer College.

Dodd resides in Show Low, Arizona, with his wife, Linda, and daughter, Olivia. Joel is the son of Annie Lee Dodd.

Perfect attendance

Congratulations to Pamela West and daughter Krystle Countz. Pam now has 41 years of perfect attendance in Sunday School. Krystle has 17 years of perfect attendance. The two are members of the First Free Will Baptist Church, McAlester.



Harvested 10-pointer

Choctaw hunter Jason Turner harvested this 10-point buck in Sheridan, Arkansas, in November. This was one of four bagged by Jay. He is the son of Patsy Wall, the grandson of Jerline Flowers and the great-grandson of R.T. Bacon and David Wall. Congratulations!



Happy 17th birthday

Jeremy Gauna, a junior at PHS, Palmer, Texas, turned 17 on January 7. Jeremy is a star player on the varsity basketball, baseball and football teams at PHS. He is the son of Paulette Robinson and the grandson of Jimmy and Elois Barcus of Palmer. Birthday greetings are also from Aunt Stephanie and Morgan, Uncle Brian, Callie, and sisters Montanna, Jessica and Samantha. Keep up the good work!



Sowing the seeds of success

Women putting down roots in agriculture

“Cultivating dreams, breaking new ground, and harvesting profits” will be the focus of the Women in Agriculture and Small Business Conference and Trade Show scheduled for March 21 at the Southeast Expo Center west of McAlester as we “empower women in rural America.”

Findings from the 2002 Agricultural Census were broken down by congressional district and released by the National Agricultural Statistics Service. Among the data:

- Oklahoma’s 2nd District, which roughly includes the eastern third of the state, has 13,233 farms with women listed as operators. And 13,659 women are employed in one of the top three operating positions on the district’s farms.
- The state’s 3rd District, including most of northern and northwest-ern Oklahoma, ranks third in the nation, with 11,222 farms that have women operators. And 11,590 women are employed in one of the top three operating positions on the district’s farms.
- Those two districts have more farms with women operators than the entire states of Louisiana, Idaho, or New Mexico.

As more women are becoming the principal operators and decision-makers on the farm, Ouachita Mountains Resource Conservation and Development Inc. hopes to assist not only women but men as well by providing this educational and networking opportunity. The Conference features a choice of three concurring sessions that will address the following:

- “Landowner Rights and Legal Issues,” Anita Poole, J.D., LL.M., Assistant President and Legal Counsel from the Kerr Center for Sustainable Agriculture Inc. Poteau.
 - “Goat Production,” Dr. Steve Hart, Langston University.
 - “Oil and Gas Leasing and Mineral Interests,” Robin Stead, Coalition of Surface & Mineral Owners Association (*landowner aspect*) and Terry Kordeliski, Attorney and Counselor at Law, Oklahoma City (*legal issues*).
 - “Oklahoma Agritourism Opportunities,” Francie Tolle, Oklahoma Department of Agriculture, Food, and Forestry.
 - “Livestock Identification Requirements,” Terry Detrick, Oklahoma Farmers Union.
 - “Alternative Management of Grazing Lands,” Steve Glasgow, Oklahoma Grazing Lands Initiative, Stillwater.
 - “Women in Investing,” David Lerblance, Edward Jones Investments, McAlester.
 - “Nutrient Management for Cattle Production,” Jack Wallace, Oklahoma Cooperative Extension Service, Ada.
 - “Developing Your Small Business,” Karl Scifres, Kiamichi Technology Center, McAlester.
 - “Applied Application for Greenhouses,” Steve Upson, Samuel Roberts Noble Foundation, Ardmore.
 - “Selling at Your Local Farmers Market,” Ted Evicks, Oklahoma Cooperative Extension Service, McAlester.
- There will be a panel discussion on “Poultry Litter Manure Trans-

fer” that will include “Availability of Poultry Litter,” by Dr. Jim Britton with OK Farms at Fort Smith; “Best Management Practices and Marketing Litter,” Sheri Herron with BMP Inc. from Farmington, Arkansas; and “USDA Cost-Share Programs,” Kenneth Risenhoover with USDA Natural Resources Conservation Service.

There will also be a panel discussion on “Non-Traditional Alternative Agriculture” (commercial production) that will include “Organic Horticulture and Herbs,” Bill Kazokas, Watkins Agricultural Research and Extension Center, Lane; “Grape Vineyards for Wine Production,” Susan Devens, Victory Vineyards, Pittsburg County; and “Wine Production.”

A special feature this year will be “Women at Work” (commercial production) featuring area women who are actually “in the business” sharing the following: “Dairy Cattle Production,” Sharla Beebe, Beebe Farms, McIntosh County; “Poultry Broiler Farming,” Josephine McMahan, retired broiler chicken grower, Haskell County; “Swine Production,” Glenda Treadway, Treadway Ranch, Haskell County; “Goat Production,” Karen Brown, Middle Mountain Dairy, Pushmataha County; “Beef Production,” Tanya Laney, Laney Ranch Inc, Latimer County; “Organic Beef Processing,” Judy Chappell, Bar Diamond Ranch, Pittsburg County; and “Marketing Beef,” Barb Brecheen Gilbertson, Dizzy B Ranch, Pittsburg County.

The conference also includes an equipment and vendor exhibit area with representatives from agencies, businesses, and organizations such as Farm Credit Services, Farm Workers Health Program, Kay’s Meat Processing, The Kerr Center, Langston University, McMahan’s Appraisal Service, Oklahoma AgrAbility Project, Oklahoma Cooperative Extension Service, Oklahoma Small Business Development Center, Rural Enterprises of Oklahoma, USDA Farm Service Agency, USDA Natural Resources Conservation Service, and USDA Rural Development. Exhibit spaces and sponsorships are still available if you are interested in becoming part of this event.

There will be a wide assortment of door prizes given away during the day, a drawing for three cash awards of \$100 each at the end of the day, and all conference attendees will receive a goody bag and a book filled with resource material. Registration fee to attend is \$20 per person or \$15 for students (with student ID required), which includes a luncheon with Guest Speaker Kathy Taylor, Secretary of Tourism, Oklahoma Department of Commerce. Counties targeted for this event include Atoka, Coal, Haskell, Hughes, Latimer, LeFlore, McIntosh, Pittsburg and Pushmataha, but anyone with an interest is welcome to attend. **Registration deadline is March 10, 2006.** For additional information please call **918-423-2479**.

You are invited and encouraged to take advantage of this unique opportunity to meet other women involved in agriculture and small business and become part of a network of support while organizing your operation/business to accomplish your goals. Take home a wealth of information and keep “sowing the seeds of success” long after the conference is over!



Assistant Chief speaks to NNALEA

Assistant Chief Mike Bailey addressed the National Native American Law Enforcement Association (NNALEA) Conference in Las Vegas. The conference was held November 14-17 at the MGM Hotel. Bailey was a special guest speaker at a reception held with the “Focus on Native American Youth.”

Pictured with Assistant Chief Bailey is Dewey Webb of Washington, D.C., President of NNALEA and a Special Agent of the Bureau of Alcohol, Tobacco, Firearms and Explosives. Webb is a member of the Choctaw Nation. Also pictured is Daryll Davis of Sanford, Florida, a NNALEA officer who holds the position of Senior Director of Customs and Border Protection.

A blanket was presented to Assistant Chief Bailey in recognition of his attendance as a guest speaker.

Conservation Innovation Grants

The U.S. Department of Agriculture announced that \$20 million for Conservation Innovation Grants will be available to fund selected FY 2006 grant applications due on March 20, 2006. “The CIG components available in Oklahoma in FY 2006 are the Natural Resource Concerns Component and the Technology Component that provide opportunity to promote conservation technologies and stimulate innovative approaches to environmental enhancement and protection on working lands,” according to Ann Colyer, Tribal Resource Conservationist. “Farmers and ranchers will benefit by having new technologies to protect the environment and comply with federal, state, and local regulations.”

The synopsis for the grant opportunity for FY 2006 is available at <http://www.grants.gov/search/search.do?mode=VIEW&oppld=7546>. The full announcement is available at http://www.nrcs.usda.gov/programs/cig/pdf_files/CIG06WebFinal.pdf. Additional information on Conservation Innovation Grants is available at <http://www.nrcs.usda.gov/programs/cig> or your local NRCS office.

All programs and services of the Natural Conservation Service are provided in a nondiscriminatory manner.

Emergency Conservation Program

As a result of the continued drought, the Bryan County FSA Committee has requested and received approval to implement the Emergency Conservation Program (ECP). This program will provide federal cost-share dollars to approved agriculture producers who have a livestock water emergency. Practices such as drilling wells, installing pipelines, and temporary water storage tanks are all included in ECP. In addition, the local committee has also requested funds for the repair of fences that were damaged by natural occurring wildfires. While this has not been approved, applications will be accepted during the signup period which began January 17 for these practices as well. Individuals are encouraged to call FSA, 580-924-4131, ext. 2, and set up an appointment to apply.

Protect your home from wildfire!

Every year many families lose their homes and possessions to the ravages of wildfire. These losses can be minimized if homeowners take the time and trouble to become aware of safety measures to help protect their homes. By observing these precautions and procedures, you can reduce the risk of losing your home to wildfire. Only you can decide if it’s worth the effort.

- **USE FIRE-RESISTANT BUILDING MATERIALS** such as asphalt roofing shingles, tile, slate, sheet iron, aluminum, brick or stone. Combustible materials should be treated with fire-retardent chemicals.
- **CLEAN YOUR ROOF** regularly to avoid accumulation of leaves, twigs, pine needles, and other flammable materials.
- **KEEP YOUR CHIMNEY CLEAN** – At least twice a year, inspect your chimney for an accumulation of soot or creosote. Clean your chimney at least once a year, or more often, if necessary. Keep the dampers in good working order.
- **STORE FIREWOOD AWAY FROM YOUR HOME** – All combustibles such as firewood, picnic tables, boats, etc., should be stored away from structures.
- **USE ONLY APPROVED WOODBURNING DEVICES**, installed according to the manufacturer’s recommendations and local regulations. When you dispose of your stove or fireplace ashes, take the following precautions: place ashes in a firesafe container, let sit for two days until all hot embers are completely extinguished, then dispose of the cold ashes in a cleared area free of all flammable material.
- **INSTALL A SPARK ARRESTER** – Every home and cabin built in a wooded area should have a spark arrester on its chimney. It should be constructed of non-flammable, corrosive-resistant material, similar to stainless steel. The openings in the mesh should be

Tribal officials are working throughout the Choctaw Nation, assessing the safety of tribal trust land against wildfire. If you live on trust land and have any questions, please call the Choctaw Fire Prevention officer, David Linton, 800-509-4571.

- no larger than 1/2-inch in diameter. Inspect your spark arrester annually for broken mesh and secure installation.
- **CONTROL VEGETATION.** A fuel break at least 30 feet wide should be established and maintained around all structures. Wider fuel breaks are needed around buildings located on steep slopes or in areas of dense, highly flammable fuels.
 - **DEVELOP A WATER SUPPLY.** An adequate and reliable water supply is essential to protect structures and natural areas from fires. Water can be supplied in rural areas by wells with high volume pumps. A plan should be developed to locate and note nearby creeks, rivers, lakes, and ponds so that firefighters can obtain additional water, if needed. Swimming pools may also be considered a source of additional water supply. A garden hose outlet should be installed on the exterior of each dwelling. One hundred feet of hose should be racked and connected to the outlet to be available to protect all sides of the house and roof.
 - **PLAN ADEQUATE ACCESS AND ESCAPE** – Each home should have at least two different entrance and exit routes. All roads leading to your property should be at least 16 feet wide to allow for easy entrance of fire trucks and the passage of vehicles evacuating the area. Plan a safe retreat route for you and your family before a forest fire occurs, and make sure everyone knows the plan. Emergency phone numbers should be posted near the telephone.
 - **HAVE FIRE TOOLS HANDY:** a ladder long enough to reach the roof in case of a roof fire, 100 feet of pre-connected garden hose, a shovel, a rake, and a bucket. These tools should be kept in an easily accessible place, and all occupants of the house should know where they are located.

In a major conflagration, fire protection agencies may not have enough equipment and personnel to be at every home. Taking all proper precautions before a wildland fire will be your best defense against it.

Fire Departments

continued from Page 1

Chief Pyle said he realized the resources of local fire departments were stretched to the limit with all of the emergencies they are currently responding to and hopes that the tribe’s assistance will help substantially with their expenses. “The Choctaw Nation is blessed to be financially able to give back to our communities,” said Assistant Chief Mike Bailey. “Providing a financial boost to the budgets of the many volunteer fire departments in our area is the right thing to do.” The Choctaw Nation has taken measures to protect tribal facilities by following tips put forth by the forestry program and safety program such as cutting grass as short as possible, removing leaves from around foundations, and plowing fire lines where possible.

VOCATIONAL REHABILITATION							
MARCH	SUN	MON	TUE	WED	THU	FRI	SAT
				Atoka 1 10 am-2 pm Coalgate 10:30-1:30	2	3 Idabel 10 am-2 pm	4
	5	6 Antlers by appt only	7 Stigler by appt only McAlester 10 am-2 pm	8 Talihina 10 am-2 pm	9	10 Poteau 11:30 am- 1 pm	11
	12	13	14 Crowder and McAlester by appt only	15 Wilburton 10:30 am- 2 pm	16	17 Broken Bow 10 am-2 pm	18
	19	20	21 Wright City by appt only	22 Durant by appt only	23	24 Bethel by appt only	25
	26	27	28	A Vocational Rehabilitation representative will be available at the locations listed. A representative is available Monday thru Friday 8-4:30 except for holidays at the Hugo office.			
2006							

FOOD DISTRIBUTION	
March 1 Idabel 9-11 a.m. Broken Bow 12 noon-2 p.m.	
March 2 Stigler 9 a.m.-12 noon Poteau (A-L) 9 a.m.-2 p.m.	
March 3 Bethel 9-10:30 a.m. Smithville 12 noon-2 p.m.	
March 5 Poteau (M-Z) 9 a.m.-2 p.m.	
March 8 Warehouses open	
March 29 Last day for warehouses	
March 30-31 Closed for inventory	

Food Distribution Program workers will take a 30-minute lunch break from 11:30 to 12 noon. Please bring boxes with you to pick up your commodities. If you cannot pick up commodities when you are scheduled, please notify the Food Distribution Office at 800-522-6170 so they can tell you where you need to go. **ANTLERS:** Choctaw Community Center, 306 S.W. “O” St. **BETHEL:** Choctaw Community Building. **BROKEN BOW:** Choctaw Family Investment Center. **DURANT:** Choctaw Commodity Warehouse, 100 Waldron Dr. **IDABEL:** Choctaw Village Shopping Center. **McALESTER:** Choctaw Commodity Warehouse, 1212 S. Main. **POTEAU:** Choctaw Family Investment Center. **SMITHVILLE:** Big Lick Church. **STIGLER:** Choctaw Community Building. In accordance with federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call 800-795-3272 (voice) or 202-720-6382 (TTY). USDA is an equal opportunity provider and employer.

OBITUARIES

Rev. David Lewis

The Rev. David Lewis, 70, of Milburn, Oklahoma, passed away December 31, 2005, in Ravia, Oklahoma. He was born December 25, 1935, in Ravia.

He graduated from Ravia High School. He married Linda Carol Sweeten on May 1, 2005, in Tishomingo, Oklahoma. He was a minister, construction worker and a veteran of the U.S. Army. A member of the First Indian Baptist Church in Tishomingo, he loved reading the Bible, listening to gospel programs and Christian music, liked taking walks, riding his bike, and working in the yard.

He was preceded in death by his parents, Mack D. Lewis and Ora Mae Sweeney; brothers, Owen Lewis and Dossie Lewis; and sisters, Mae Fleming and Minnie Bell Lewis.

Survivors include his wife; brothers, James Kenneth Lewis and Beasley Lewis; son, David Eugene Lewis; stepson, James Cooper; daughters Neva Jo Detar and LaWanna Gayle Haiakanubbi; step-daughter, Adrienne Cooper; nine grandchildren, one step-grandson, and four great-grandchildren.



George C. Farr

George Carter Farr, 61, passed away December 12, 2005, in Owasso, Oklahoma. He was born July 20, 1944, in Charlotte, North Carolina, to George Churchul Farr and Jonnie Marie Carter Farr.

He completed his secondary education in Claremore at the Oklahoma Military Academy, Class of 1962. He earned a degree in computer science from Tulsa Junior College. He married Leanna Aldridge on May 23, 1969, in Beggs, Oklahoma.

Mr. Farr was active as a Boy Scout leader and was a member of Wood Badge. He also enjoyed leather work and was a member of Tandy's Leather Guild. He retired from the U.S. Army Corps of Engineers.

Survivors include his wife of the home; son, George Christopher Farr and wife, Leonna, of Owasso; seven grandchildren; sister, Maria Goodman and husband, Mike, of Sulphur; and his mother of Sulphur.

Phillip Michael Willis

Phillip Michael Willis, 51, of Yukon, Oklahoma, passed away January 5, 2006. He was born November 9, 1954, in Lawton, Oklahoma, to Henry J. and Carole Willis.

Mike was of Choctaw and Kiowa descent. He graduated in 1973 from Stratford High School where he excelled in sports, lettering in football and track; music, placing superior ranking in state and tri-state competitions; and academically, receiving numerous medals in math and science. He attended the University of Oklahoma and became a lifetime avid OU fan and supporter. He was a member of the "Crimson Reign" Sooner Fan Club.

Mike was employed by Wells Fargo Financial, where he had worked in auto sales and auto financial management for over 25 years, receiving numerous sales awards and recognitions. One of his favorite awards was winning a trip to the Orange Bowl to see his beloved OU play. Mike developed and initiated an auto financing program that still exists today, which has provided opportunities for many persons to receive financial assistance in purchasing automobiles.

He supported, attended and was a member of Yukon First United Methodist Church, where he held many offices including administrative chairperson and missions chair. He taught Sunday School for 14 years and worked with the youth group. He was a diligent worker and leader at their annual Groundhog Day fund-raising where he was affectionately called "Bossy Hog." Mike's leadership extended to various organizations and community events.

Survivors include his daughter, Mallori Renee of Yukon, a student at OU, to whom he was a wonderful and loving father. He is also survived by his parents; two brothers, Tim Willis and wife, Vicki, of Cary, North Carolina, and Carl Willis of Lawrence, Kansas; four sisters, the Rev. Julianne Elaine Judd and husband, Rev. John, of Lawrence, Kansas, Sandra C. Poolaw and husband, Robert Jr., of Anadarko, Victoria Willis of Norman and Michelle Estrada and husband, Rudy, of Oklahoma City; 10 nephews, Michael, Steven and John (Jr.) Judd, Dane, Jeffrey and Elias Poolaw, T.J. and Tristan Williams, and Phillip and Matthew Estrada; two nieces, Caroline Judd and Marisa Poolaw; five great-nieces, and one great-nephew namesake.

Mike's family extends their unending appreciation for the support of the Choctaw Nation, Chief Pyle, Assistant Chief Bailey, Joy Culbreath, and the Choctaw Language Department.

Wanda LaVonne Wall Morrow

Wanda LaVonne Wall Morrow, 81, passed away September 28, 2005, at her residence. She was born July 8, 1924, in Enterprise, Oklahoma, to Green McCurtain Wall and Buena Agnes Oliver Wall.

After living in California for many years, she moved to Mansfield, Arkansas, in 1983 where she worked at the Dixie Belle Cafe.

She was preceded in death by her brother, Thomas Jasper Wall of Mansfield.

Survivors include her husband, S.G. "Pete" Morrow, and sons, Gary Morrow and Steven Morrow, of California; her daughter, Tommie Jean (George) Long of Florida; her grandson, Shawn (Suzanne) Speelman, and one great-grandson, all of North Carolina; her aunt, Mable Oliver, and cousin, Margaret Ann (Milo) Hughes, both of Waldron, Arkansas; and many more cousins and loving friends.

Jewell Mae Faust

Jewell Mae Faust, 95, passed away December 7, 2005, in Fresno, California. She was born June 5, 1910, at Arch, Oklahoma, to Susan and Bayless Cowen. Susan was an original Choctaw enrollee.

Jewell, with her husband, Jay C. Faust, and family, moved to California in 1947. She worked for Hughes Aircraft Co. as an aircraft assembly worker. She retired in 1973.

She was preceded in death by her husband in 1985; her parents; sister, Etta; brother, Lee Cowen, and one grandchild.

Survivors include two sons, Dale Faust of Tollhouse, California, and Bill J. Faust of Krebs, Oklahoma; two grandchildren; four great-grandchildren, and four great-great-grandchildren, all of California. She left behind many good friends and was loved by each and every one who ever knew her.

She was a wonderful mother to her two sons who loved her very much.



Nelson A. 'Chief' Williams Jr.

Nelson A. "Chief" Williams Jr., 53, of Bennington, Oklahoma, passed away January 7, 2006, in Ada, Oklahoma. He was born May 19, 1952, in Talihina, Oklahoma, to Nelson A. and Samantha Fobb Williams of Bennington.

Chief enjoyed his job working at Bennington School and was a number one fan of the basketball team. He liked working with horses and watching his niece ride in playdays. He was her horse handler. He loved his family and all the kids at the school. His presence will be truly missed.

He was a member of Chishoktak Indian Presbyterian Church in Bennington.

He was preceded in death by his parents, brothers-in-law, Daniel Barboan and Delbert Brock, and nephew, Jason Brock.

Survivors include sisters, Sue Folsom and husband, Mike, of Bennington, Shirley Barboan of Durant, Anita Marie Navarro of Montclair, California, and Bertha Brock of Tulsa; 10 nieces, 10 nephews, 19 great-nieces, 22 great-nephews, two great-great-nieces and one great-great-nephew.

James 'Chief' Noahubbi

James "Chief" Noahubbi of Dallas, Texas, passed away November 21, 2005, at home. He was born July 29, 1961.

He was married to Diane Baptiste Gonzales and later divorced. He attended two years of college at Haskell Jr. College in Lawrence, Kansas. James was an all-around sportsman since he was a child. From fishing and hunting, where at the age of 13, he killed his first 13-point buck, to football, baseball, softball, track and field. James was also a boxer, winning the Heavy Weight High School rank Golden Gloves Championship in Dallas.

He was preceded in death by his father, Nelson James Noahubbi, and brothers, Carl Edward, Russell Dean, Joe Benny, and Danny Osage.

Survivors include a son, James Noahubbi Jr. of Irving, Texas; grandson, Eric Nashoba-Osie Noahubbi of Irving; mother, Susie Jane Wilson Noahubbi of Dallas; sisters, Wanda Lou Osage Smithson of Garland, Texas, and Gail Ann Noahubbi Plunkett of Mesquite, Texas; an aunt, Hazel N. Noahubbi Smith of McAlester; a host of nephews, nieces, great-nephews and nieces, and relatives living in Bethel and McAlester and a host of friends.



Sisen Baker

Sisen Baker, 87, of Hartshorne, Oklahoma, passed away January 9, 2006, at McAlester Regional Health Center. She was born April 16, 1918, in Weathers, Oklahoma, the daughter of Ada Muckintubby James.

She married David L. Baker in March of 1932 in Ft. Smith, Arkansas. Sisen lived most of her life in the Jack Fork Community. She was a lifetime member of the Sardis Indian Baptist Church where she served in various ways. She was the church clerk, children's Sunday School teacher, songleader, cook, and was always willing to do whatever needed to be done for the furtherance of the Gospel.

Her favorite hobbies were gardening and quilting. She loved Gospel singing and for many years celebrated her birthday with an all-night Gospel singing at Sardis.

She was preceded in death by her husband; a daughter and son-in-law, Cecelia and Joe Williams; mother; and a sister, Malinda Cacy.

Survivors include a son and daughter-in-law, Arnold and Patti Baker of Hartshorne; two daughters, Ruth Kemp of McAlester and Christine Baker of Oklahoma City, 14 grandchildren, 34 great-grandchildren, eight great-great-grandchildren, and many other family members and friends.

Meada Creason King Rusco

Meada Creason King Rusco, 78, of Austin, Texas, passed away December 25, 2005. She was born September 19, 1927, in Durant, Oklahoma, to Pallie and George Creason.

Meada spent a lifetime giving of herself in the nursing field. After graduating from high school she attended the Paris School of Nursing in Paris, Texas, and graduated with her Registered Nurse license. She lived with a determination to do something every day to make the world a better place.

Survivors include two children, Judy and Jimmy; two grandchildren, Stepheny and Andrea; one sister, Flo Dillard; and one cousin, Dorothy Green.



Arletta Owassa Grove

Arletta Owassa Grove passed away December 7, 2005, in Denver, Colorado. She was born July 10, 1923, in Capulin, New Mexico, to Ernest and Ola Johnson Inlow.

She was preceded in death by her husband, George, and her son, George Lanny.

Survivors include her son, Allen Grove, and her daughter, Rebecca Sauve; sisters, Wanetta Hoskins and Stella Williams, both of Kerrville, Texas; seven grandchildren, ten great-grandchildren, and many nieces and nephews.

Tammy Sinn

Tamra Kay "Tammy" Sinn, 44, of Waitsburg, Washington, passed away December 17, 2005, at St. Mary Medical Center in Walla Walla, Washington. She was born April 10, 1961, in Dayton, Washington, to Robert L. Rose and Betty P. Wilson Rose.

Tammy attended Dayton High School and was a rural route carrier for the Richland, Washington, Post Office for seven years.

She married Fred Sinn on April 13, 1979, in Coeur d' Alene, Idaho. They lived in Deer Park, Washington, for 14 years and just moved to Waitsburg in April 2005.

A homemaker, Mrs. Sinn doted on and enjoyed every moment with her family. She enjoyed cooking and sharing bread recipes with her mother. She loved going to yard and garage sales and willingly helped others.

She was preceded in death by her father; brother, Jack Rose; and grandparents, Adabelle and Vern Rose.

Survivors include her husband of 26 years, at the home; daughter, Jackie Leker of Spokane, Washington; son, Quentin Sinn of Waitsburg; her mother, Betty Stacy of Waitsburg; grandparents, Rose Wilson of Dayton and Jack Wilson of Twin Falls, Idaho; and three grandchildren, Kaetlyn, Melciah and Blain Leker of Spokane.

Gene Billy

Nolan Gene Billy, 66, passed away December 14, 2005, at his residence following an illness. He was born January 6, 1939, in Finley, Oklahoma, to Elliston and Ruth Flowers Billy. He was raised and attended schools in Springer, New Mexico. He was a member of the Springer Fire Department and the Springer Jaycees. Gene made his home in Santa Rosa in 1977. He loved woodcarving and was especially proud of his Choctaw heritage.



He was preceded in death by his parents; his sisters, Evelyn Billy and Carolyn Billy Martinez; brothers, Joe Billy and Elton Billy; and mother and father-in-law, Eduardo and Marcella Baca.

Survivors include his wife, Gloria Billy, of Santa Rosa; daughter, Meagen Billy of Santa Rosa; sons, Randy Hager and wife Marie and William Hager, all of Avondale, Arizona; grandsons, Seth Hager and Jake Hager; brother, George Buddy Billy of Springer; sister, Carrie West of Capitan, New Mexico; brother-in-law, Gene Martinez of Denver, Colorado; nephew, Craig Martinez of Denver; nieces, Dana Parker and husband Mike of St. Petersburg, Florida, and Monica Martinez of Denver; uncle and aunt, Joe and Tommie Lopez of Springer; a special friend, Evelyn Parrack of Amarillo, Texas; along with a host of family and friends.

Bonnie Harreld

Bonnie Harreld, 76, of McAlester, Oklahoma, passed away August 28, 2005, at McAlester Regional Health Center. She was born February 1, 1929, in Indianola, Oklahoma, to Fred and Lessie White Nale.

She grew up in Indianola where she went to school. She married Everett Harreld at the age of 15 on December 2, 1944. She went to work as a waitress for the White House Cafe where she worked for many years. Later she went to work for the Elsing Clothing Manufacturer for 17 years. She then worked for Komar as a sewing machine operator, retiring in 1990. After her retirement Mrs. Harreld remained a homemaker. She was of the Baptist faith.

She was preceded in death by her parents; husband; a brother, Johnny Nale; a sister, Gayle McAdoo; mother and father-in-law, Ethel and Glenn Harreld Sr.; sister-in-law, Lorraine Harreld Brown; brothers-in-law, Glenn Harreld Jr., Temple D. Harreld, C.D. Hopper, T.E. Whitfield, Bob Lance and V.C. McAdoo.

Survivors include a daughter and son-in-law, Brenda and John Hancock of McAlester; two grandchildren, Kari Hancock and Jared Hancock, both of McAlester; four sisters and brother-in-law, Wanda Hopper of Gardena, California, Juanita Lance of McAlester, Wynema McAdoo of Indianola, and Fran and James Stiers of Tuttle, Oklahoma; and several nieces, nephews and cousins.

Marial Hudson

Marial L. Hudson of Brawley, California, passed away on April 19, 2005. She was born on February 22, 1908, in Stuart, Oklahoma, to Lela Turner Wooley and Samuel Lawrence Wooley, an original Choctaw enrollee. She was raised in Stuart, graduating from Stuart High School in 1926. She moved to California in 1928 and lived there all her life. Marial married Rex Hudson on November 27, 1933, in Brawley where they made their home. Mrs. Hudson was a member of the LDS Church in Brawley and a member of the McAlester Ohoyohoma Club. She was proud of her Choctaw heritage.



She was preceded in death by her husband on December 16, 1993; her parents, three brothers and one sister.

Survivors include her daughter, Sammie Laura Hudson of Brawley; sister, Mildred Reynolds of Hanford, California; seven grandchildren, nine great-grandchildren, two great-great-grandchildren, five nieces and one nephew and their families.

Melvina 'Tootsie' Lanning

Melvina "Tootsie" Lanning, 74, of Talihina, Oklahoma, passed away October 9, 2005, at the Broken Arrow Nursing Home. She was born March 18, 1931, in Talihina to C.L. and Lydia McNatt McIntosh. She was married to Hugo Lanning, who preceded her in death.

Mrs. Lanning was a member of the Talihina Assembly of God Church. She was a beloved mother and grandmother and will be missed.

She was also preceded in death by her parents and one brother, C.L. McIntosh Jr.

Survivors include two sons, Chester and Jane Lanning of Broken Arrow and Larry and Vicki Lanning of Moore, Oklahoma; daughter, Sharon and James Hill of Nixa, Missouri; brother, Lester McIntosh of California; sister, Juanita Transue of Talihina; four grandchildren and nine great-grandchildren; numerous nieces, nephews and many friends.

O.D. Terrell

O.D. Terrell, a lifelong Sans Bois resident, passed away January 9, 2006, in a Tulsa hospital. He was born December 6, 1917, in Sans Bois to Houston Terrell and Louisa James Terrell. He grew up and received his education at Jones Academy in Hartshorne.



He served his country during World War II with the U.S. Army. After the war he was married to Imogene Billy. He farmed and ranched for several years before beginning a career with the McAlester Ammunition Depot until his retirement. He later worked for Haskell County District 2. Mr. Terrell became a devoted member of the Kinta First Baptist Church. He will be remembered as a man who loved his family, his church, and his neighbors. He will be missed by all who knew him.

He was preceded in death by his parents; two sons, Frankie and O.D. Terrell Jr., six brothers and two sisters.

Survivors include his wife of 60 years, Imogene Terrell of the home; two daughters, Louisa "Tad" Gonzalez and husband Paul of Sans Bois, Ima Gonzales and husband, Feliz, of Graham, Texas; two sons, Johnny Terrell and wife Janie of Sans Bois, Mike Terrell of Sans Bois; 10 grandchildren, Steve Gonzalez, Paula Lynch, Tammy Gonzales, Chris Gonzalez, Larry Fobb, James Terrell, Robert Terrell, Wayne Hess, Marsha Followill, and Carrie McCoy; 14 great-grandchildren, Rebecca, Josh, Dusty, Eric, Dominique, Kurt, Gravity, Jordan, Candace, Shelby, Lacey, Ashley, Brittany, and Chelsy; and one sister, Hester Stiles of Sans Bois.