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The Official Publication of The Choctaw Nation of Oklahoma

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March 2006 Issue

Wheelock is site for this year's walk

Chief Gregory E. Pyle, Assistant Chief Mike Bailey and the Choctaw Nation Tribal Council invite everyone to participate in the Annual Commemorative Trail of Tears Walk to be held Saturday, May 20. Ceremonies will begin at 10 a.m. at the Millerton Park with opening remarks by Chief Pyle. The walk will end at Wheelock Academy, which is approximately 3 miles from the starting point in Millerton.

Please park your car at Wheelock between 8 and 10 a.m. and ride a shuttle bus to the starting point.

Lunch will be provided.

For more information, please call the Special Events Department at 800-522-6170.

Become a part of Wheelock

Your name can become a lasting part of historic Wheelock Academy. Bricks with names of Wheelock alumni and other friends of the school are being laid as part of a Memorial Brick Sidewalk in front of the museum at Wheelock. For an order form, please see Page 2.

Council approves budgets

The Choctaw Nation Tribal Council met in Regular Session February 11th to approve budgets for the Native American Caregiver Support Program, Administration on Aging, Injury Prevention and Title VI.

The Council also endorsed making application to federal agencies for several programs, including Early Reading First Program, Domestic Violence Transitional Housing Assistance, Library Enhancement, and Transportation Assistance.

Oil and Gas Leases were approved in favor of Whitmar Exploration Company in Latimer County, Chesapeake Exploration in Pittsburg County and Chaparral Energy in Marshall County.

A contract proposal was agreed upon to buy components needed to sell fuel at the Daisy Store.

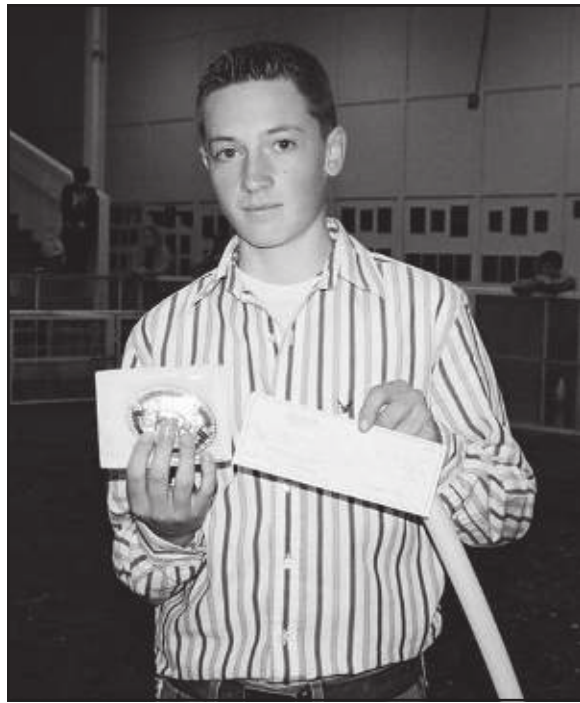
The next Regular Session of the Choctaw Council is scheduled for March 11th.

Documents needed for pending applications

Choctaw Nation of Oklahoma's CDIB/Membership Department has several hundred applications pending due to lack of required documentation. Files lacking such items as a state birth or death certificate or an affidavit cannot be completed.

See CDIB on Page 3

T-shirt order form on Page 13



Freddie James, Wilburton Senior Swine Showmanship



Bryce Livingston, Wilburton Junior Swine Showmanship

Annual Livestock Show held on EOSC campus

The 15th Annual Choctaw Nation Livestock Show was held February 4-5 on the campus of Eastern Oklahoma State College, Wilburton.

Taking top honors in the swine show on Saturday are:

Senior Swine Showmanship, Freddie James, Wilburton, and Junior Swine Showmanship, Bryce Livingston, Wilburton. Grand Champion Swine was awarded to Micah Tiger, Jones Academy; Reserve Grand Champion Swine, Ricky Morgan, Hartshorne.

In Sunday's beef show, Mason Jones, Calera, won Senior Beef Showmanship, and Kyle Pingleton, Hartshorne, Junior Beef Showmanship. Jordan Mobbs, Tushka, had the Grand Supreme Heifer, and Leslie Carter, Calera, the Grand Champion Steer. Reserve Grand Supreme Heifer goes to Taylor Mobbs, Tushka, and Reserve Grand Steer to Clint Crane, Wister.

Also in the swine division:

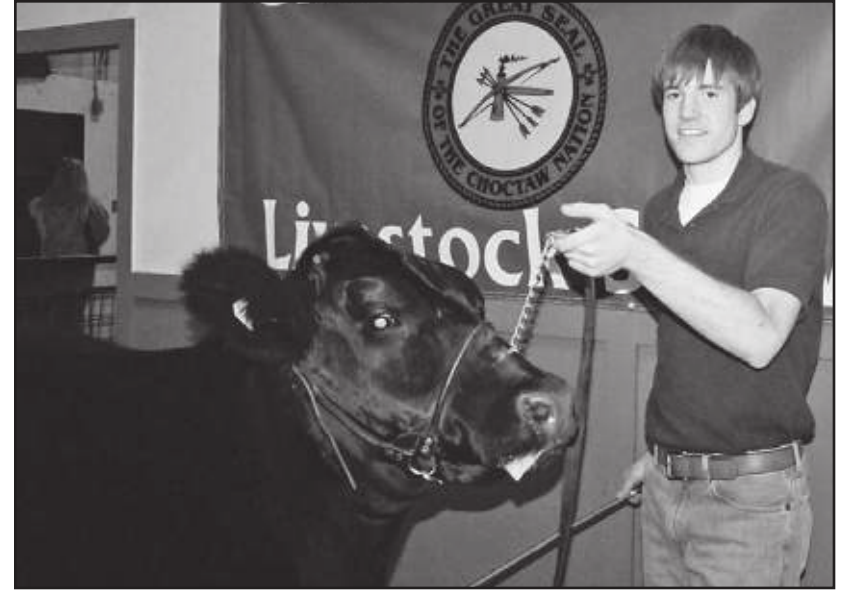
DUROC

Breed Champion: Hannah Palmer, Idabel; **Reserve Breed Champion:** Kaleb Barcheres, Hartshorne.

Class I

1st: Jeremiah Wakins, Jones Academy; 2nd: Audra King, Buffalo Valley; 3rd: Rachel Norris, Tushka; 4th: Jessica Collins, Milburn; 5th: Jessica Collins, Milburn; 6th: Ashlyn Murduagh, Stuart; 7th: Kyla Tate, Silo; 8th: Kyle Brown, Spiro; 9th: Kyle Tate, Silo; 10th: Dustin Duggan, Wilburton.

More RESULTS on Pages 8-10



Mason Jones, Calera, Senior Beef Showmanship



Kyle Pingleton, Hartshorne, Junior Beef Showmanship

Museum staff busily planning for Labor Day weekend

The 3rd Annual Choctaw Indian Art Show and Sale will be coming up in September. If you are interested in receiving an application and information about the show, please mail an interest form, found on Page 9, to Beverly Nelson at the Tribal Complex in Durant. Eligibility for this show consists of having a Membership Card in the Choctaw Nation of Oklahoma tribe and being a minimum of 17 years old. If you have any other questions, please call Beverly Nelson at 800-522-6170, ext. 2485. Art packets will be mailed beginning this month and entry forms are due by July 31.

Among other exhibits, museum staff have been busy planning for the Labor Day event with another exhibit featuring Choctaw stories and our Choctaw language. This will also be in conjunction with an Institute of Museum and Library Services grant to help bolster our volunteer count and target schools with educational programming. We would like to take this opportunity to say "Thank You" to the Language Department for all their assistance with this project.

The Capitol Museum will be host to an intertribal group of museum staff during March. At this time, we

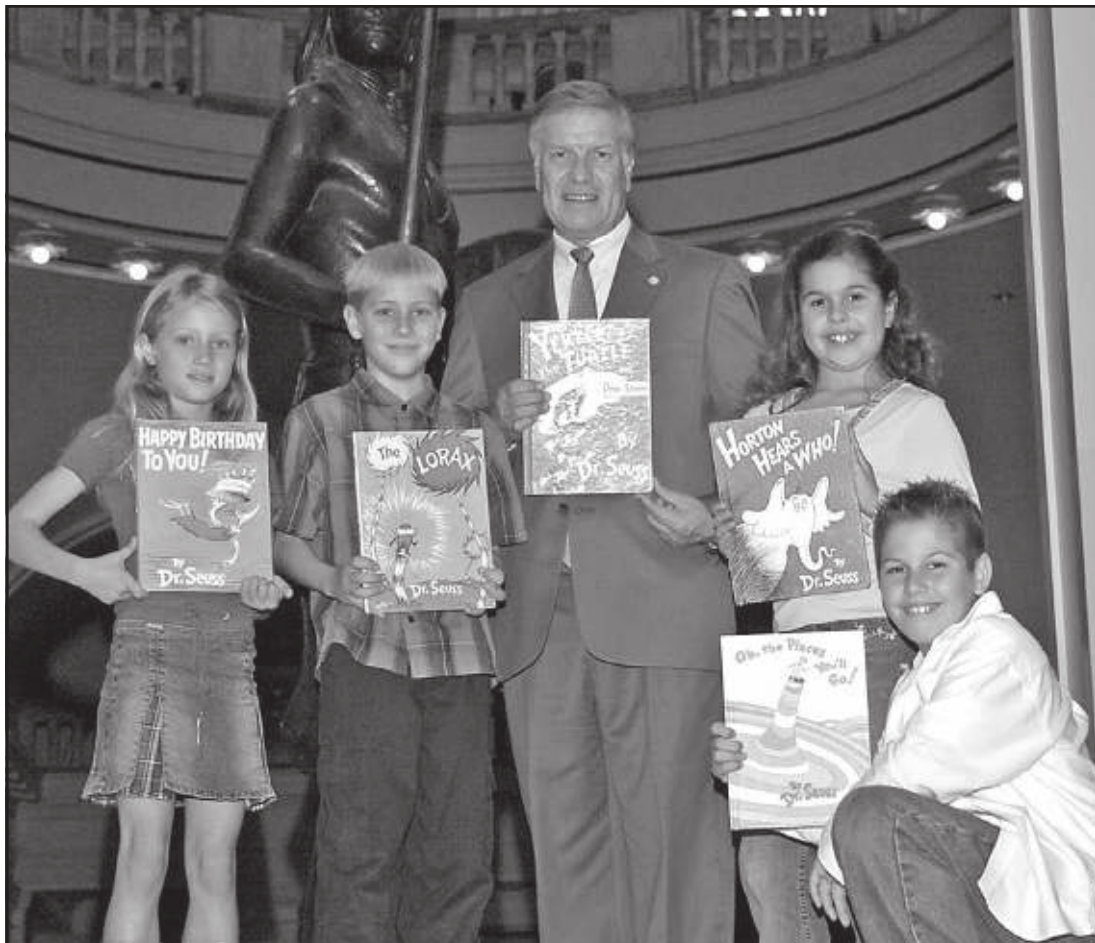
will discuss issues and share ideas that are common to all museums with the intent of networking, sharing and giving support to what we want to accomplish in our tribal museums.

We are working to add more photos of our Choctaw people to the "Chahta Sia Hoke" wall, an exhibit that everyone seems to truly enjoy. As new pictures are donated to the museum, we clean them by museum methods, scan them, save the images to a CD and then properly store the originals so they will be preserved for future generations to enjoy and learn from. For all our exhibits, including the Chahta Sia Hoke, we use only copies, never originals. If you have family pictures that you would like to have placed on the wall, contact Beverly at bnelson@choctawnation.com; or, you can take your photo to the museum and Regina Green will work with you. If you wish to donate an original, we will be glad to send you a scanned copy, either on CD or printed, when we make one for display; however, if you wish to keep your original, you can loan it to the museum and we will make a digital copy and return your original. We will be glad to send you a scanned copy, either on CD or

printed, when we make one for display; however, if you wish to keep your original, you can loan it to the museum and we will make a digital copy and return your original. Either way, we will want to visit with you and learn all about your photo and fill out the proper paperwork. We do appreciate all family photos but would also like pictures you may have of any aspect of our Choctaw history, including the Labor Day festivals, photos of Choctaw schools, churches, homes and businesses from the past. You don't have to be "famous" to be important to our museum - you just have to be Choctaw.

We want to publicly thank an anonymous donor for the generous donation to the museum. The museum's mission is to utilize its collection to preserve and promote knowledge and understanding of tribal culture and heritage for Choctaw descendants and the general public. Their gift tells us we are following our mission. Thank you. The visitor attendance has increased 41 percent since last year. We love what we do for our tribal community and your acknowledgement of our work helps us move forward.

Come see our history.



Read Across America

Chief Gregory E. Pyle recently gathered with some of the youth participating in the Read Across America program at the Oklahoma State Capitol. Originally created as a one-day event to celebrate the joy of reading on March 2, Dr. Seuss's birthday, NEA's Read Across America has grown into a nationwide initiative that promotes reading every day of the year.

Tribal enterprise wins contract to provide services to embassies

A contract has been awarded the Choctaw Archiving Enterprise (CAE) to provide facilities maintenance services to United States embassies and consulates around the world. This is an International Maintenance Assistance Program (IMAP) between CAE and the Department of State.

The five-year contract is to provide repairs, preventive maintenance, and rehabilitative services for over 260 embassies and consulates in 175 countries around the world. More than 60 employees have jobs that include program management, engineering, planning and estimating, quality control, security, travel, finance, and logistics personnel. Mobile crews are responsible for routine equipment repairs and maintenance, scheduling infrared and vibration analysis support, providing technical support via telephone and e-mail to facility managers, and interfacing with Overseas Buildings Operations and Posts for emergency repairs.

Choctaw Chief Gregory E. Pyle said, "We are pleased to be able to offer this service through an agreement with the Department of State.

"We are confident that this new contract will create revenue for the Choctaw Nation and provide a much-needed assistance to diplomatic posts worldwide."

This is a performance-based contract, with reimbursements to the tribe based on work that is done. Because of the nature of the work and for security reasons, some details cannot be shared publicly.

From the Chief's desk ...

Young people spreading message of Healthy Living = Longer Life



Chief Gregory E. Pyle

I was pleasantly surprised at a recent dinner held at Jones Academy when students not only prepared the meal for their guests, they also presented a wealth of information about diabetes.

Students forming a healthy lifestyles task force called "I Have The Power (to prevent diabetes)" have decided to promote good foods and activities. Two young people were chosen from each grade to represent this task force, with the older class representatives welcoming everyone and beginning the presentations.

Task force members Angelina Ibarra, Colby Campbell, Kim Ramone, Brandon Pool, Eric Gibson, Lana Johnson, Cheyenne Neal, Andie Picone, Neosha Kauley, Ashley Lawrence, Jessica Sampson, Bennie Simpson, Shaylin Whitebuffalo, Marty Watkins, Thomas Rush, Alisha Picone and Cheyenne Washee talked to the people attending the dinner about diabetes, how to treat it and how to prevent it. Everything from good nutrition to exercise was addressed.

I was impressed that these young people had more knowledge of diabetes than most adults. They also had a unique way of sharing

their knowledge. Brandon and Eric lit a cheeto on fire and timed how long it took to burn. Using this as an example, they said the six minutes it took the cheeto to burn was equal to the six minutes you would have to run to work off the calories it put in your body when eaten.

The Diabetes Wellness Center has been very successful in educating tribal members about the disease that attacks Indian people four times more than non-Indians. Diabetes Wellness Center employees were responsible for setting up the "I Have The Power" task force. Their efforts helped instill healthy habits in the Jones Academy students. The children were assisted in making healthy choices for foods and encouraged to participate in healthy activities.

Healthy Living = Longer Life has been a motto voiced often over the past several years. Choctaw Nation Health Services wants this to be a reality for everyone. Bringing up a generation with full awareness of the benefits of diet, exercise and general well-being is a great advantage to this mission.

From the Assistant Chief's desk ...

Youth events of great importance

The 2006 Beef and Swine Show hosted by Jones Academy at Eastern Oklahoma State College's Goddard Show Barn in Wilburton had a record 400 swine, 90 heifers and 40 steers. This annual event began 15 years ago in Hugo, thanks to a grant written by my brother, Randy Bailey, and the hard work of the Spears family, who still devote a great many hours each year to

Photos and results of this year's livestock show can be found on Pages 1, 8, 9 and 10



Assistant Chief Mike Bailey

ensure the success of the show. The tremendous number of 4-H and FFA members in the 10 1/2 counties who show each year has mandated the expansion

from a one-day event to a two-day show. Potential future growth has prompted the consideration of a split show to be held for northern residents and

their animals at Wilburton and southern residents and their animals in Durant.

The Choctaw Arena in Durant is large enough to accommodate animals shown by tribal members living both inside the southern Choctaw Nation and outside areas.

I am proud to work for a Nation whose leaders such as the Chief and Council encourage and fund youth projects like the livestock shows, Youth Explosion Gospel Singing, Healthy Lifestyles Youth Task Force and many others. Our tribe's future leaders are becoming well-prepared for the life ahead of them.

CDIB, membership applications must include correct documentation

Continued from Page 1

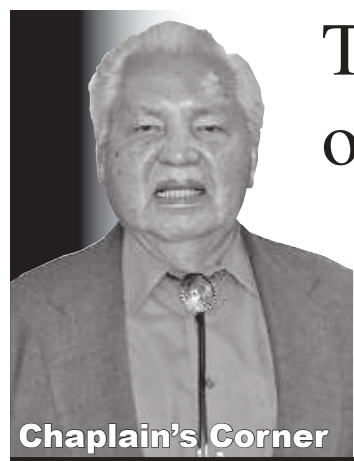
If anyone has applied for a Certificate of Degree of Indian Blood card (CDIB) and received a letter requesting a document, that means the department doesn't have that particular document on file and needs a copy to complete the records and update the file.

Please do not get online to obtain state birth certificates. They will not be the correct ones and you will have to pay again to obtain the correct state full-form birth certificate that is required to obtain a CDIB or Choctaw photo identification card.

If you have had your photo ID picture made at a meeting or in the office and have not received it, it is because we still need documents such as your state full-form birth certificate. Many, many files are marked "pending" because we have not received information that is required to obtain a CDIB or photo ID card.

In the near future, photos in files that have been pending for two to three years will have to start being deleted.

If you have received a letter requesting certain documents, please send them as soon as possible. If you do not have the letter we mailed to you, please write a note and state you received a letter, but no longer have it.



Chaplain's Corner

The Rev. Bertram Bobb

The Blessed Hope of Christ's Return

went up, behold, two men stood by them in white apparel; which also said, Ye men of Galilee, why stand ye gazing up into heaven?"

Not only is it our satisfying hope that Jesus may come at any time, but it is wonderful to know that it will be the same Jesus who will return. Acts 1:11 says, "... this same Jesus, which is taken up from you into heaven, shall so come in like manner as ye have seen him go into heaven."

In I Thessalonians 4:16 we read these words, "For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first."

There is first, the "shout," the victor's shout. Then secondly the voice of the archangel. This will be the voice of Michael that sounds forth, for we read in Jude 9 that he is the archangel.

Then there is the "trump of God." This same trumpet sound is mentioned in I Corinthians 15:52, where it says that the things that will happen when Jesus calls us up to meet Him in the air, will happen "at the last trump."

This trumpet blast will call forth all those who are saved on the earth, and they will rise to meet Jesus in the air. When the trumpet sounds and Jesus calls His own, the first to rise to meet Him in the air will be those bodies of saved people which are in the graves - all the dead in Christ. Paul said, "The Lord himself shall descend from heaven ... and the dead in Christ shall rise first." Out from the graves, up from the ocean depths, all the bodies of born-again men and women shall rise to meet Jesus in the air!

You have stood beside the casket of a loved one who died in the Lord. You have looked upon their earthly features for the last time. The tears came to your eyes, but beloved, remember one thing - when Jesus comes, all the dead in Christ will be raised and will be caught up to meet Jesus in the air!

Someone might say, "I thought the Bible taught that

when a person dies, he immediately goes to be with Christ." And that is right. When a Christian dies, he goes at once to heaven. Paul said in II Corinthians 5:8, "... to be absent from the body, and to be present with the Lord." While the spirit of the Christian goes to heaven when that person dies, his body remains in the grave until Jesus comes. And when Jesus comes, that person, and all others who have gone on before, are going to come with Jesus from heaven to receive their resurrected bodies when they are raised.

Paul said in I Thessalonians 4:13-14, "But I would not have you to be ignorant, brethren, concerning them which are asleep, that ye sorrow not, even as others which have no hope. For if we believe that Jesus died and rose again, even so them also which sleep in Jesus will God bring with him."

Paul says when Jesus comes, He is going to bring the saved from heaven with him. Then the bodies are going to be raised. And there in the presence of the Lord Jesus, that saved person will be united with his resurrected body.

Paul said in I Thessalonians 4:17, "Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord."

When Jesus comes, we are going to leave this old world of sin and corruption and go to be with Jesus forevermore!

Paul closes this chapter with these words in I Thessalonians 4:18, "Wherefore COMFORT one another with these words."

Are you looking for the return of Christ? Are you looking for that Blessed Hope? Jesus is coming again.

There will be some left when Jesus comes, and all because they will not turn to Him, repent and receive Him as their own personal Savior. Will you right now be willing to turn from your own way and turn to Jesus Christ?

Continue to pray for souls to trust Jesus Christ as their personal Savior. Pray for America.

11th Annual Gathering of California Choctaw

May 6 & 7, 2006



New Location! Bakersfield College

Practice Field, 1801 Panorama Dr., Bakersfield

The practice field is located on the back side of the college off University Ave. and Mt. Vernon.

Highlights include:

- Choctaw storyteller **Tim Tingle**
- Choctaw artist **Gwen Coleman-Lester**
- Bronen 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!

There will be no dogs/pets allowed on the grounds this year.

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? _____

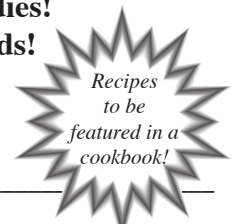
Name _____

Adult/Teen/Child _____ Tribal? _____

Name _____

Adult/Teen/Child _____ Tribal? _____

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



What is cholesterol?

Cholesterol and Your Body

Cholesterol (kuh-les-tuh-rawl) is a type of fat found in your blood. Fats and **cholesterol** are part of the same family of chemical compounds known as **lipids** (lih-pihdz). A chemical compound is created when a bunch of ingredients mix together to make something different. It's kind of like mixing eggs, butter, sugar, flour, and other ingredients to make a cake.

Your liver makes cholesterol for your body. You also can get cholesterol by eating anything that comes from an animal. Meat, fish, eggs, butter, cheese, and whole or low-fat milk all have cholesterol in them.

You need some cholesterol to help your brain, skin, and other organs grow and do their jobs in the body. But eating too much of it is a bad idea, especially for people whose bodies already make too much cholesterol.

It floats around in your blood and can get into the walls of the blood vessels and stay there. If you have too much cholesterol in your bloodstream, a lot can collect in the blood vessel walls, causing these "pipes" to become narrower. This can clog the blood vessels and keep blood from moving freely - the way it's supposed to.

If the clogging gets worse over many years, it can cause damage to important body parts, like the heart (heart attack) and brain (stroke). Both kids and adults can have too much cholesterol in their blood. Doctors can find out what your cholesterol level is by taking a little of your blood and testing it.

Two Types of Cholesterol

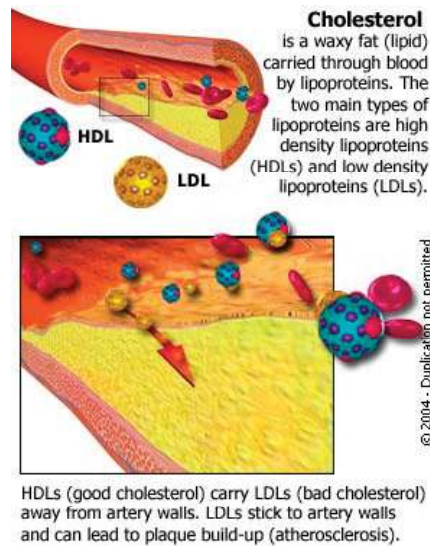
There are two main types of cholesterol: HDL and LDL. Most cholesterol is LDL (low-density lipoprotein) cholesterol.

LDL cholesterol is more likely to clog blood vessels because it carries the cholesterol away from the liver into the bloodstream, where it can stick to the blood vessels.

HDL (high-density lipoprotein) cholesterol, on the other hand, carries

the cholesterol back to the liver where it is broken down.

Here's a way to remember the difference: the LDL cholesterol is the bad kind, so call it "lousy" cholesterol - "l" for lousy. The HDL is the good cholesterol, so remember it as "healthy" cholesterol - "h" for healthy.



Cholesterol and Eating Well

What are some foods that have a lot of cholesterol? Meat, eggs, butter, cheese, and milk (and stuff that's made with these things, like most cakes) have cholesterol. Fruits, vegetables, and grains (like oatmeal) don't have any cholesterol.

In addition to cholesterol, it's a good idea to limit the amount of saturated fats and trans fats, which can raise cholesterol levels in your blood. They are most often found in high-cholesterol foods, some margarines, and many store-bought baked goods like cookies, crackers, and snack cakes. It's also a good idea to get plenty of exercise to help control the amount of cholesterol in your blood and keep your heart and blood vessels healthy.

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



Bernice Williams, RN, above, and Clara Battice, RN, Community Health Nurse, below, teach diabetes self-management.



Diabetes self-management classes available

Diabetes self-management classes were taught at the Antlers Community Center on November 29 and December 6. These classes are targeted for all persons with diabetes, whether they have been newly diagnosed or have had Type 1 or Type 2 for many years.

This combination of group learning in a discussion format and active games gets everyone moving so it is not all sitting and listening to hours of talk. It was a fun time for everyone. Bernice Williams, RN, Diabetes Educator, and Clara Battice, RN, Community Health Nurse, taught the classes.

We encourage participants to bring one or two support people with them to learn about diabetes and learn how to prevent getting diabetes themselves. If you many be interested in these classes, we would like for you to contact the Diabetes Educator in your area. These nurses are: LeeAnn Roberts, RN, CDE, from McAlester Clinic, 1-918-423-8440, cell phone number 1-918-465-8032; Annette Choate, RN, CDE, from Idabel Clinic, 1-580-286-2600, cell phone number 1-918-465-8031; and Bernice Williams, RN, from the Hugo Clinic, 1-580-326-7561, cell phone number-1-918-448-8033.

Control the ABCs of diabetes

Talk to your health care providers about how to control your diabetes

MEDICATION MANAGEMENT

Team up with your pharmacist

- Make a list of all your medicines, including their strengths and the way you take them, to share with all your health care providers. Don't forget non-prescription vitamin supplements and herbal medicines.
- Update your list with every change, and review it at least once a year.
- Discuss how to use your medicines and supplies to get the best results at the lowest cost.

FOOT CARE

Team up with your foot care provider

- Get a complete foot exam each year.
- Discuss how to check your feet every day. Discuss any problems you may have.
- Find the right footwear for you.

EYE CARE

Team up with your eye care provider

- Have a complete dilated eye exam each year.
- Make sure your glasses are the best for your needs.
- Discuss how good control of your blood glucose levels can protect your vision.
- Talk about what can be done if you have vision loss.

DENTAL CARE

Team up with your dental care provider

- Get a complete mouth exam twice a year.
- Learn the best way to brush and floss, and learn the early warning signs of tooth, mouth and gum problems.
- Discuss the link between your blood glucose and gum disease.

OTHER THINGS YOU CAN DO

- Get physical ... be more active: walk, play, dance, swim, and turn off the TV.
- Eat a healthy diet: Smaller portions; more vegetables; less salt, fat and sugar.
- Quit smoking: Tobacco use increases your risk of diabetes complications.

A1C – this test measures average blood glucose levels over the last 3 months

Blood Pressure – high blood pressure causes heart disease

Cholesterol – bad cholesterol, or LDL, builds up and clogs your arteries.

Featured Recipe

LOWFAT FUDGY BROWNIES

- 4 oz. unsweetened chocolate
- 1/2 cup prune puree
- 3 large egg whites
- 1 cup sugar
- 1 tsp. salt
- 1 tsp. vanilla
- 1/2 cup flour
- 1/4 cup chopped walnuts



Preheat oven to 350 degrees. Coat an 8-inch square baking pan with vegetable cooking spray.

Cut chocolate into 1-inch pieces and place in heat-proof bowl. Melt chocolate in double broiler or microwave oven. Stir occasionally until chocolate is melted.

Remove from heat; set aside. In mixer bowl, combine all ingredients except flour and walnuts; beat to blend thoroughly. Mix in flour.

Spread batter in prepared pan; sprinkle with walnuts. Bake about 30 minutes until springy to the touch about 2 inches around edges.

Cook on rack. Cut into 1 1/2 inch squares.

Servings: 36.

Nutrition Facts: Amount per serving: Calories 58; Fat 2g; cholesterol 0 mg; sodium 70 mg.

All information was collected from the website www.ndep.nih.gov. For more information regarding this topic go to www.ndep.nih.gov. If you need further assistance, contact Raina Sparks, Dietitian, 1-800-349-7026



Those attending the self-management classes are Claudette Sizemore, Rebecca Loman, Jonna Williams and Faye Frazier.

Get Movin'

Q: What are some quick and easy ways that I can add fruits and vegetables into my diet?

A: Try these!

- Add fruit to your breakfast cereal or oatmeal (not just bananas, but also apples, grapes, berries, peaches, and mandarin oranges).
- Drink 100% juice instead of soda for a snack.
- Snack on mini-carrots or dried fruit at work instead of candy.
- Supplement your take-out dinner with fruits and vegetables from home.
- Try a glass of 100% juice, a salad, microwaved vegetables, or some fruit for dessert.

Q: What are some quick and tasty ways to prepare fruits and vegetables?

A: Here are some no-hassle, quick ways to get delicious fruits and vegetables on the table.

Salads and Sides:

- Open cans of kidney beans, wax beans, chickpeas, and green beans, and toss with a low fat vinaigrette for an ultra-fast bean salad.
- Try adding fresh herbs to vegetables before you roast, stir-fry, or steam them. For example, tomatoes go well with basil and oregano, and carrots go well with dill.
- Broil sliced vegetables such as zucchini, bell peppers, eggplant and tomatoes for just a few minutes until they blacken around the edges. Serve warm with a light dressing of lemon juice, reduced-fat mayonnaise, and black pepper.

Entrees:

- Add 1-2 cups of frozen vegetables to canned soup before heating; serve on top of rice in a shallow bowl.
- Use a 12-inch, pre-baked packaged pizza crust to create a 20-minute dinner; add sliced zucchini, fresh spinach, mushrooms, tomatoes, garlic, onion, and cheese and bake at 400 degrees until the cheese bubbles.
- Add grapes and sliced apples and pears to a chicken salad.
- Add tomatoes, radishes, and green bell peppers to a tuna salad.
- Top broiled meat, chicken or fish with salsa. Each 1/2 cup of salsa is a serving.

DHHS Center for Disease Control and Prevention

Happy Heart program sponsors Valentine banquet



On Saturday, February 11, a "Valentine Sweetheart" banquet, sponsored by the SPDI "Happy Heart" Program, was held for participants and guests at the Kiamichi Technology Center in Talihina. In total, 42 program participants, guests and SPDI "Happy Heart" staff were present for the banquet.

Guests enjoyed the comedic anecdotes of Angie Kirkes, the wise message and lovely native flute playing of D.J. Battiest and the healthy, delicious food provided by Pam's Catering in Talihina.

Doris Ward, REACH 2010 co-coordinator, was kind enough to treat guests to a free "Valentine Portrait" with their sweetheart or loved one.

The SPDI "Happy Heart" staff would like to thank all the program participants for attending the banquet despite the inclement weather as well as extend a special thank you to all the volunteers and staff who made the banquet possible.

If you have Type 2 diabetes and have a CDIB and are interested in having fun while learning how to decrease your risk of heart disease and stroke, then call us at 800-749-7026, ext. 6545. We are looking for more participants for this project that will be ongoing for the next three years.

As always, we look forward to serving you in the future.



To the youth
of the nation...

Respect

By Amber Pool

What is respect? Respect is the feeling of honor or polite regard to other people. Go ahead, ask any person how often they have been shown respect. Chances are, that the number won't be very high.

So where did the times go when a teenager would offer a seat to an elder without being told? When was the last time a teenager held a door open for someone? Think about it, when is the last time you did any of that? If it takes you too long to think, then most likely it was too long ago.

So, what if you held a door open for someone or gave your seat up today? Once is not enough, do it as often as you can. For all you know, you could make someone's day.

Just show someone some respect, and never expect to get anything back from it. Just do it and it will reveal its own reward. So, now that you know what respect is, try showing some respect to someone.

March is Parenting Awareness Month

By Anna Cahill
Family Preservation
Coordinator

Parenting Awareness Month celebrates people raising children and promotes year-round parenting education and resources as well as encourages a broader understanding and acknowledgement of the importance of effective parenting. Emphasis is placed in nurturing children to become healthy, caring, contributing citizens.

Good parenting includes:

- Showing children love, concern, and respect at all times.
- Giving children a safe place to live and play.
- Helping children express all their feelings appropriately and listening to what they say.
- Giving children appropriate choices whenever possible.
- Having reasonable rules that are understood by all.
- Being responsible and teaching children to be responsible.
- Spending time with children.
- Setting an example by what we say and do.
- Working with our schools and communities to make them better for children.
- Asking for help when we need it.

Information from "Be Their Hero From Age Zero."

Medicine recall day

Do you have expired or unused medication in your cabinet at home? In order to provide patient safety and to assure medications are properly disposed of, there will be a medicine recall day March 31, 2006, from 10 a.m. to 2 p.m. at your local Choctaw Nation Health Clinic.

Bring your outdated medications to your local clinic.

For more information please contact Melanie Powell at 800-349-7026, ext. 7047.

Child Safety Car Seats

Protecting kids from
their number one killer
– unintentional injury



"We're only going to the store ... He'll stop crying if I hold him in my lap ... She thinks she's too old."

Do any of these sound familiar? They're all common reasons parents give for not putting their children in appropriate child safety seats or safety belts. Unfortunately, unrestrained or improperly restrained children are far more likely to be injured, to suffer more severe injuries, and to die in the event of a crash. Motor vehicle crashes remain the leading cause of unintentional injury-related death. In the past year in the state of Oklahoma 2,605 child occupants age 14 and under died in motor vehicle crashes and an estimated 227,000 were injured according to NHTSA's (National Center for Statistics and Analysis.) Of those American Indians ages 14 and under have a motor vehicle occupant death rate nearly one and a half times that of white children. Even if you're a careful driver, you can't control other drivers' behavior or eliminate the possibility of a crash. You can, though, greatly reduce the risk that your children will be seriously injured or killed. Child safety car seats can reduce the risk of a potentially fatal injury and death by 69% for babies less than a year old and by 47% for children in the age group of one to four years old. Effective November 2005, the Senate unanimously passed SB799, Child Passenger Safety Bill, which would raise the fine for violations of the state child restraint law from \$10, plus a maximum of \$15 court costs, to \$50, plus court cost, estimated at \$160. On your first violation the fine (but not the court costs) would be waived upon proof of obtaining a car seat. This waiver would not apply to violators who have a child safety seat in their vehicle and are not using it.

Remember when shopping for a car seat, there are three types of car seats, rear-facing infant seat which is used from birth until one year old, the forward facing child seat used for a child weighing 10 to 18 pounds and generally from age one to four years, and the booster seat used for children weighing over 22 pounds and generally from age four to eight and to check the

SAFETY TIPS

- **Start early:** Your infant should come home from the hospital in an approved safety seat and never ride without one. Children who start out in safety seats as infants are much easier to keep in the seats as toddlers or in a safety belts as they get older.

- **Be consistent:** Always buckle your child. Not using the child safety seat or safety belt (because you are only going a few blocks) confuses the child and gives room for resistance. Allowing your child to get out when he/she cries or fusses only teaches the child how to control you. Children learn from consistency.

- **Use words:** As your infant becomes a toddler and starts using language, explain in simple words why he/she must ride in a child safety seat. Use a doll to show what happens in a car crash. End with "I love you so much I don't want you to get hurt!"

- **Set an example:** Children want more than anything to be like you. Show them that you buckle up every time.

- **Use a travel bag:** Another reason children try to unbuckle is boredom. Keep them busy and they will be more content. A bag of soft activities used only in the car, will fill time.

- **Let them see out:** Choose a safety seat that elevates the toddler and preschooler especially if your car has low seats. This allows the child to see what you see.

- **Be firm:** Almost every child at some time will try to get out of his/her safety set. Don't panic! When this happens stop the car. Talk to the child in a firm, serious voice. Then re-buckle the child. Repeat this as often as needed. The child will learn that there is no way around you. The car does not go unless everyone is secure.

- **Be comforting:** Sing, hum and play games. Talk about what you see. Give frequent praise for appropriate behavior in the car. On long trips, stop regularly to change positions, diapers, or feed the child. Doing so will make your child more comfortable and happy.

label to see if it "Meets Federal Motor Vehicle Safety Standard." Before installing read the manual instruction on how to correctly install the car safety seat. No one seat is the "best" or "safest." The "best" seat is the one that fits your child's size, is correctly installed, and is used properly every time you drive.

Keeping children safe is an investment – in their lives and in the future of our world. With education, resources and better laws to protect our children, we are making a difference. Join us and help make a difference in a child's life today. BUCKLE UP!!!

Article sponsored by Choctaw Nation Injury Prevention Program. For more information call 1-877-285-6893, ask for Jennifer Davidson.

WIC How can mealtime routines help my family?

Starting routines can be hard with little kids. Regular eating routines (like bath and bedtime routines) help parents feel in control – and help children feel secure. Regular meal and snack times make things easier for moms and dads. Kids eat better, too!

- Children need to eat often, like every 2 to 3 hours, but not in between meals or snacks.
- Plan for five to six child-sized meals or snacks a day.
- Children eat slowly – take the time to relax

and enjoy this special time together.

Different families have different mealtime routines and traditions.

- Give your child a gift – healthy meals at home – where you create routines and traditions that work best for your family.

- Eating at home is a win-win situation – your family gets more tradition for less money.

When you eat and talk together as a family, you teach your child verbal skills, table manners and your family values.



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

NURSERY NEWS

Sarah Autumn Grace Hahklotubbe

Another addition to the Hahklotubbe family of Napa, California, is Sarah Autumn Grace Hahklotubbe. She was born August 13, 2005, weighing 7 pounds 11 ounces. Proud parents are David and Juliet. She has one brother, Ethan, and one sister, Adeline.



Abigail Poloma Brown

Grace Tallulah Brown is proud to announce the birth of her sister, Abigail Poloma Brown. "Little Abbers" was born at 8:19 a.m. on October 18, 2005, in Springfield, Oregon. She weighed 7 pounds 14.5 ounces and measured 20.75 inches in length. Abigail's proud parents are Brandon Brown and Tara Protiva-Brown. Her grandparents are Eugene and Sandra Brown of Cottage Grove, Oregon, Sue and John Bruce of Fort Smith, Arkansas, and Patrick and Cobis Protiva of Rome, Italy. Her great-grandparents include Ramona Brown and the late Eugene Brown of Bothel, Washington, Richard Johnson and the late Bernice Johnson of Mesa, Arizona, Helen Protiva and the late Albert Protiva of Norman and the late Raymond and Helen Watson Robison of Idaho City, Idaho. Abigail is the great-great-granddaughter of original enrollee, the late Calvin Wilson.



Tabitha Jalena Morris

Josh and Twyla Morris of Gillham, Arkansas, announce the birth of their daughter, Tabitha Jalena Morris. She was born November 7, 2005, at the Choctaw Nation Health Care Center in Talihina, Oklahoma. Tabitha weighed 6 pounds 13 ounces and was 19 inches long. Grandparents are Janet Hudson and Manuel Gomez of Danville, Arkansas, and James Carl and Marilyn Morris of Gillham. Great-grandparents include the late Rosie and Jimmy Milam of Watson, Oklahoma, Magel House and the late Kenneth House of DeQueen, Arkansas, and the late Robert "Hub" and Tabitha Louisa Morris of Gillham.



McKenzy Athena-Leeann Fowler

McKenzy Athena-Leeann Fowler was born January 11, 2006, weighing 9 pounds 2 ounces and measuring 20 inches long. She is the daughter of Joshua Gene Fowler and Paula Elizabeth Sutton of Ada. McKenzie's grandparents include Angela Denise Garcia and Guillermo Soto Garcia. She is the great-granddaughter of Carol Yvonne Fowler and Richard Gene Fowler, and her great-great-grandmother is Mildred Evelyn Clark



Edward Harrill Carter III

Ed and Christine Carter of Lone Grove, Oklahoma, would like to announce the birth of a son, Edward Harrill Carter III, "Junior," born January 24, 2006, at the Carl Albert Indian Hospital in Ada, joining big sister Elysia, 7. He weighed in at 10 pounds 10 ounces and measured 21.3 inches long. Proud grandparents are Juanita Williams of Haldton, Oklahoma, Frances Mozelle Carter of Lone Grove and the late Edward Carter Sr.



FOOD DISTRIBUTION

April 3

Stigler 9 a.m.-12 noon
Poteau (A-L) 9 a.m.-2 p.m.

April 4

Bethel 9-10:30 a.m.
Smithville 12 noon-2 p.m.

April 5

Idabel 9-11 a.m.
Broken Bow 12 noon-2 p.m.

April 6

Poteau (M-Z) 9 a.m.-2 p.m.

April 10

Warehouses open

April 14 and April 25

Holidays

April 26

Last day for warehouses

April 27-28

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.

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PEOPLE YOU KNOW



Henson celebrates 89th birthday

Marie Henson of Francis, Oklahoma, celebrated her 89th birthday on December 25, 2005. Gathered around to help with the celebration are four generations. Second from right is Marie; first on the right is her daughter, Judy Attebery; third from right is Judy's daughter, Diann Wilson; and fourth from the right is Diann's daughter, Savannah Wilson, and son Logan. Marie also has a son, Joe Henson of Laughlin, Nevada, and a total of six grandchildren and 13 great-grandchildren.

Look who's one!

Johnathan Lee Davis celebrated his first birthday on December 29 at Chuck E Cheese with his parents, grandparents, and cousin, Khyzer Lee Davis. Johnathan is the son of Richard and Deborah Davis of Garland, Texas. His grandparents are Gene and Sharon Davis of Dallas, Texas.



Happy birthday

Amber and Jimmy Shipman of May, Texas, would like to wish a happy birthday to their two sons, Haydon Ray Shipman, who turned one on November 19, and Mikah Don Shipman who turned 12 on December 13. Grandparents are Kathie and Joe Bockemuhl of Azle, Texas, and great-grandparents are Hershel and Loretta Long of Arlington, Texas.



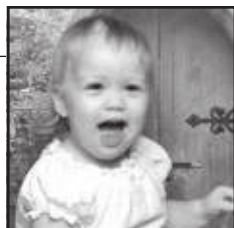
Happy first birthday

Happy birthday to Dustin William Holland, who turned one on February 4, from Uncle Jimmy and Aunt Amber Shipman of May, Texas. Dustin is the son of Krystal and Charles Holland of Azle, Texas. He is the grandson of Kathie and Joe Bockemuhl of Azle and the great-grandson of Hershel and Loretta Long of Arlington, Texas. What a handsome Choctaw!



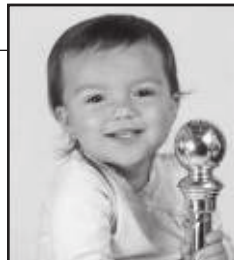
Savannah turns two

Savannah Jo Whitley turned two years old on January 26. Her grandparents and her Mom and Dad, Belinda and Steve, would like to say happy birthday to their little angel!



Look who's two!

Belated wishes to Brylei Christine Thompson who turned two on January 18. She is the daughter of Krissy Thompson of Hugo. Grandparents are the late Eddie Thompson of Hugo and Eddie and Leslie Lawler of Arthur City, Texas. Great-grandparents are the late Christine Thompson of Hugo, Joe Thompson of Hugo, and Shirley Routon of Hugo. Happy second birthday, baby girl!



Emma celebrates fourth birthday

Emma Rae Wafford turned four years old on January 15. She celebrated her birthday at Burger King with family and friends. Wishing her a happy birthday are her parents, Scott and Katrina Wafford of Fort Gibson; brother, Chance Wafford of Fort Gibson; grandparents, Mike and JoAnn Scantlen, Martha Shipley and Dan Wafford, all of Muskogee; aunt, Melissa Scantlen of Muskogee; and uncle and aunt, Brandon and Amanda Shipley of Weatherford.



Happy birthday, Ruth

On January 15, LaShonda Thompson invited the family to a birthday dinner for her mother, Ruth Thompson. After a delicious dinner and desserts, including a three-flavored cake, the group was entertained with social conversation and movies. She received many gifts, hugs and kisses, and was wished many more birthdays. Ruth is always extending her hand and home to the whole family for social gatherings. Her brother, Harry, and nephew, Mike, also celebrated their birthdays in January. Happy birthday!



Belated first birthday wish

We would like to wish a happy belated first birthday to Sophia Ralls - Uncle Larry, Aunt Marlene, Desiree, and Nicholas "Five Shoes."



Happy ninth birthday

Kalan Koi Maxwell turned nine years old on March 10. Kalan is the son of Zach Maxwell of Hugo and Laura Chancey of Lexington, Kentucky. His siblings are sister Anoli Maxwell of Hugo and brothers Miko and A.J. of Lexington. Kalan is a third-grader at Hugo Elementary School. His grandparents are Karol Carnes of Hugo and Steve Maxwell of Austin, Texas. Great-grandparents are Hellen Hickman of Hugo and J.P. and Lilia Chancey of Junction, Texas.



Happy birthday

Happy 18th birthday to Nashoba "Chobe" Choate from the Norman crew! You can FINALLY go to the clubs with us!



Timothy turns 11

Talia would like to wish her big brother, Timothy Miller II, a happy birthday on February 23. He turned 11 years old. Happy birthday, Timothy. We are so proud of your accomplishments with chorus and your good grades. We hope your wish comes true, whatever it may be - Mom, Dad and Talia.



Happy birthday

Jordan A. Hodge will be five years old on March 14. He is the son of Sheila and Alvin A. Hodge of Cleburne, Texas, and the grandson of George and Daisy Watson of Watson. Happy birthday, Jordan, and a belated happy birthday to his brother, Cameron Wolfe Hodge. We would like to wish them many, many more years to come.



Kyron turns two

Kyron Clifford Tobey of Tahlequah turned two on his birthday, January 9. He was born at 8:10 p.m. January 9, 2004, at Hastings Indian Medical Center, Tahlequah, to Darren and Kris Tobey of Tahlequah. He weighed 8 pounds 2.4 ounces and was 19 inches long.

Grandparents are Michelle Houser and Clifford Strehlow of Tonawanda, New York, and Ray and Ann Tobey of Hartshorne.



Happy birthday, Jessica

We would like to wish our daughter, Jessica Christina Cockrill, a very happy 19th birthday on February 15. Her mom and dad, John and Glenda Cockrill, and sister, Angie, are all of Tucson, Arizona. She has three brothers, John Jr., Chris, and Dylan of Redland, Oklahoma. Jessica is engaged to Brian Buchanan of Millerton.



Happy fifth birthday

Brianna Spaulding turned five on February 22. Her parents are Angie and Jason Spaulding of Tucson, Arizona, and she has a little brother, J.D. Grandparents are John and Glenda Cockrill of Redland, Oklahoma, and Denis Spaulding of Arizona. Her aunts and uncles, Jessica, John Jr., Dylan, and Chris wish her a very, very happy birthday.



Congratulations

Happy 19th birthday, Sam, and congratulations on your success. Sam Cobb is a senior at Battiest High School and a starter for the Battiest Panthers. He was selected as Homecoming King and is pictured with Homecoming Queen Savannah Ferris. Sam has been listed in Who's Who Among American High School Students for two years in a row and is vice president of the National Honor Society. He will graduate in May. Congratulations from Mom and Dad, Ann and Randy Cameron; Aaron, Kelly, Shaylia, Katrece, Tiffany and Tabitha.



Happy 16th birthday

Kelly Cobb turns 16 on July 9. A freshman, Kelly plays for Battiest High School. He is listed in Who's Who Among American High School Students. He also enjoys playing baseball and hunting. Happy 16th birthday from Mom and Dad, Ann and Randy Cameron; brothers, Arron and Sam; and sisters, Katrece, Shaylia, Tiffany and Tabitha.



Thunderbird graduate

Tiffany Cobb has recently graduated from Thunderbird Youth Academy in Pryor, Oklahoma. Among her achievements are being named squad leader and receiving the highest Presidential Physical Fitness Award, the only female out of four to receive the award. Tiffany would like to say a big thank you to her parents, Ann and Randy Cameron; brothers, Sam, Arron and Kelly; and sisters, Tabitha, Katrece and Shaylia. She would also like to thank her counselor and mentor, Sandra Twaddle, and Vickie Perez and Betty Jackson for their help and support.



Arron turns 17

Happy birthday to Arron Cobb who will celebrate his 17th birthday on April 30. He is a sophomore at Battiest where he plays for the Battiest Panthers. He enjoys hunting, running track and is very proud of his big sister in Iraq. Happy birthday from Mom and Dad, Ann and Randy Cameron; brothers, Sam and Kelly; and sisters, Tiffany, Katrece, Shaylia and Tabitha.



Celebrating a February birthday, family tree information needed

Happy birthday to Savannah May Barnes on February 20. Also, research is being done in the Simon Tom/Emma Wade family tree. If anyone has information, e-mail helan10@yahoo.com.



Look who's three!

Cheyenne Lee Burch turned three years old on February 21. She is the daughter of Terry and Susan Burch of Michigan. Three great years have come and gone, and many more to come! Happy third birthday!



Happy 18th, Jessica

Family and friends would like to wish Jessica Polk a happy birthday on March 5. She turned 18 years old.



Cute Choctaw turns seven

Ashayla Jayde Williams would like to wish her big sis, Adreana Shae Williams, a very happy birthday. She will be seven years old on March 29. Her parents are Duke and Rehauna Williams of Broken Bow, Oklahoma. Grandparents are Douglas and Regina, Johnny and Sandra, all of Broken Bow. Her great-grandparents are Jean Williams of Broken Bow, Lenise Wesley and Elsie Wesley, and the late Randal and Esther Lewis-Bohanon. Adreana and Ashayla would also like to wish their great auntie, Thelma Smith, a very happy "7" birthday on March 7. The girls would also like to wish their cousins a belated happy birthday - Brian Williams, Braden Tisho, Lindsey Battiest, Kevin Bohanon, Kristina Moon - if there are more, we are sorry, but we hoped you had a great birthday.



Sweet 16

Billy and Lettie Moore of Camden, Arkansas, would like to wish their granddaughter, Paula Hamilton, a happy 16th birthday on March 25.



Happy fourth birthday

Kayla Nichole will be 4 years old on March 18. She is the daughter of Stephanie and Jerry Youngblood. She has two brothers, Keelan, 7, and Ethan, 6 months. Grandma and PawPaw want to say happy birthday to their little angel.



Happy birthday wishes

Happy birthday to Barrett Kowalski of Lawton. Barrett will be 29 years old on March 22.

Happy 23rd birthday

The family of Victoria Maturino would like to wish her a happy 23rd birthday on February 17. The family is so proud of all of her accomplishments, especially being crowned "Miss Indian SOSU." Victoria is the daughter of Lena Sexton Maturino and the granddaughter of the late Rev. Daniel and Catherine Sexton.



Pretty girl celebrates three years

Wishing Chloe James a happy third birthday on February 22 are her parents, Ryan and Miranda James; great-grandparents, Pepaw Walt and Memaw Glenda Smith; grandparents, Papa Allen and Nana Tonja Tomlinson and Papa Ronnie and Grandma Diane James; brother, Jaden James; uncles, Jordan James, Josh Tomlinson, Arnold James, Ted Ward, and Travis Ward; aunts, Katherine James and Kurtrina James; and cousins, Tyler, Jeremy, and Cody James and Kevin, LaDonna, and Sarah Ward.



Twins celebrate fourth birthday

Ethan Lane and Anna Makenzie Kenieutubbe celebrated their fourth birthday on January 27 at Pizza Hut with family and friends. Their "big" brother, Austin, also took them to Tulsa to Incredible Pizza for their birthday. The twins attend Choctaw Nation Head Start in McAlester. Bubba enjoys playing video games and baseball. Makenzie enjoys playing Barbies and shooting a bow and arrow. Their parents are Teresa Kenieutubbe of McAlester and Harold Meashintubby of Ada. Grandparents are Osborne and Martha Kenieutubbe Jr. and Harold and Nellie Meashintubby, all of McAlester. Their uncles would also like to wish them a happy fourth birthday.



Big 43

Look who's turning the Big 43. Ronald Dwayne "Ronnie" Gibson celebrated his 43rd birthday on February 17. Happy birthday, from Melissa.



Bailey turns one!

Bailey Hope Hardman's first birthday was November 18 in Oakdale, California. Bailey is the daughter of Bill and Brandi Hardman of Oakdale her grandparents are Ron and W. Jody Pini of Wilburton. She is the granddaughter of the late Faye Mullins of Wilburton and granddaughter of Bill Hardman Sr. of Oakdale. Her brothers, Blaine and Andrew, celebrated with their sister for a memorable day along with many family and friends.



Birthday wishes

Happy belated birthday to Tiffany who turned 18 on January 27. Happy birthday "Soldier Girl" - Tabitha, who is stationed in Iraq, will be 20 on March 14. Enjoyed having you home for two weeks. It wasn't long enough. We're very, very proud of you. Happy upcoming birthday to Katrece who will be 15 years old on June 6. Katrece enjoys playing basketball and softball at Battiest. Also, happy birthday to Shaylia, who will be turning 14 on August 6. She and Katrece are honor students at Battiest. Shaylia also loves to play basketball and softball. Happy birthday, girls, from Mom and Dad, Ann and Randy Cameron; and brothers, Sam, Arron and Kelly.



Jones Academy Second Nine Weeks Honor Roll

Superintendent's Honor Roll:
 1st grade: Tuscon Evans, Enrique Guerrero, Jordan Roubidoux
 2nd grade: Cyrus Battiest, Delanie Lime, Kendale Willie
 4th grade: Alisha Picone, Cheyenne Washee
 5th grade: Shalane Black, Cheyenne Neal
 6th grade: Nichalle Evans
 12th grade: Deborah Hedge, Tranette Turrieta

Principal's Honor Roll:
 2nd grade: Jillian Hernandez, William Rush, Elih Yargee
 4th grade: Jeromy Barker, Neosha Kauley
 5th grade: Tyler Hedge, Trevor Hohahta, Ashley Lawrence, Richard Pedro, Stephanie Wallace, Melody Willis
 6th grade: Karlie Burkhardt, Nathaniel Kauley
 8th grade: William Powell
 9th grade: Melissa Canterbury
 10th grade: Kimberly Ramone
 11th grade: Christina Booth, Rochelle Clairmont, Kristen Wesley
 12th grade: Sarah Bearshead, Micheal Eaton, Sherri Garza

Elementary Perfect Attendance:
 2nd grade: Cyrus Battiest, Jillian Hernandez, Delanie Lime, William Rush, Kendale Willie, Elih Yargee
 5th grade: Shalane Black, Trevor Hohahta, Cheyenne Neal, Miquel Romero, Thomas Rush, Britton Williams
 6th grade: Alyssia Brown

Library's reading area dedicated

On January 26, Tarleton University in Stephenville, Texas, dedicated a reading area in the university's Dick Smith Library in honor of the late Dr. Sara Sue Tyler, granddaughter of original enrollee Edward P. Snead and his wife, the former Opal West, both of whom preceded her in death. She was also the granddaughter of the late Monroe and Madgie Christian Tyler.



The reading nook has been furnished with comfortable chairs and couches, rocking chairs, complimentary art pieces and a plaque designating the area and commemorating Dr. Tyler's love for reading.

"She was not only a colleague, she was our best friend," said Dr. Lewis Gambill, a member of the faculty in Tarleton's Curriculum and Instruction. "She truly believed that what she was doing could make a difference. She was not a person who taught from a textbook, but a person who taught from the heart."

Dr. Tyler, Associate Professor of Reading, died July 26, 2003, from injuries sustained in a skydiving accident. She served as faculty member at Tarleton State University for 11 years, where she was instrumental in the development of the university's Master Reading Teacher program.

She held Texas teacher certificates in Elementary Education, Vocational Home Economics, Professional Reading Specialist and Master Reading Teacher. She taught on the high school, junior high and elementary levels, and in a hos-

pital for the mentally ill before coming to Tarleton in 1995. Dr. Tyler served as an ex-officio member of the Teacher Education Council, was a member of the Academic Advising Committee and served as vice president for the Texas Teacher Educators.

Dr. Tyler was the 2003 recipient of the Ted Booker Award in Education. She was nominated for the honor posthumously by her peers throughout Texas, and selected for the award because of her lifelong dedication to

the education of others. Given in memory of Ted Booker, the award recognizes an individual who has made an outstanding contribution in the field of teacher education. Her professional enthusiasm and ability to "teach from the heart" earned her the respect of colleagues, administrators and students.

Dr. Tyler was a world traveler who returned from her second trip to Paris, France, shortly before her death. She had also visited Italy and New Zealand.

She is survived by her parents, Ralph and Amelia Snead Tyler of Oklahoma City; children, Rusty McNew of Dallas and Meredith Perry and husband, Charles, of Stephenville, Texas, and grandchildren, Rustin and Zachary; her brother, Ralph Tyler and his wife, Barbara, and son, Travis; and sister, Beverly Brown and husband, Bruce, and daughter, Ada, all of Oklahoma City, and a host of loving aunts, uncles, cousins, and friends.

Brown is presiding judge in Dallas County



On November 1, Ada Brown, great-granddaughter of original enrollee Edward P. Snead and his wife, the former Opal West, was sworn in as the presiding judge of Dallas County, Texas, Criminal Court 1. She is the granddaughter of Ralph and Amelia Snead Tyler and the daughter of Bruce and Beverly Tyler Brown.

Judge Brown, 31, is the youngest judge in Dallas County and she is the first minority and the first woman to preside over Dallas Criminal Court 1. She is a 1992 graduate of Carl Albert High School of Midwest City; 1996 magna cum laude graduate of Spelman College, Atlanta, Georgia; and 1999 graduate of Emory University School of Law, Atlanta. Judge Brown was an Assistant District Attorney from 2000 until her judicial appointment.

Judge Brown's great-grandfather, E.P. Snead, was a court reporter in Southeastern Oklahoma for many years and her great-uncle, Paul Snead, is a retired district judge in New Mexico.

Combrink accepted in pharmacy school



Mark Combrink of Caddo, has been accepted in the School of Pharmacy at Southwestern Oklahoma State University, Weatherford. Mark began classes January 12. He will be attending for four years and will receive a Pharmacy Doctor Degree.

Mark graduated from Southeastern Oklahoma State University, Durant, in 2002 with high honors, majoring in biology and chemistry. He was awarded membership in Alpha Chi, a National College Honors Society Scholarship Society; the Order of Omega, a Greek national honors organization; member and treasurer of Blue Key National Honor Fraternity; member of and director of Academic Affairs for the Delta Tau Delta national fraternity; member of the President's and Dean's honor rolls, and awarded the Choctaw Nation Scholarship for a grade point of 3.5 and above. He was valedictorian of his high school graduating class of Boswell and has worked at Landmark Bank in Durant for the past 15 months.

Mark is the son of Jerry and Linda Combrink of Caddo and the grandson of the late Q.J. and Ethel Moran and the late Wilbur Combrink. Ernestine Combrink, his surviving grandparent, lives in Caddo. He has a brother, Michael of Duncan; a sister, Michelle Wilhite of Sherman, and he is the great-grandson of the late Angie Dilon Moran.

Trever Wann is Kiwanis Terrific Kid



Trever Wann, a first-grader at Washington Irving Elementary in Durant, Oklahoma, was chosen as the Kiwanis Terrific Kid for January. Trever, 7, is the son of Janine Dills and Jerry Don Wann and the grandson of Gary and Jane Dills and Jerry and Ann Wann, all of Durant, Oklahoma. He has an older sister, Mackenzie. Trever's great-grandparents are Joe Kenneth and Mattie Maudine McClure and Bill and Corine Dills, all of Durant, and Inez Wann, the late Leon Wann and the late Frank and Ethal Shelton, all of Kinta, Oklahoma.

National Honor Society inductee



Jake Strawser, son of Bob and Yvonne Armstrong Strawser of Oakfield, New York, has been inducted into the National Honor Society. Jake has also been named one of the Who's Who Among American High School Students for the second year.

He also has been accepted to Villa Maria College in Buffalo, New York, and will be studying in their music program.

Jake is the great-great grandson of original enrollee Forbes B. Potts; the great-grandson of Margaret Potts Webster; and the grandson of Emmitt Armstrong. Jake is very proud of his Choctaw heritage.

Engagement announcement



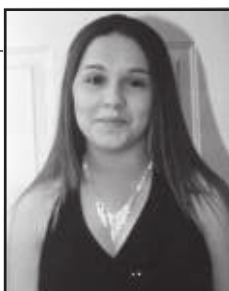
Robert and Rowena Beach of Muskogee announce the engagement of their daughter, Carissa, to Jeff O'Dell. He is the son of Larry and Laura O'Dell of Caney, Kansas. Carissa is the granddaughter of the late Narcissa Wilson. She is a graduate of Muskogee High School and will graduate from Connors State College in May. She will attend North-eastern State University in the fall. She is employed by Wal-Mart.

Jeff is the grandson of the late Harmon Wiley. He is a graduate of Haskell Indian Nations University and the University of Oklahoma. He is employed by the Bureau of Indian Affairs.

Both attend Fife Memorial United Methodist Church in Muskogee.

A wedding is planned for June 3, 2006, at the Memorial Chapel at Bacone College, Muskogee.

Congratulations



Rebecca Lynn Cooper of McAlester, daughter of Clay and Tammy Cooper and Joan Cooper, granddaughter of Ellis Lee and Barbara Cooper and Jim and Janice Cole, has been chosen as a state finalist for The National American Miss Teen Oklahoma Pageant. Rebecca is currently enrolled at Savanna High School and is a former student of Krebs Public School. She has also carried a 4.0 for nine years. In the past she has had seven years of perfect attendance. She has also been a cheerleader, academic team member, and basketball player for Krebs. She is currently in English Club, Academic Team and she is the secretary for FCCLA at Savanna High School. She received the Student of Today Award from the Masonic Lodge. The miss Teen Oklahoma Pageant will be held June 18 and 19 at Tulsa's Southern Hills Marriot.

Congratulations



Sara Hamilton graduated from Atascadero High School with honors last June and is now attending Cal Poly, San Luis Obispo, majoring in journalism with a minor in geology. She should also be congratulated for her record of perfect attendance from first grade to 12th! Congratulations, Sara!

Lane to graduate in May



The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate John R. Lane Jr. on his upcoming graduation from Southern Illinois University, Carbondale. He has earned a Bachelor of Science in Workforce Education and Development.

Officer Kevin Steele graduates CARLOTA training

Officer Kevin Steele, formerly of Broken Bow, Oklahoma, is a recent graduate of Central Arizona Regional Law Officer Training Academy (CARLOTA) in Coolidge, Arizona. He graduated January 20, 2006, and continues his work with the White Mountain Apache (WMA) Police Department in White River, Arizona. In the fall of 2004, he began his work as a patrol officer with the White Mountain Apache Police Department as a candidate for officer training prior to admission at CARLOTA. His 18-week intensive training at CARLOTA included pursuit driving, defensive tactics, weapons training and physical conditioning.

Kevin and his wife, Chris, along with two children, Dylan and Alex, make their home in McNary, Arizona. He is the son of Dale and Eveline Steele. His wife's ancestral heritage is Apache of the area, where she has family. They enjoyed living and working in the beautiful mountains of Arizona, an area that is much like southeast Oklahoma with lakes, trees and mountains.



Tamaka takes performance to Southern California

Robert "Tamaka" Bailey, son of Dorothy Durant of Broken Bow, will be performing his magic performance at the famous Magic Castle in Southern California. The dates have been set for April 24 through 29.

Tamaka has been performing his Dove act for the Indian Casinos in California as an opening act for singers like the Smothers Brothers and Rod Stewart. Tamaka even presented Chief Pyle with a solid 5 ounces. Silver Indian head nickel at one of the past Bakersfield gatherings.



Robert "Tamaka" Bailey

VOCATIONAL REHABILITATION

	SUN	MON	TUE	WED	THU	FRI	SAT	
A P R I L							1	
	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.							
	2	3 Antlers by appt only	4 Stigler by appt only McAlester 10 am-2 pm	5 Atoka 10 am-2 pm Coalgate 10:30-1:30	6	7 Idabel 10 am-2 pm	8	
	9	10 Durant 10 am-2 pm	11 Crowder and McAlester by appt only	12 Talihina 10 am-2 pm	13	14 HOLIDAY	15	
	16	17	18 Wright City by appt only	19 Durant by appt only	20	21 Poteau 11:30 am-1 pm	22	
	23	24 Bethel by appt only	25 HOLIDAY	26	27	28 Broken Bow 10 am-2 pm	29	
	30							
2 0 0 6								

ATTENTION: GOSPEL SINGERS

Names for the Labor Day Festival Singing will only be taken during the week of June 5-9. If you have called prior to this date, please call back during this week to ensure you are on the list.

800-522-6170, ext. 2335

THE 15TH ANNUAL CHOCTAW NATION LIVESTOCK SHOW

Continued from Page 1

DUROC Class II

1st: James Goddard, Pittsburg; 2nd: Kannon Jackson, Durant; 3rd: Brittany Doyle, Buffalo Valley; 4th: Lacey Hotubbee, Antlers; 5th: Jessica Bruner, Haileyville; 6th: Charlee Goodwin, Caddo; 7th: Dakota Stark, Stuart; 8th: Tyler Manley, Hodgen; 9th: Elizabeth Blansett, Antlers; 10th: Lonni Russell, Caddo.

Class III

1st: Hannah Palmer, Idabel; 2nd: Toni Stephens, Tushka; 3rd: Josh Morgan, Red Oak; 4th: Madelyn Guazdusky, Wilburton; 5th: Jacob Murray, Quinton; 6th: Levi Phillips, Hodgen; 7th: Andrew Prater, Broken Bow; 8th: Lauren Hayen, Tushka; 9th: Dustin Hodges, Crowder; 10th: Kiley Russell, Caddo.

Class IV

1st: Trevor Smith, Hodgen; 2nd: Bobby Hummel, Wapanucka; 3rd: Sally Simco, Quinton; 4th: Falisha Reddin, LeFlore; 5th: Amber Goddard, Haileyville; 6th: Jessica Holt, Antlers; 7th: Austin Shero, Hartshorne; 8th: Brittany Webb, Rattan; 9th: Ross Phillips, Whitesboro; 10th: Brent Anderson, Spiro.

Class V

1st: Kaleb Barcheers, Hartshorne; 2nd: Lexon Cook, Haileyville; 3rd: Ty Runyan, Atoka; 4th: Lonsford Crook, Jones Academy; 5th: Blaine Watts, Rattan; 6th: Emilia Lopez, Hugo; 7th: Ashley Long, Buffalo Valley.

Class VI

1st: Jessica Collins, Milburn; 2nd: Megan Jones, Rock Creek; 3rd: Rhiannon Bean, Lufketa; 4th: Colby Skelton, Panama; 5th: Shawn Kinser, Boswell; 6th: Joseph Cox, LeFlore; 7th: Randi Williams, Spiro; 8th: Megan Lewis, Kiowa.

HAMP

Breed Champion: Rebecca Bruner, Haileyville.

Reserve Breed Champion: Tristian Evans, Jones Academy.

Class I

1st: Donovan Morris, Spiro; 2nd: Trevor Chance, Red Oak; 3rd: Garrett Bean, Wright City; 4th: Cody Newman, Stuart; 5th: Paige Olive, Heavener; 6th: Tyler Pogue, Hartshorne; 7th: Kari Smith, Talihina; 8th: Amber Frazier, Tushka; 9th: Justin Duggan, Wilburton.

Class II

1st: Rebecca Bruner, Haileyville; 2nd: Logan Byrd, Hartshorne; 3rd: Jacky Mashall, Idabel; 4th: Samantha Holbird, Red Oak; 5th: Tiler Savage, Hartshorne; 6th: Glen Frost, Wister; 7th: Dakota Hokit, Buffalo Valley; 8th: Chad Twaddle, Buffalo Valley; 9th: Dustin Bailey, Hugo; 10th: Scott Keeler, Tushka.

Class III

1st: Sara Effinger, Canadian; 2nd: Andrea Pierce, Wister; 3rd: Daniel Lawson, Canadian; 4th: Shantay Midgley, Buffalo Valley; 5th: Brittany Doyle, Buffalo Valley; 6th: Keaton Palmer, Buffalo Valley; 7th: Daniel Spearman, Quinton; 8th: Cody Bull, Wilburton; 9th: Taylor Cannady, Talihina.

Class IV

1st: Tyler Shann, Haileyville; 2nd: Caitlin Spears, Wilburton; 3rd: Amber Goddard, Haileyville; 4th: Olivia Watson, Jones Academy; 5th: Trenna Wright, Wright City; 6th: Trevor Larney, Jones Academy; 7th: Paedon Anderson, Calvin; 8th: Dusty Pebsworth, Boswell; 9th: Sally Simco, Quinton; 10th: Brittani Bradford, Atoka.

Class V

1st: Jackson Ferguson, Soper; 2nd: Jennifer Williams, Idabel; 3rd: Noah Irwin, Hartshorne; 4th: Bryce Livingston, Wilburton; 5th: Aaron McClain, Buffalo Valley; 6th: Haily Dusenberry, Soper; 7th: Marcus White, LeFlore; 8th: Devon Midgley, Talihina; 9th: Eric Burgess, Panama; 10th: Josh

Lemmonds, Wapanucka.

Class VI

1st: Freddy James, Wilburton; 2nd: Micah Tiger, Jones Academy; 3rd: Shane Smith, Quinton; 4th: Colby Jones, Coalgate; 5th: Hunter Mason, Hartshorne; 6th: Tristen Noble, Quinton; 7th: Corby Ake, Tupelo; 8th: Ryan Minyard, Bennington; 9th: Emily Carter, Calvin.

Class VII

1st: Tyler Shann, Haileyville; 2nd: Ryan Long, Buffalo Valley; 3rd: Tandra Elkins, Coalgate; 4th: Seth Rogers, Spiro; 5th: Keaton Womack, Clayton; 6th: Bo Lewis, Kiowa; 7th: Austin Clemens, Coalgate; 8th: Josh Wright, Antlers; 9th: Carter Baldwin, Eufaula; 10th: Crissy Dill, Rock Creek.

Class VIII

1st: Matt Gabbart, Stringtown; 2nd: Keith Ketcher, Panola; 3rd: Adam Jacobs, Canadian; 4th: Randy Bean, Broken Bow; 5th: Jett Gardner, Antlers; 6th: Charlee Goodwin, Caddo; 7th: Lindsey Broughton, Tushka; 8th: Derek Anderson, Battiest; 9th: Katie Cambell, Tupelo; 10th: Jacob Peters, Clayton; 11th: Colby Earthman, Rattan; 12th: Eric Roberts, Boswell; 13th: Justin Ward, Wister.

Class IX

1st: Tristan Evans, Jones Academy; 2nd: Cody Dosh, Rock Creek; 3rd: John Ross Christanberry, Cameron; 4th: Katie Williams, Spiro; 5th: Rachel Smith, Heavener; 6th: Samantha Anderson, Spiro; 7th: Dustin Finch, Crowder; 8th: Kanda Jackson, Durant; 9th: Clay Phillips, Heavener.

Class X

1st: Whitney Sebo, Spiro; 2nd: Joey Scott, Antlers; 3rd: Sage Rice, Soper; 4th: Tracy Brown, Boswell; 5th: Jeremy Pryor, Savanna; 6th: Ross Phillips, Whitesboro; 7th: Kacie Raines, Wister; 8th: Blaine Watts, Rattan; 9th: Cooper Wood, Antlers; 10th: Paedon Anderson, Calvin.

Class XI

1st: Ashton Thompson, Rock Creek; 2nd: Kaylee Rodgers, Spiro; 3rd: Josie Redwine, Boswell; 4th: Tayler Reasnor, Kinta; 5th: Sam Simco, Quinton; 6th: Morgan Mings, Whitesboro; 7th: Justin Landreth, Antlers; 8th: Ashkia Hummel, Wapanucka; 9th: Jared Elrod, Stringtown; 10th: Jericho Holder, Antlers.

POLAND

Breed Champion: Angel Andrade, Jones Academy.

Reserve Breed Champion: Tyler Wright, Wright City.

Class I

1st: Tyler Wright, Wright City; 2nd: Justice Shephard, Keota; 3rd: Shantay Midgley, Buffalo Valley; 4th: Emmie Scroggins, Valliant.

Class II

1st: Angel Andrade, Jones Academy; 2nd: Cheyenne Neal, Jones Academy; 3rd: Nichalle Evans, Jones Academy; 4th: Clay Doyle, Kiowa.

SPOT

Breed Champion: Micah Tiger, Jones Academy.

Reserve Breed Champion: Joey Scott, Antlers.

Class I

1st: Tyler Hedge, Jones Academy; 2nd: Drew Parker, Tupelo; 3rd: Jacycee Galloway, Haworth; 4th: Derek Anderson, Battiest; 5th: Dakota Stark, Stuart; 6th: Henry Allen, Bennington; 7th: Bradley Nichols, Colbert; 8th: David Dill, Rock Creek; 9th: Clay Doyle, Kiowa.

Class II

1st: Micah Tiger, Jones Academy; 2nd: Joey Scott, Antlers; 3rd: Olivia Watson, Jones Academy; 4th: Caleb Collins, Hartshorne; 5th: Aaron McClain, Buffalo Valley; 6th: Shane Smith, Quinton; 7th: Ronda Doyle, Howe; 8th: Elaina Watts, Battiest.

YORK

Breed Champion: Tristian Evans, Jones Academy.

Reserve Breed Champion: Keshia Fryer-Caddo

Class I

1st: Clay Phillips, Heavener; 2nd: Phyllis Doyle, Howe; 3rd:

Glen Frost, Wister; 4th: Lane Williams, Idabel; 5th: Anthony Doyle, Buffalo Valley; 6th: Trevor Chance, Red Oak; 7th: Kristen Houston, Buffalo Valley; 8th: Bobby Hummel, Coalgate; 9th: Jermiah Weedely, Coalgate; 10th: Emily Cox, LeFlore.

Class II

1st: Tabitha Barnhouse, Haileyville; 2nd: Josh Heath, Clayton; 3rd: Mikey Guazdusky, Wilburton; 4th: Chelsa Coffman, Valliant; 5th: Katie Cox, LeFlore; 6th: Brenna Fry, Buffalo Valley; 7th: Meagan Ryburn, Wister; 8th: Brandon Hummel, Wapanucka; 9th: Ashkia Hummel, Wapanucka; 10th: Justin Frost, Wister.

Class III

1st: Tristian Evans, Jones Academy; 2nd: Angel Andrade, Jones Academy; 3rd: Jessica Smith, Hodgen; 4th: Tiler Savage, Hartshorne; 5th: Freddy James, Wilburton; 6th: William Powell, Jones Academy; 7th: Travis Hardin, Heavener; 8th: Jessica Knight, Buffalo Valley; 9th: Justice Shepherd, Keota; 10th: Kayla Hodge, Battiest.

Class IV

1st: Colby Jones, Coalgate; 2nd: Caitlin Spears, Wilburton; 3rd: Hannah Palmer, Idabel; 4th: Jeremiah Colbert, Battiest; 5th: Austin Jestis, Rock Creek; 6th: Tandra Elkins, Coalgate; 7th: Whitney Sebo, Spiro; 8th: Hunter Mason, Hartshorne; 9th: James Goddard, Pittsburg; 10th: Jared Elrod, Stringtown.

Class V

1st: Keshia Fryer, Caddo; 2nd: Kaleb Barcheers, Hartshorne; 3rd: Jared James, Wilburton; 4th: Cody Wilson, Hartshorne; 5th: Blair Smallwood, Clayton; 6th: Axton Cook, Haileyville; 7th: Jennifer Williams, Idabel; 8th: Kareesa Kennedy, Albion; 9th: Chelsea Coffman, Valliant; 10th: Aspen Clemens, Coalgate; 11th: Shayla Bullard, Red Oak.

Class VI

1st: Lonnie Hedrick, Canadian; 2nd: Justin Daniel, Jones Academy; 3rd: Travis Cox, Spiro; 4th: Micheal Willingham, Broken Bow; 5th: Padon Hobbgood, Colbert; 6th: Josh Williams, Rock Creek; 7th: Ashton Thompson, Rock Creek; 8th: Kaylee Rodgers, Spiro; 9th: Ariel LeFlore, Broken Bow; 10th: Lindsey Broughton, Tushka.

CROSS

Breed Champion: Ricky Morgan, Hartshorne.

Reserve Breed Champion: April Washee, Jones Academy.

Class I

1st: Colton Baker, Haileyville; 2nd: Ivana Hensley, Stringtown; 3rd: Phyllis Doyle, Howe; 4th: Brandon Hummel, Wapanucka; 5th: Taylor Cannady, Talihina; 6th: Ronda Doyle, Howe; 7th: Thomas Kelly, Farris; 8th: Ben Blankenship, Hartshorne; 9th: Justin Duggan, Wilburton.

Class II

1st: Kaleb Bercheers, Hartshorne; 2nd: Sammy McDowell, Spiro; 3rd: Justin Knight, Buffalo Valley; 4th: Tyler Hedge, Jones Academy; 5th: RaeGail Wilson, Hartshorne; 6th: Trevor Chance, Red Oak; 7th: Whitney Lyon, Cameron; 8th: Brian Blankenship, Hartshorne; 9th: Justin Knight, Buffalo Valley.

Class III

1st: Charles Taylor, Poteau; 2nd: Anthony Doyle, Buffalo Valley; 3rd: Ty Smith, LeFlore; 4th: Samantha Reddin, LeFlore; 5th: Kayla Hodge, Battiest; 6th: Mark Goodrich, Whitesboro; 7th: Dustin Mattox, Howe; 8th: Dustin Duggan, Wilburton; 9th: Levi Phillips, Hodgen.

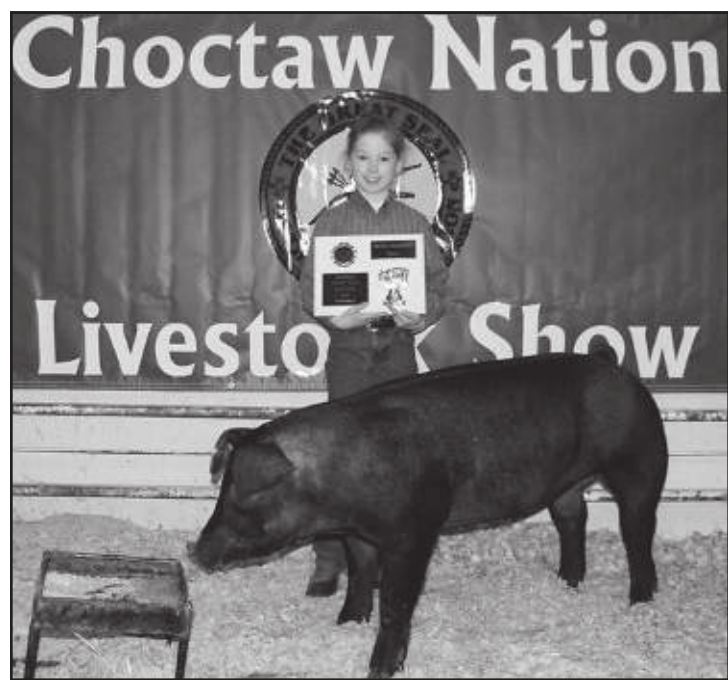
Class IV

1st: Lonsford Crook, Jones Academy; 2nd: Brittan Raines, Fanshawe; 3rd: Kali Lockaby, Panama; 4th: Richard Bragg, Soper; 5th: Emilia Lopez, Hugo; 6th: Aaron Cobb, Battiest; 7th: Amber Frazier, Tushka; 8th: Brice Carter, Soper; 9th: Jared Elrod, Stringtown; 10th: Kareesa Kennedy, Albion.

Class V

1st: Stephanie Gay, Eagletown; 2nd: Hannah Palmer, Idabel; 3rd: Ashlyn Scott, Soper; 4th:

More swine results on Page 9



Hannah Palmer, Idabel, Breed Champion, Duroc



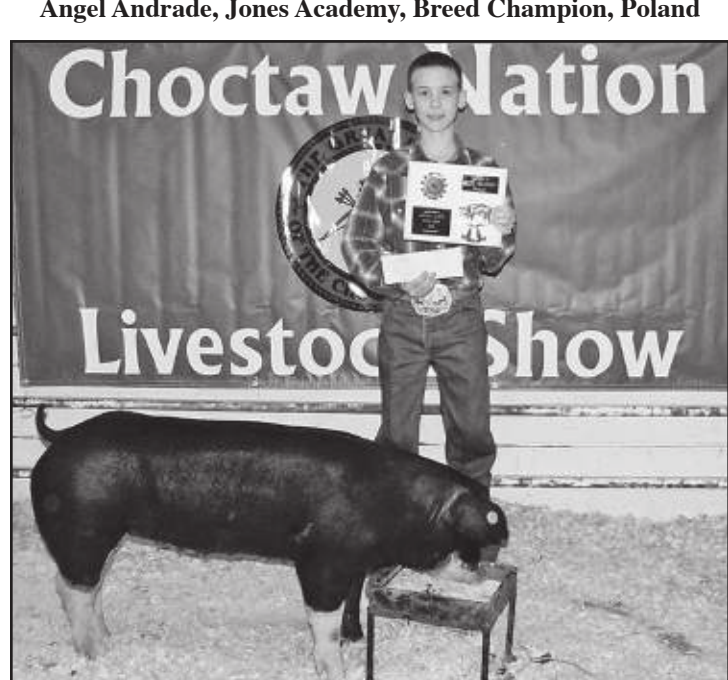
Kaleb Barcheers, Hartshorne, Reserve Breed Champion, Duroc



Rebecca Bruner, Haileyville, Breed Champion, Hamp
Tristian Evans, Jones Academy, Reserve Breed Champion, Hamp, not pictured



Angel Andrade, Jones Academy, Breed Champion, Poland



Tyler Wright, Wright City, Reserve Breed Champion, Poland



Micah Tiger, Jones Academy, Breed Champion, Spot



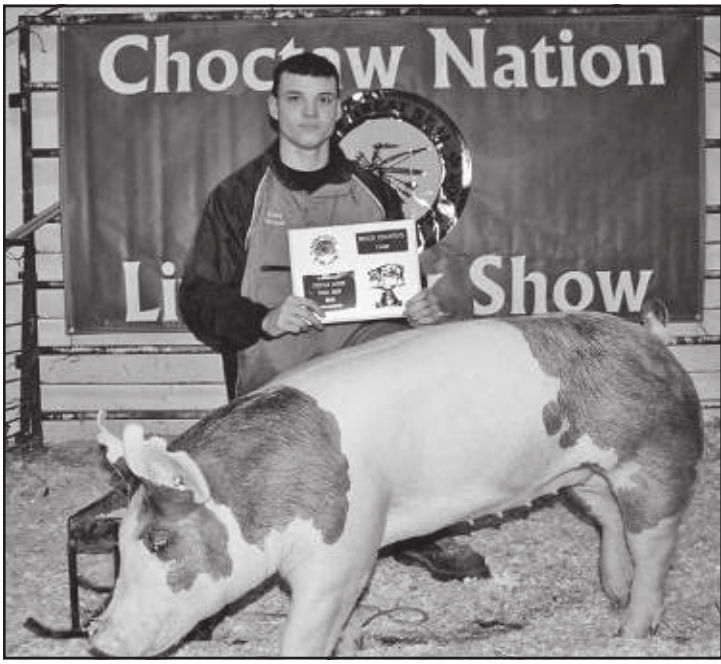
Tristian Evans, Jones Academy, Breed Champion, York



Keshia Fryer, Caddo, Reserve Breed Champion, York



Joey Scott, Antlers, Reserve Breed Champion, Spot



Ricky Morgan, Breed Champion and Reserve Grand Champion, Cross



Jones Academy, Reserve Breed Champion, Cross



Caitlin Spears, Breed Champion, Berkshire

Swine results

continued from Page 8

Jeremy Pryor, Savanna; 5th: Taylor Reasnor, Kinta; 6th: Trey Herman, Soper; 7th: Dakota Knight, Buffalo Valley; 8th: Chan Twaddle, Buffalo Valley; 9th: Sarah Thompson, Hugo; 10th: Keith Ketcher, Panola.

Class VI

1st: April Washee, Jones Academy; 2nd: Jacob Hammond, Bennington; 3rd: Tyler Hardin, Heavener; 4th: Jared James, Wilburton; 5th: Lonsford Crook, Jones Academy; 6th: Taylor Stephens, Tushka; 7th: Katey Johnson, Whitesboro; 8th: Bryce Livingston, Wilburton; 9th: Ashley Webb, Rattan; 10th: David Prater, Broken Bow; 11th: Cody Bull, Wilburton.

Class VII

1st: Ricky Morgan, Hartshorne; 2nd: Micah Tiger, Jones Academy; 3rd: Shawn Kinsler, Boswell; 4th: Janica Williams, Rock Creek; 5th: Taylor Runyan, Atoka; 6th: Jess Buss, Wapanucka; 7th: Emmilie Scroggins, Valliant; 8th: Koltan Mussett, Wright City; 9th: Eric Patty, Rock Creek; 10th: Daniel Sandefur, Hartshorne.

Class VIII

1st: Mikey Guazdusky, Wilburton; 2nd: Shelby Gallant, Soper; 3rd: Chelsea Coffman, Valliant; 4th: Taylor Reasnor, Kinta; 5th: Hunter Mason, Hartshorne; 6th: Tandy Dunn, Soper; 7th: Ace Lee Pittman, Wright City; 8th: Sally Simco, Quinton; 9th: Misty Henderson, Soper; 10th: Kannon Jackson, Durant.

Class IX

1st: William Powell, Jones Academy; 2nd: Ty Runyan, Atoka; 3rd: Colby Moffat, Soper; 4th: Mattie Ferguson, Soper; 5th: Jerry Lynn Alexander, Clayton; 6th: Devon Midgley, Talihina; 7th: Elaina Watts, Battiest; 8th: Eric Roberts, Boswell; 9th: Nicole Pittman, Boswell; 10th: Matt Efinger, Canadian.

Class X

1st: Stephanie Gay, Eagletown; 2nd: Justin Daniel, Jones Academy; 3rd: Jacob Murray, Quinton; 4th: Tristian Evans, Jones Academy; 5th: Madelyn Guazdusky, Wilburton; 6th: Charlee Goodwin, Caddo; 7th: Tandra Elkins, Coalgate; 8th: Hillaree Cox,

Spiro; 9th: J.D. Todd, Soper.

Class XI

1st: Lane Williams, Idabel; 2nd: Carter Baldwin, Eufaula; 3rd: Megan Jones, Rock Creek; 4th: Justice Shepherd, Keota; 5th: Bransen Shelton, Wright City; 6th: Blair Smallwood, Clayton; 7th: Tyler Shann, Haileyville; 8th: Jeremiah Colbert, Battiest; 9th: Janica Williams, Rock Creek.

Class XII

1st: Josie Redwine, Boswell; 2nd: Whitney Sebo, Spiro; 3rd: Blake Jackson, Hartshorne; 4th: Sassy Ashalintubbi, Eagletown; 5th: Destin Moore, Wright City; 6th: Justin Haner, Caney; 7th: Aaron Cobb, Battiest.

BERK

Breed Champion: Caitlin Spears, Wilburton.

Reserve Breed Champion: Sassy Ashalintubbi, Eagletown.

Class I

1st: David Bean, Wright City; 2nd: Jeremy Pogue, Hartshorne; 3rd: Dakota Hokit, Buffalo Valley; 4th: Ivana Hensely, Stringtown; 5th: Elaina Watts, Battiest; 6th: Heather Finch, Crowder.

Class II

1st: Caitlin Spears, Wilburton; 2nd: Sassy Ashalintubbi, Eagletown; 3rd: Zachary Smith, Lukfata; 4th: Ariel Leforce, Broken Bow; 5th: Brenna Fry, Buffalo Valley; 6th: Raney Johnson, Wright City.

CHESTER

Breed Champion: Micah Tiger, Jones Academy.

Reserve Breed Champion: Logan Byrd, Hartshorne.

Class I

1st: Logan Byrd, Hartshorne; 2nd: Cheyenne Neal, Jones Academy; 3rd: Tyler Kirkes, Buffalo Valley; 4th: Emmilie Scroggins, Valliant; 5th: Whitney Lion, Cameron.

Class II

1st: Micah Tiger, Jones Academy; 2nd: Whitlee Curuss, Haileyville; 3rd: Christian Smith, Lukfata; 4th: Garrett Bean, Wright City; 5th: Taylor Murdaugh, Stuart; 6th: Ricky Morgan, Hartshorne; 7th: Lane Hunter, Buffalo Valley.

BEEF RESULTS on Page 10



Sassy Ashalintubbi, Reserve Breed Champion, Berkshire



Micah Tiger, Jones Academy, Grand Champion and Breed Champion, Chester



Logan Byrd, Reserve Breed Champion, Chester

Durant casino under protection of premier surveillance system

The Choctaw Nation Casino and Entertainment Complex in Durant will have the protection of one of the country's premier surveillance systems. With the rapid expansion of Choctaw gaming in Oklahoma, as well as the development of other economic and community service entities benefiting the tribe, Chief Gregory E. Pyle and Assistant Chief Mike Bailey saw the need to develop a professional security system to meet the needs of a growing

Choctaw Nation. A committee was formed to assess the surveillance system needs of all departments of the tribe and to review the current technology available.

The committee, after an extensive review of company systems available and in use at casinos, selected the Petards Company of Orlando, Florida. Petards is the world's leading manufacturer of networked enterprise digital network video recorders for the security industry. Last year's

television coverage of the suicide bombers who tried to kill commuters and destroy the subway system in London utilized digital video images produced by a Petards system. The Petards images of the bombers meeting and deploying onto various subway trains allowed Scotland Yard to quickly identify the terrorists. Other notable clients of Petards include the Smithsonian Museum, the United Kingdom, the U.S. Department of Defense

and the National Museum of the American Indian.

With the capabilities of the digital "Universal Video Management System" installed by Petards with the assistance of an Oklahoma affiliate, Dowley Inc. of Oklahoma City, the surveillance staff now has the ability to record images at up to 30 frames per second, which surpasses lip sync speed. The system allows simultaneous viewing of current

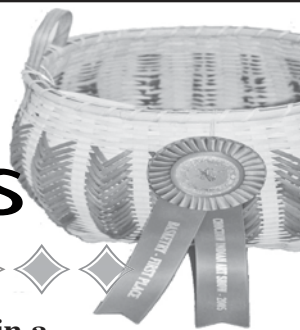
events and past events on a split screen. Events can be retained online for over two weeks and indefinitely on other digital storage media. Individuals can be tracked by the system as they venture from location to location within the casino. Operators will be able to view any of the almost 1,000 cameras on the system with a click of the mouse.

The response interaction between the onsite security staff

and the surveillance staff will be seamless. The recorded digital images will meet the exacting legal requirements for introduction into court proceedings as evidence of past events. Also, the security staff will have the ability to digitally identify known casino scam artists when they venture into a Choctaw Nation casino.

As the Choctaw Nation's needs grow, so will this system grow to meet the increasing challenges.

Attention Choctaw Artists



Are you interested in participating in a Juried and Judged Choctaw Indian Art Show? LET US HEAR FROM YOU!

Please fill out the following interest form in order to receive more information regarding the show which will be in Tuskahoma, Oklahoma, during the Labor Day Festivities, September 2, 2006. Included will be the following categories: painting, graphics, textiles, sculpture, jewelry, ceramics, and basketry. Please fill out the form and return it to the address below. Art information packets will be mailed beginning in March.

Name _____

Address _____

Telephone number _____

E-mail address _____

Artistic category _____

You must be at least 17 years old and have a membership card issued by the Choctaw Nation of Oklahoma.

Return to: Beverly Nelson
Choctaw Nation Tribal Complex
P.O. Drawer 1210
Durant, OK 74701

For more information, call Beverly Nelson at 800-522-6170, ext. 2485.

TRACY LAWRENCE



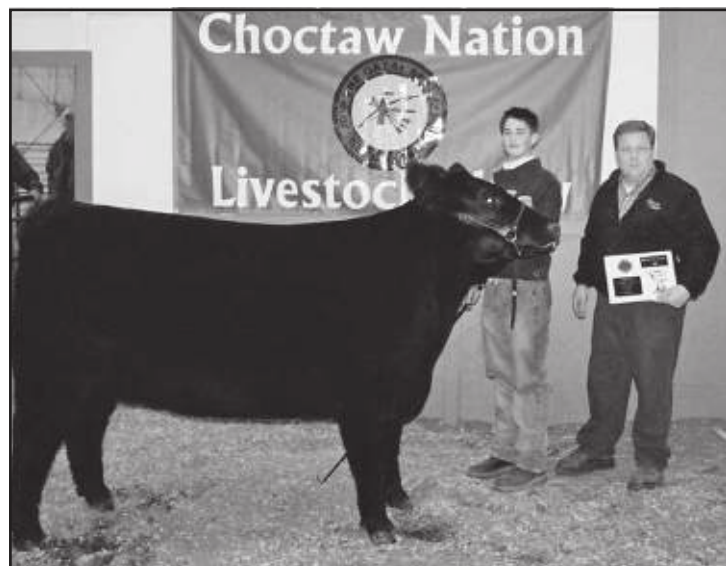
FRIDAY, APRIL 7, 2006



Sponsored by



Beef show includes prime heifers, steers



Kyle Pingleton, Hartshorne, Grand Champion Heifer, English and Reserve Grand Champion, English



Laramie Beal, Coalgate, Grand Champion Steer, English



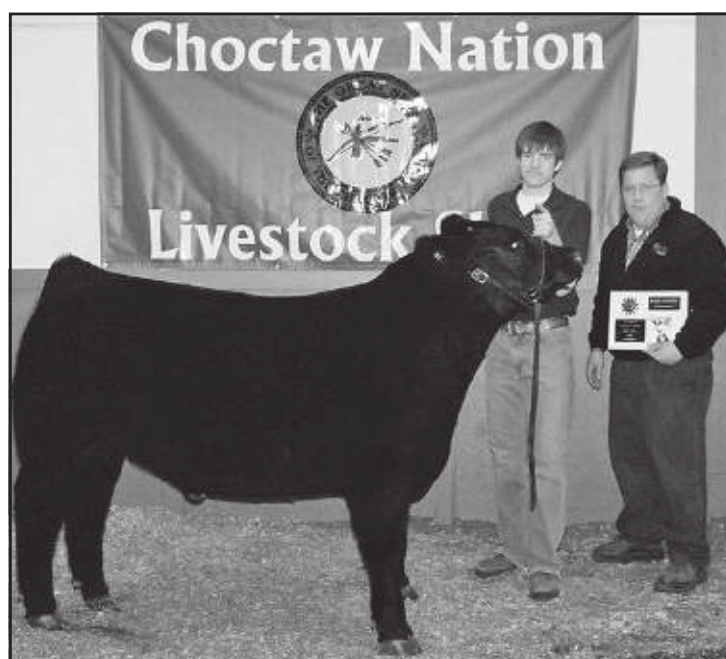
Tabitha Barnhouse, Haileyville, Reserve Champion Steer, English



Jordan Mobbs, Tushka, Supreme Heifer Grand Champion Heifer, Continental



Heather O'Neal, Talihina, Reserve Grand Champion, Continental



Aaron Perkins, Caddo, Grand Champion Steer, Continental

Results continued from Page 9

ENGLISH

Heifer

Breed Champion: Kyle Pingleton, Hartshorne.

Reserve Breed Champion: Kyle Pingleton, Hartshorne.

Class I

1st: Bailey Henry, McCurtain; 2nd: Zach Kennedy, Harmony.

Class II

1st: Ashton Forwoodson, Wilburton; 2nd: Shayne Shoopman, Colbert; 3rd: Mark Goodrich, Whitesboro.

Class III

1st: Cord Forwoodson, Wilburton; 2nd: Josh Hollingsworth, Durant; 3rd: Joshua Eaves, Harmony; 4th: Dalon Gibson, Crowder; 5th: Lane Williams, Idabel.

Class IV

1st: Kyle Pingleton, Hartshorne; 2nd: Dillon Burns, Coalgate; 3rd: Caleb Eaves, Tushka; 4th: Katherine Goodman, Talihina; 5th: Jessica Collins, Milburn.

Class V

1st: Kyle Pingleton, Hartshorne; 2nd: Shayne Shoopman, Colbert; 3rd: Josh Hollingsworth, Durant; 4th: Kristen Hedge, Rattan; 5th: Jaimie Williams, Antlers.

Class VI

1st: Luke Forwoodson, Wilburton; 2nd: Derek Shan, Buffalo Valley; 3rd: Cord Forwoodson, Wilburton; 4th: J.J. Bull, Panola; 5th: Courtney Rhodes, Caney.

Steer

Breed Champion: Laramie Beal, Coalgate.

Reserve Breed Champion: Tabitha Barnhouse, Haileyville.

Class I

1st: J.J. Bull, Panola.

Class II

1st: Cody Ward, Haileyville; 3rd: Sonney Dutchover, Achille.

Class III

1st: Laramie Beal, Coalgate; 2nd: Tabitha Barnhouse, Haileyville.

CONTINENTAL

Heifer

Breed Champion: Jordan Mobbs, Tushka.

Reserve Breed Champion: Heather O'Neal, Talihina.

Class I

1st: Allan Crase, Bokoshe; 2nd: Josh Self, Stigler; 3rd: Matthew Delozier, Haworth.

Class II

1st: Kaci Trentham, Coalgate; 2nd: Brandon Johnson, Stigler; 3rd: Hailey Henry, McCurtain; 4th: Kagney Scarberry, Talihina.

Class III

1st: Randi Staton, Hugo; 3rd: Ashton Thomason, Hartshorne; 4th: Sarah Thompson, Hugo.

Class IV

1st: Brent Spencer, Poteau; 2nd: Timber Stephens, Atoka; 3rd: Jeromy Teal, Bennington; 4th: Britany Barker, Boswell; 5th: Courtney Rhodes, Caney.

Class V

1st: Jordan Mobbs, Tushka; 2nd: Kelsey Crane, Wister; 3rd: Randi Staton, Hugo; 4th: Dalton Smith, Boswell; 5th: Dylan Reasnor, Kinta.

Class VI

1st: J.J. Bull, Panola; 2nd: Sarah McGee, Wilburton; 3rd: Sarah McGee, Wilburton.

Class VII

1st: Heather O'Neal, Talihina; 2nd: Zachary Bean, Wright City; 3rd: Kacey Knight, LeFlore; 4th: Heather Roby, Calvin; 5th: Deston Shaw, Buffalo Valley.

Steer

Breed Champion: Aaron Purkins, Caddo.

Reserve Breed Champion: Shayne Shoopman, Colbert.

Class I

1st: Leann Thomson, Hugo.

Class II

1st: Aaron Purkins, Caddo; 2nd: Mason Jones, Calera; 3rd: Emilia Lopez, Hugo.

Class III

1st: Shayne Shoopman, Colbert; 2nd: Dillon Burns, Coalgate.

BRAHMAN INFLUENCE

Heifer

Breed Champion: Eric Shaw, Antlers.

Reserve Breed Champion: Eric Shaw, Antlers.

Class I

1st: Eric Shaw, Antlers; 2nd: Joe Paxton, Calvin.

Class II

1st: Eric Shaw, Antlers.

AOB

Heifer

Breed Champion: Taylor Mobbs.

Reserve Breed Champion: Kendall Gibson.

Class I

1st: Colby Jones, Coalgate; 2nd: Langston Upton, Wister; 3rd: Cory Traylor, Talihina.

Class II

1st: Jacky Marshall, Idabel; 2nd: Kelbie Kennedy, Talihina; 3rd: Trey Sanders, Heavener.

Class III

1st: Cory Traylor, Talihina; 2nd: Lane Williams, Idabel.

Class IV

1st: Kendall Gibson, Quinton; 2nd: Leslie Carter, Calera; 3rd: Ethan Purkins, Caddo; 4th: Tarah Satterfield, McCurtain.

Class V

1st: Taylor Mobbs, Tushka; 2nd: Josh Hollingsworth, Durant; 3rd: Kelbie Kennedy, Talihina; 4th: Chad Twaddle, Buffalo Valley; 5th: Cody Newman, Stuart.

Class VI

1st: Brandon Johnson, Stigler; 2nd: Krissy Langley, Soper; 3rd: Sarah Smith, Caddo.

Class VII

1st: Jerrod Long, Stigler; 2nd: Juan Lopez, Hugo.

Class VIII

1st: Kenzi Baldwin, Antlers; 2nd: Shelby Gallant, Soper; 3rd: Kason Ross, Keota; 4th: Todd McGee, Red Oak; 5th: Todd McGee, Red Oak.

Class IX

1st: Allan Crase, Bokoshe; 2nd: Jordan Mobbs, Tushka; 3rd: Kelbie Kennedy, Talihina.

Class X

1st: Deston Shaw, Buffalo Valley; 2nd: Kelsey Knight, LeFlore; 3rd: Kaci Trentham, Coalgate; 4th: Sharla Dewitt, Wapanucka.

Steer

Breed Champion: Leslie Carter, Calera.

Reserve Breed Champion: Clint Crane, Wister.

Class I

1st: Caleb Eaves, Tushka; 2nd: Clint Mefford, Rock Creek.

Class II

1st: Langston Upton, Wister; 2nd: Gail James, Keota; 3rd: Courtney Kendrick, Wilburton.

Class III

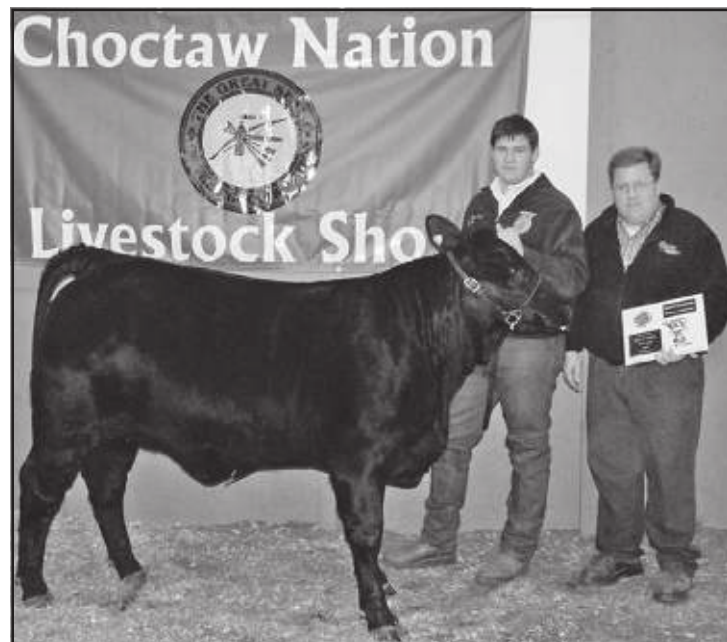
1st: Mark Mefford, Rock Creek; 2nd: Luke Serner, Durant; 3rd: Lucas Sherrill, Frink Chambers; 4th: Jodi Nichols, Haileyville; 5th: Taylor Payne, Soper; 6th: Amy Teel, Keota.

Class IV

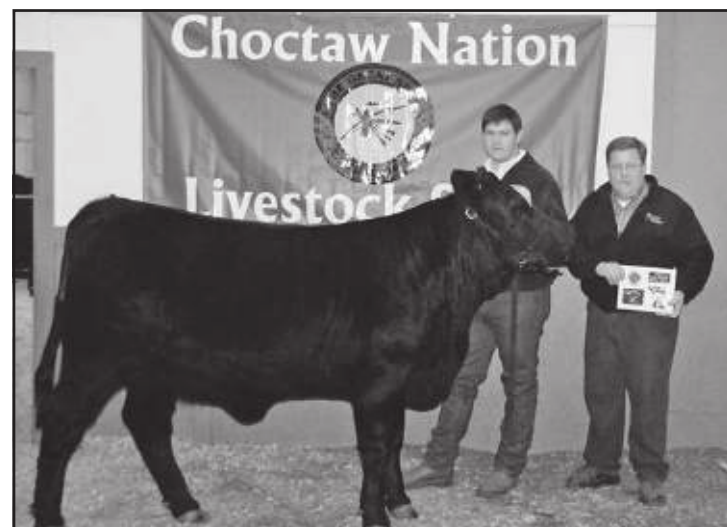
1st: Leslie Carter, Calera; 2nd: Clint Crane, Wister; 3rd: William Smallwood, Antlers; 4th: RaeGil Wilson, Hartshorne; 5th: Lauren Thomas, Calera.

Class V

1st: Autum Bowden, Stigler; 2nd: Laredo Beal, Coalgate; 3rd: Sarah Martin, Wister; 4th: Cody Wilson, Hartshorne.



Eric Shaw, Antlers, Grand Champion Heifer, Brahman Influence



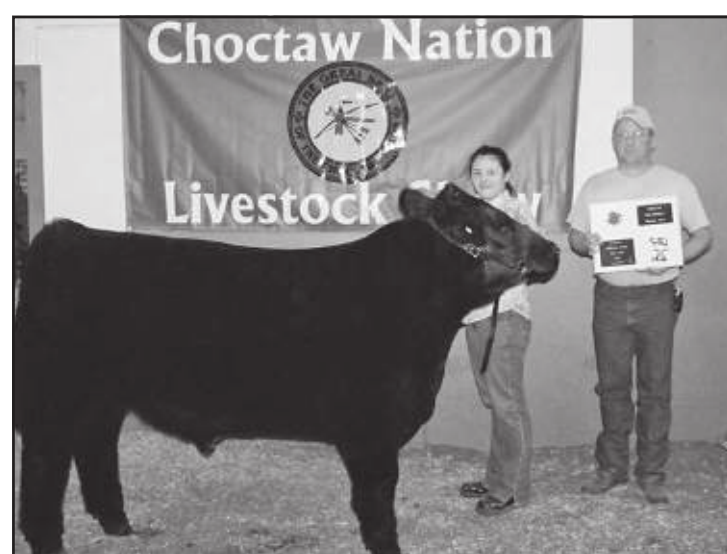
Eric Shaw, Antlers, Reserve Grand Champion, Brahman Influence



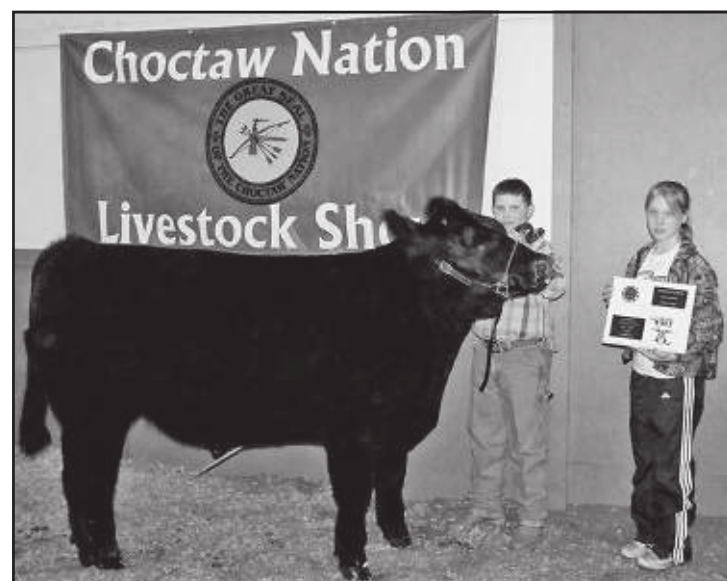
Taylor Mobbs, Tushka, Reserve Supreme Heifer Grand Champion Heifer, AOB



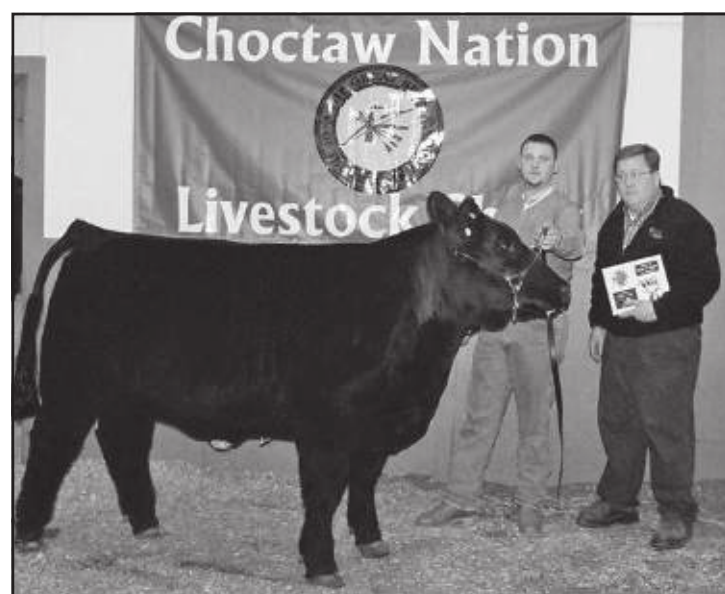
Kendall Gibson, Quinton, Reserve Champion Heifer, AOB



Leslie Carter, Calera, Grand Champion Steer, AOB



Clint Crane, Wister, Reserve Champion Steer, AOB



Shane Shoopman, Colbert, Reserve Champion Steer, Continental

Understanding substance abuse

Part II

This article is a follow-up article from last month on understanding drugs and their effects. The following information will give you an outline of types of drugs and their effects on the body and mind. Being familiar with these kinds of drugs will help you address the subject with your child and answer questions he or she has. It will also familiarize you with some of the effects of drugs that people, especially our youth, are facing today. Remember every drug can result in death due to individual differences – body weight, size, tolerance, and some behavior attributes may make others more acceptable to addiction behaviors.

Narcotics are drugs, especially illegal drugs, that can dull the senses, bring sleep and relieve pain, making them similar to depressants. The difference is mostly in fact that narcotics have a stronger effect. Too much of a narcotic can cause a coma or even death.

A **Stimulant** is anything that quickens some vital body part or organ or seems to speed up a person. Cocaine is a stimulant. Short-term effects of stimulants may be increased heart rate, increased body heat, increased activity (the person moves faster, is more awake, etc), increased blood pressure, and constricted blood vessels. Possible long-term effects of stimulants may be extreme agitation or the feeling of being so anxious, nervous, or upset that one cannot keep still or think calmly, inability to sleep, delusions or false beliefs about things, hallucinations (something that one sees, feels or hears that is not really there, or the experience of this), paranoia or an unreasonable belief that one cannot trust other people, or that others are trying to harm one. Examples of stimulants can be, but are not limited to, Crack, Cocaine and Crystal Meth. Remember, any drug can act as a stimulant or a depressant, depending on the amount taken. A small amount stimulates, a large amount acts as a sedative or depressant, and an even larger amount can kill. It is

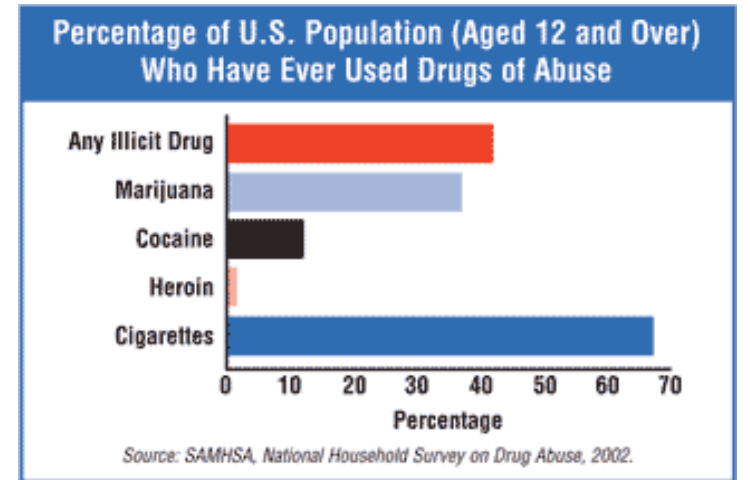
the quantity of drug taken which creates the above effects.

A **Depressant** is a kind of drug that lowers the activity of the body. Depressants are commonly used to help one sleep and to relieve pain. They normally slow brain function. Short-term effects of depressants can include a “sleepy” and uncoordinated feeling, poor coordination, reduced intellectual ability and reduced ability to concentrate or remember information, reduced motivation and energy, reduced ability to operate machinery, drive, climb or swim, difficulty in making good judgments, slow breathing, or slowed heart beat and respiration (which can be fatal). Long-term effects of depressants can include physical dependence, addiction, withdrawal problems including possible seizures, excessive urination or thirst, diarrhea, vomiting, dizziness, muscle weakness, increased anxiety and sleeplessness. Examples of depressants can be, but are not limited to, alcohol, sleeping pills and pain depressants.

Hallucinogens are drugs that produce an altered perception of

reality. Hallucinogens are the most powerful and mind-bending of all the drugs. Some hallucinogens are depressants, others are stimulants. Short-term effects can be intensified perceptions/hallucinations, an increased heart rate, nausea, loss of appetite, chills, flushing, shaking, paranoia, confusion, and acute panic. The effects of psychedelics like LSD are unpredictable. On a “bad trip” there may be unpleasant feelings of disorientation, panic and/or paranoia. These may last several hours.

Hallucinogens can also create a temporary yet severe mental disorder, where thoughts and emotions are so confused that the drug user loses touch with reality. This person can’t cope with routine problems, can’t control himself or herself and may become frightened or anxious. People who often use such drugs could have difficulty concentrating and communicating, or could have difficulty telling the difference between reality and illusion. Some long-term effects of hallucinogens are severe flashbacks where someone might relive ex-



periences when tripping. This can be intensely disorienting and cause great anxiety. Examples of hallucinogens can be, but are not limited to, PCP (Angel Dust), Ecstasy, and LSD.

Inhalants: Some substances turn to gas and, when the fumes are inhaled, can cause the user to feel high. These are inhalants. The term “Chroming” or “glue sniffing” is used to cover all forms of inhalant use. Some things used as inhalants are glue, aerosol spray, lighter fluid, paint thinner, chrome-based paint, nail polish, correctional fluid (white-out) and gasoline.

Short-term effects of inhalants after a high include the drug

slowing down the central nervous system or the messages going to and from the brain to the body, dizziness, and “dopeyness” leading to unconsciousness. Long-term effects of inhalants can be unconsciousness, bad cramps, confusion, permanent damage to nerve tissue, death. This can be caused by heart failure particularly if the user is stressed or does heavy exercise. Some users have been known to pass out and suffocate in the plastic bag they inhale from.

Like most street drugs, inhalants are addictive. For more information go to www.stopaddiction.com.

Healthy Living = Longer Life

Anger: How do I deal with it?

By Jeremy Bull
CARES Project
Communications Specialist

Picture a child standing in front of you. Now, picture that child with a clenched fist and jaw, a red face, tensed muscles, and a raised voice. All too often, this is a picture of many of our Nation’s youth. Among all of the challenges and issues facing the next generation, *ANGER* is the #1 reason for children to be referred for services with the CARES Project. As a child transitions from youth into adulthood, this anger, if not managed, could lead to even greater concerns and consequences.

Anger is a completely normal emotion that we all experience. However, anger is considered a secondary emotion. The reason youth (or adults) become angry is caused by a deeper primary emotion, including stress, frustration, anxiety, disappointment, resentment, embarrassment and jealousy.

Anger, when not controlled, can result in many problems, including high blood pressure, strained relationships, low self-esteem, depression, and drug abuse.

Anger can cloud clear thinking and lead to poor decisions. It can cause you to verbally or physically abuse others.

Because of the negative effects anger has on one’s life, ranging from physical to mental, here are 10 tips to help manage anger in positive way.

1. Take several deep breaths while sitting down. For each breath, let your lungs fill with air

CARES group attends tribal meeting

The Choctaw Nation CARES Project recently attended the Region VI Systems-of-Care Community Meeting, held January 25-27 in Portland, Oregon. Along with six other tribal systems-of-care from across the United States, CARES Project staff attended workshops, including financial sustainability, youth involvement, clinical intervention, social marketing, and evaluation data.

Also during the conference, two CARES staff members were presenters at specific workshops. Jesse Pacheco, CARES Project Case Manager / Counselor, presented a workshop entitled “Using Traditional Culture in Clinical Interventions,” giving examples of cultural activities used to increase family communication.

Jeremy Bull, CARES Project Communications / Media Specialist, presented a workshop entitled “The Social Marketing Advantage: How It Can Help Get Your System of Care on Firm Financial Footing,” giving examples of how important the social marketing aspect is to the sustainability process.

for a count of 5. Hold for a count of 5. Then imagine you’re forcing the anger out as you exhale for a count of 5.

2. Close your eyes and picture yourself in a place you once enjoyed visiting. Try to picture yourself in the setting. Give yourself a mini-vacation from the situation that you are in.

3. Change your environment. Perhaps you can walk away from the situation. If you can get some fresh air, all the better.

4. EXERCISE!! Channel your negative energy into a healthy run or bike ride, etc.

5. Slowly count to 10 (or 20 or more) and think before you respond.

6. “Laugh away” your anger by finding the humor in minor upsets.

7. Take a break and listen to

your favorite soothing music.

8. Write down your feelings. Use a journal. This will help you collect your thoughts and defuse your anger.

9. Try meditation. While seated, close your eyes and take deep breaths, concentrating on a single word or inspiring quote. Continue to meditate until you feel your anger going away.

10. Think before you speak. Then express yourself in a way that helps you find solutions to the problems that contribute to your anger.

If you know a child or youth under the age of 18 experiencing difficulty in controlling their anger, and would like more information about the services provided by the Choctaw Nation CARES Project, feel free to call 918-567-4128.

Substance abuse training successful

Choctaw Nation Healthy Lifestyles Taskforce recently had a one-day Substance Abuse Awareness Training at the Kiamichi Technology Center in Hugo. Topics covered included Drinking and Driving, Tobacco Abuse, How Drugs Are Affecting Our Communities, and How to Identify Meth Users/Labs. The afternoon session was an open forum to discuss how communities are being affected by the substance abuse issues themselves and what preventive approaches that the community would like to see implemented to prevent further substance abuse in their neighborhood.

Trainers included Vanessa Burton, OSBI; Ric Smith, U.S. Drug Enforcement Administration; Gina Barnett, Oklahoma State Department of Health; Todd Baughman, Choctaw Nation Project Child, and Rodger Green, Personal Story. We would like to thank everyone for their participation in the program.

Drinking & Driving Community Awareness Event

Parents take advantage of this awareness event! It might save your loved one’s life.

6 p.m.
Thursday, March 30
Talihina School Auditorium
600 1st St., Talihina, Oklahoma

Content: Drinking & Driving Awareness Education for youth and adults. Personal stories from parents who have lost their children due to drinking and driving. Open forum to have a discussion of how the community can take an active role in prevention of drinking and driving.

Guest speakers:
Rodger Green, along with others: Personal Stories
Choctaw Nation Healthy Lifestyles: Recent Data

30 Choctaw Hymns CD
Old and new tunes!

Singers from Boiling Springs United Methodist Church
Cost: \$20 each; Sr. Citizen Cost \$17 each; Shipping: \$2
For more information or to send payments:
Boiling Springs United Methodist Church
Attn: Rev. Jeff Frazier
13969 CR 1554, Ada, OK 74820
580-272-0905 or 272-3471 (cell)

Are you on OST’s Whereabouts Unknown list?

The U.S. Department of the Interior, through the Office of the Special Trustee for American Indians (OST), may have money for you or for someone you know! If you know the whereabouts of any of the following Choctaw people, please contact the

OFFICE OF SPECIAL TRUSTEE FOR AMERICAN INDIANS at 1-888-678-6836
or Patricia Appl, Fiduciary Trust Officer, at the Wewoka Agency at 405-257-2113.

Clayson Dell Amos
Eta Sue (Smith) Amos
Simon Amos
April Dawn Apala
Tony R. Apala
Eveniva L. Austin
Sicily Austin
June (Tims) Baker
Kelly Battiest
Kendice L. Battiest
Marcus R. Battiest
Marcus Ray Battiest
Tycene Battiest
Valerie Battiest
Joe Battiest, Jr.
Incy (Fobb) Billy
Jerry A. Billy
Phyllis J. Billy
Marlin T. Billy, Jr.
Doris (Francis) Blevins
Charles D. Bohanan
Wanda L. Bohanan
Earnest Bond
Leann Bond
Lee A. Bond, Jr.
Anderson Botone
Patricia J. Brimm
Floyd J. Broke Shoulder
Harold R. Bryant
Kenneth P. Bryant
Joseph Bryant Jr.
Alvin Bully
Bonnie J. Burgess
Willie Maxine Burton
Doyle Carney
Richard Carney
Shirley Carney
Billy Ray Carney, Jr.
Ellie Christie
Richard K. Clark
Alicia Alesha Clark
Betty Clay
Susan Clinton
Robert A. Cooper
Elwood C. Corbett
Katherine J. Cox
Richard D. Daney, Jr.
Verna Davenport
William D. Davenport

Agnes N. Davis
James P. Davis
Edward Doctor
Dewayne P. Eagle
Charlotte M. Evans
Houston L. Fobb, Jr.
Arthur D. Fulton
Edgar Fulton
Robert Fulton
Donna K. Fultz
Alvin L. Gaines
Juanita (Bohanan) Gibson
Pauline Gibson
Sally A. Trust
David Ronald Grantham
Stephanie (Apala) Gravitt
Irene (Stallaby) Greenberg
Dorothy J. (Carns) Hamel
Virgil W. Harley
Betty J. Harris
Inita Harvey
John W. Hayes
Clifford Hill, Jr.
Edwin Hudson
Sheila A. Jackson
Melvin R. Jackson, Jr.
Lyndon B. Johnson
Mary M. Jones
Joe E. Kelly
Oscar Lambness
James Lawrence, Sr.
Sandra Leonard
Kenneth R. Lewis
Sarah A. Ludlow
Harvey R. Marris
Joseph McClure
Kathleen McClure
Anna L. McNoel
George Miller
Sampson J. Morris
Solomon J. Morris
Stanley Stanley
John S. Of
Diantha Noah
Chiarie Nowabbi
James Nowabbi
Ashshalintubbi Pearce
Merle N. Perkins
Floyd J. Peters

Anthony Phillip
Lee Pistubbee
McCoy Pistubbee
Lisa D. Pope
Robert S. Pope
Jana D. Rabke
Carla M. Reese
Yolanda Sustayta Rivera
(Williams) Roach
Harold Robinson
Lawrence Robinson
Steven Robinson
Randell G. Sam
Vonita L. Samuel
Benjamin Scott Jr.
Claire S. Caldwell Sewell
Michael L. Sexton
Christy Shoemaker
Kathy A. Shoemaker
Sophia Speaker Skelton
Sharon G. Star
Shirley Stevens
(Wallace) Stick
Anna Stolby
Theresa Strope
Deborah E. Taylor
Earl D. Taylor
Howard L. Taylor
Nancy A. Taylor
Rhoda M. Taylor
Luthi James Tekubie Jr.
Ruth Baker Turnbull
Debbie Rice Unap
USA in Trust, Helen Vela
Barbara A. Wallace
Sam Wallace
USA in Trust, Rosie Ward
Edward Washington
Suzanne A. Williams
Gwendolyn Willits
Dora B. Wilson
Elias J. Wilson
Gwendolyn Wilson
Irwin R. Wilson
Victor N. Wilson
Everett G. Wilson Jr.
Virgil A. Winlock
Renn L. Wilson Wylie
Margaret Francis Ybarra

UNLIKE ANYTHING YOU’VE EVER SEEN BEFORE!

CHOCTAW CASINO RESORT PRESENTS BULL BASH 06

AT THE CHOCTAW COLISEUM
MARCH 18, 2006 AT 7 P.M.

\$10,000 Added

45 Bullriders
15 Back for Short Go

Doors Open at 5 p.m.
Buy Tickets at:
www.choctawcoliseum.com

Ticket Prices:
Reserved - \$20
General Adults - \$15
General Children - \$10 (12 & Under)
Children 3 and Under FREE

Choctaw Coliseum
P.O. Box 1425
Durant, OK 74702
For more information call:
1-877-208-ROPE

EVENTS

Durant Language Class begins Phase I

Phase I of the Choctaw Language Class started February 21 in Durant. The class meets every Tuesday night from 7 to 9 at 1705 W. Locust. For more information, please call Richard Adams at 580-924-8280 or Ann Kaniatobe at 580-924-5192 after 5 p.m. Classes are free and everyone is welcome.

Wild Onion Dinner

A Wild Onion Dinner is being held from 11 a.m. to 3 p.m. March 18 at Mary Lee Clark United Methodist Church, 1100 Howard Dr., Del City, Oklahoma. Menu includes salt pork or chicken, wild onions with scrambled eggs, banana, beans, mashed potatoes or corn, frybread, peach cobbler or grape dumplings, tea, coffee or Kool-Aid. Cost is \$6 for adults, \$3 for children under 11. There will also be a garage sale, bake sale and pop sale. For more information call 405-672-6420 or 405-740-4662.

Horn Family's Annual Gospel Singing

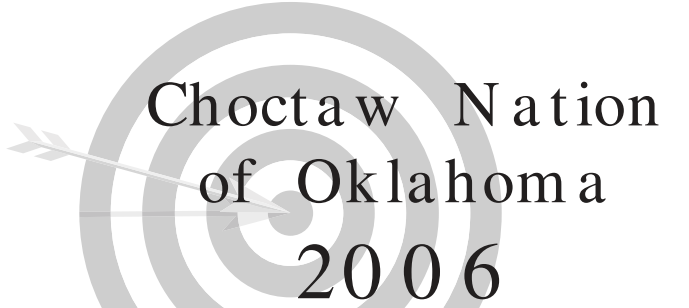
The Horn family is presenting its 27th Annual Gospel Singing, 7 p.m., March 18, at the Tishomingo Community Center on East Sixth Street across from the Indian Clinic in Tishomingo. Featured groups include The Chosen, Hugo, and Inheritance, Wilburton, plus many more groups. Please bring your lawn chairs due to limited seating. Free admission; concession is available. For more information contact Bonnie at 580-579-0091.

Frazier Memorial Gospel Singing

The Frazier Memorial Gospel Singing will be held March 24 at the First Freewill Baptist Family Life Center, 332 W. Carl Albert Pkwy., McAlester. Special guests will be The Gastineau Family. Emcee is Joe Coley. Singing starts at 7 p.m. Everyone welcome!

Indian Men's Fast-Pitch Tournament

The 12th Annual Haskell Commencement Indian Men's Fast-Pitch Tournament will be held May 13-14 at the Clinton Lake Sports Complex, Lawrence, Kansas. Entry fee is \$180, money order only. Deadline for entries is May 8. For more information, e-mail or call Angela Barnett, abarnett@haskell.edu or 785-749-8402; Kerry Girty, kgirty@haskell.edu or 785-832-6600; or Robert Berryhill Jr., robertberryhill@hotmail.com or 785-841-1292.



ATTENTION

All longbow and recurve archers who want to participate in our competition are gratefully appreciated.

This year we will host four shoots at Tushka Homma Capitol grounds. All signup times will start at 9 a.m. and the shoots will start at 10 a.m. with lunch served at 12 noon.

There is no entry fee required. We do have some bows to provide. There will not be any compound bow or mechanical devices allowed. Only bare bows are allowed.

The shoots will occur on:

April 29 • May 27 • June 10 • July 22

There will also be other shoots at different tribal grounds in the Cherokee Nation, Chickasaw Nation, and Seminole Nation. The top 10 shooters will qualify to compete in the following divisions:

Toddler Division – ages 3 to 7

Junior Division – ages 8 to 11

Senior Division – ages 12 to 16

Adult Men's & Women's Divisions – 17 & older

Contact Sue Folsom, Choctaw Nation, 580-924-8280, ext. 2134, or Ricky Wade, 580-924-8280, ext. 2236.



Use of EHR can improve patient care

Electronic Health Record or EHR, is the newest way to store and retrieve medical information. By utilizing EHR the Choctaw Nation Health Services can improve patient care by providing a more up-to-date, complete record of every patient's visit. At the Choctaw Nation Hospital in Tahleah we began using this system in December with our podiatry department. Congratulations to our EHR champion users – Dr. W. Lamb; Guardey Howard, LPN; Dr. M. Martin; and Dana Wheat, LPN, for their efforts in this process. Also pictured are Brian Johnston, EHR-CAC; Reece Sherrill, CNHCC Administrator, and Tracie Cox, EHR/LIS Specialist. Not pictured is Suzanne Lance, RN, Podiatry Unit Manager.

It's Native American Day at Crowder

Crowder School recently held Native American Day for the students. In the top photo at right, the Sopokni HCE, Choctaw Nation CARES program and the JOM committee helped all the children of Crowder School make a bracelet out of beads and leather. Pictured are Maggie Kennedy and Sandra Twaddle, CARES; JOM committee members, and Sapokni HCE's Tonja Garrett, Golda Smith and Gloria Garis.

Olivia Rolland learns how to make a bracelet, middle photo. Demonstrators are Mini Power, Gloria Garis, and Tonja Garrett. Golda Smith helps DaNetta Wilkerson with her bracelet.

Choctaw dancing was also part of the festivities. Maggie Kennedy of the CARES program and Presley Byington lead the Alla Himmita 4-H Club and their partners in a two-step dance.



Black Mesa Ecological Academy planned in Kenton

The Oklahoma Section of the Society for Range Management (SRM) is seeking high school students to participate in the Black Mesa Ecological Academy. The Academy will be held June 25 - 30, 2006, at Kenton, Oklahoma. This Academy will be a cooperative effort among Colorado, Kansas, New Mexico, Oklahoma, and Texas. Students will explore the rangelands of the five-state area. The five-day Academy provides the opportunity to learn more about range and wildlife management, conservation planning, plant identification, conflict resolution and leadership development. All these subjects are integrated using new technology such as global positioning systems and geographic information systems.

The course will be taught by members of the Colorado, Kansas, New Mexico, Oklahoma, and Texas Sections of the Society for Range Management along with personnel from USDA Natural Resources Conservation Service (NRCS), Oklahoma State University, Oklahoma Department of Wildlife Conservation, and conservation districts. Additional staff, selected from the five states, will include animal scientists, historical re-enactors, tourism specialists, and others with expertise in rangeland related issues.

"Rangelands compose over one-half of the state's land use in Oklahoma," says Ann Colyer, Tribal Resource Conservationist. These lands provide recreation, grazing for livestock, habitat for wildlife, and an excellent setting to teach ecological concepts to the youth of Oklahoma." The Academy is a fun week of meeting people, learning new skills, and spending time in a rangeland environment.

Applications for the academy can be obtained at the local Conservation District or NRCS office located in the county you live, or from the BMEA link on the Oklahoma SRM website, <http://www.oksrms.okstate.edu/>. Applications must be postmarked by June 12, 2006.

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

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at 202-720-2600 (voice and TDD).

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

Moffitt's book hits bookshelves across nation

Stephen Moffitt, a Hugo High senior, has recently published a collection of comedic short stories in "Uncle Steve's Redneck Anthology Volume 1." Moffitt credits Valerie Gee's Honors English class as an inspiration for his creative effort, even though "Anthology" was not officially part of the program. Gee said Moffitt was allowed more "writing privileges" than the students writing as part of a class project. That may explain the hilarious story lines.

Some of the stories were part of the original project for Gee's freshman author program, a project he called "Uncle Steve's Trailer Park Adventures." Moffitt dedicated the short stories to Gee for inspiring him to be a writer. He is the son of Barbara and Johnny Moffitt, but says an uncle did in fact inspire him to write about "rednecks, blue collar people, whatever you want to call them."

Released over the Christmas holidays, "Anthology" is available at www.publishamerica.com and at www.barnsandnoble.com.



Choctaw Nation Annual Registered Paint Horse Production Sale

★ 1 – 10 year old Overo Stallion
★ 3 – 2 year old Fillies
★ 5 – 1 year old Fillies

★ 1 – 3 year old Gelding
★ 2 – 2 year old Geldings
★ 3 – 1 year old Horse Colts

LC JETALITO JR

Sires

JETA STAR
WIN A VEE
TREASURED
MOON STAR

Contributing Bloodlines

Moonlark
Jet Deck
Sugan Bars
Two Eyed Jack
Doc Bar
Johnny Boone

Horses Available for Viewing

March 27 – March 29 Tuskahoma Ranch in Tuskahoma, OK
10:00 a.m. to 4:00 p.m. each day

March 30 – April 2 Choctaw Nation Coliseum North Arena in Durant, OK
Beginning 12 Noon March 30
Ending 1 p.m. April 2

Contact Information:
Choctaw Nation Agriculture Office
(580) 326-3201
Jack Hicks / Doyle Bacon
Jack Pate (918) 567-3642

Sealed Bids Only

Sealed bids will be accepted until 1:00 p.m. April 2nd and promptly opened at 1:30 p.m. Bid opening will be open to the public; successful bidders will be notified if not present. Sealed bids will be accepted at Tuskahoma Ranch and Durant Coliseum North Arena during viewing times. Choctaw Nation reserves the right to refuse any and all bids.

The Natural Resources Conservation Service (NRCS) is the conservation agency for the USDA and works hand-in-hand with the American people to conserve natural resources on private and Tribal lands.

NRCS provides the following services:

- Cost share programs for conservation work
- Conservation planning assistance
- Technical assistance for conservation practices
- Natural resource assessments

Please contact the local USDA Service Center located in the county where you live. The local NRCS office also works in cooperation with the local Conservation District. Information is available on the USDA World Wide Web: www.nrcs.usda.gov or you may contact the Oklahoma NRCS home page at www.ok.nrcs.usda.gov. You may also contact:

Ann Colyer
NRCS Tribal Resource Conservationist
16th and Locust
Durant, OK 74702
Phone: (580) 924-8280, Ext. 5134

All programs and services of the Natural Resources Conservation Service are provided in a non-discriminatory manner. The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's Target Center at 202-720-2600 (voice and TDD).



Gary Batton gives a spiritual message during Youth Explosion 2.

Youth Explosion 2

The Choctaw Nation Youth Advisory Board would like to send out a huge Thank You to the following people: Chief Gregory E. Pyle, Assistant Chief Mike Bailey, Tribal Council, Choctaw Casino, Choctaw Coliseum, Gary Batton, Brian McClain, Todd Baughman, Choctaw Nation Healthy Lifestyles, Choctaw County Coalition, Light the Fire Ministries, Believers in Boswell and anyone else who made Youth Explosion 2 possible! Without each and every one of you this event would not have been a success! We would also like to acknowledge all of the bands that participated in the Battle of the Bands and congratulate the winning band, Distal.

The Choctaw Nation Youth Advisory Board looks forward to working with each of you on future projects. Again, thank you all. May Christ bless your lives!

— Cody Peters, Chairman
Choctaw Nation Youth Advisory Board



Did you know?

Bok Tuklo, a county in Apukshunnubbee District, Choctaw Nation was given the Choctaw name for "two creeks," Lukfata Creek and Yasho Creek.

Present Smithville in northeastern McCurtain County was first named Hatobi. The name is from a Choctaw word Hatak-abi, meaning "warrior man." The name was changed to Smithville on May 1, 1890, named for Joshua M. Smith, intermarried Choctaw, and long-time local resident.

McCurtain County, in extreme southeastern Oklahoma, was created at statehood and named for a well-known Choctaw family, of which the father and his three sons had each served as chief of the Choctaw Nation.

Unchuka in Coal County, five miles northeast of Coalgate, is

from the Choctaw words "an chukka," meaning "my house." This place no longer remains.

The Choctaw Dictionary was compiled by Cyrus Byington, a missionary under the direction of the American Board of Missions.

The Choctaw were the first tribe to walk the Trail of Tears. All walks were in the winter months of 1831, 1832 and 1833. Thousands died on the first two removals, the last removal was the easiest on the Choctaw for there were no floods on the 1833 trip.

Bishinik, a small speckled woodpecker, called by some a sapsucker; the meaning comes from the Choctaw Dictionary. To the Choctaw the Bishinik is known as "the little Chahta news bird."

McAlester 'knights'

Several Choctaw students attending William Gay Elementary School in the McAlester Public School District were recently knighted by Sir Barry of the Knights of the Guild in an "Assembly of Champions" honor ceremony in conjunction with the "Knight Life" program.

The "Knight Life" program is an interactive program based on "Adventures in Character" assemblies which motivate young people toward the highest ideals of personal excellence and noble character.

Students being knighted by Sir Barry were first-graders Matthew Hlmer and Elizabeth Thompson; second grade student, Braxton Custer; third grade students, Brylee LaFaunce and Jose' Morales, and fourth grade students, Kristin Collins and Seth Nelms.

The William Gay Elementary School appreciates very much the assistance from Tribal Councilman Bob Pate in the implementation and support of the program.

Four more names added to Women of Action honor roll

McAlester's Women of the Year award honor roll has just grown by four more names. The Women of Action Committee has selected Faye Durant, Maureen Harrison, Beth McClain and Jane Woodliff as its honorees this year.

Durant was nominated by the Ohoyohoma Club. The McAlester Business and Professional Women's Club nominated Harrison. McClain was nominated by the Homemakers Department, McAlester Fortnightly Club, and Woodliff was nominated by the Literary Department, McAlester Fortnightly Club.

McAlester Public Library Head Librarian Chris Sauro of the committee explains that it was formed in 1996 to honor deserving women in Pittsburg County for their contributions to the community and to celebrate

the contributions of women everywhere during National Women in History Month in March.

The committee consists of members of women's organizations in McAlester and the surrounding area. The four were honored during a luncheon at the McAlester Country Club with a reception that evening at the Little Chapel on the Hill on March 9. This year's speaker was Dr. Lucy Smith, superintendent of McAlester Public Schools.

Jones student accepts challenge

Ruben Kauley, a Jones Academy student who is a member of Hartshorne Elementary Schools Gifted and Talented Program, was challenged to collect postcards worldwide during the first semester of school. He began by passing the word around campus to all employees and then to family members to have their friends send postcards to him. After an interview on the air with Doug "Dougo" Sims at KESC radio station, cards starting coming in. He collected far more than the 100 postcard goal set for January 27. Kauley collected 400 postcards from 28 countries as part of his Gifted and Talented program.

36TH ANNUAL TALIHINA INDIAN FESTIVAL POW-WOW

April 29 in Talihina, Oklahoma
(Located in old school gym on Hwy 1 and 271)

SCHEDULE

2-5 p.m. Gourd Dancing
5 p.m. Supper
6-7 Gourd Dancing
7 p.m. Grand Entry and Intertribal Dancing until 11 p.m.

HEAD STAFF

Emcee: Eddie Wilson of Norman, Okla.
Head Singer: Pat Oyebi of Stilwell, Okla.
Head Man Dancer: Jimmy Johnson of Dustin, Okla.
Head Lady Dancer: Evelyn Kasworm of Greenwood, Ark.
Arena Director: Derek Reeder of Oklahoma City
Honor Guard: Choctaw Nation Honor Guard
Club Princess: Landry Danielle James of Talihina
Honoree: Tana Marie Takes Horse, former Miss Indian Oklahoma 2004-05

Indian-made arts & crafts • Food Concession
Public Welcome • No admission • Bring pow-wow chairs
All princesses, clubs, and drums welcome

Harry and Carol James, Pow-Wow Coordinators
918-567-2539

\$25 setup for arts and crafts plus donation of item
— bring your own tables and chairs.
Call for reservations on arts and crafts spaces.

Festival sponsored by Talihina Indian Club

Not responsible for theft/accidents.
Firearms, alcohol, drugs are prohibited.

13th Annual Inter-Tribal Pow-Wow

April 15, 2006

Southeastern Oklahoma State University
Activity Bldg., North 1st and Dunlap, Durant

— Head Staff —

MC: Tim Tallchief of Jones
Head Singer: Pat Oyebi of Stilwell
Head Lady Dancer: Kandys Gilmore of Lawton
Head Gourd Dancer: Zack Morris of Shawnee
Honor Guard: Seminole Nation & Choctaw Nation
Arena Director: Bill Takeshorse of Colbert

Special invitation to all former Choctaw Nation Princesses of 1978-2005 and Miss Choctaw Nation

— Contests —

- Men's 1st, 2nd, 3rd •
- Traditional, Straight, Grass, Fancy
- Women's 1st, 2nd, 3rd •
- Buckskin, Cloth, Jingle, Fancy Shawl
- Tiny Tots •

Everyone is welcome. Special invitation to all Princesses, Clubs, and Drums.

Arts & crafts open at 10 a.m.
Food concessions open at 11 a.m.
Make your reservations for Arts/Crafts by calling 580-924-9411.
For more information call 580-924-9411 or 580-434-5860

No alcoholic beverages or drugs permitted on the premises.
Not responsible for theft, injury, accidents, lost or stolen items.



TRAIL OF TEARS T-SHIRT

— ORDER FORM —

T-shirts are black - Sizes available are:
Children - (2-4), (6-8), (10-12), and (14-16)

Adults - Small, Medium, Large, X-Large, XX-Large, and XXX-Large

All T-shirts are \$10 each
Caps - \$10 each

Item	Size	Quantity	Total Price
T-shirt - \$10	_____	_____	_____
	_____	_____	_____
	_____	_____	_____
Cap - \$10	_____	_____	_____

Price includes postage and handling. Limited supply of Children and XXX-Large sizes.
To order, send payment (NO PERSONAL CHECKS) with completed form to:

Trail of Tears Walk T-shirt
P.O. Drawer 1210 • Durant, OK 74702-1210

OBITUARIES

James Herndon Biard

James Herndon Biard, 78, passed away January 8, 2006, at his home. He was the son of Alice Herndon Biard, an original Choctaw enrollee, and Rafe Semms Biard.

He was a graduate of Paris, Texas, High School, where he participated on the football team, and of Paris Junior College. A Naval veteran of both World War II and the Korean Conflict, he was stationed for a time at Eniwetok, Marshall Islands, where a hydrogen bomb was being tested.

He and his wife, Catherine, to whom he was married 57 years, moved to Valliant, Oklahoma, from Paris in 1990. He was engaged in ranching there.

A longtime employee of the Shamrock Oil and Gas refinery in Dumas, Texas, he later owned and operated Go-Low Records in Amarillo.

Recently, he was honored by the Choctaw Nation as the Outstanding Choctaw Elder of District 1. An active participant in tribal events, he was also affiliated with Valliant First Methodist Church and the Idabel American Legion.

Both parents and a brother, Rafe Biard Jr., preceded him in death.

Survivors include his wife of the home; daughter, Elizabeth of Fort Worth; two sons, Richard of Fort Lauderdale, Florida, and Scott of Amarillo; daughter-in-law, Rhonda of Amarillo; eight grandchildren and seven great-grandchildren.



Dorothy Jean Wood

Dorothy Jean Wood, 79, of Salinas passed away December 19, 2005, at Salinas Valley Memorial Hospital after a lengthy illness. She was born December 7, 1926, in LeFlore and lived in Salinas for 49 years. She was a beautician. Mrs. Wood enjoyed word search puzzles and she loved to read.

She was preceded in death by her husband, John W. Wood, in December 1999 and a sister, Myrtle Smith.

Survivors include a son, John Dwane (Deborah) Wood of Salinas; sisters, Lorene Farr and Maxine Kendall, both of Poteau, and Norma Cogburn of LeFlore; brother, J.B. Stockton of Tallahassee; grandchildren, Tiffany Marie Perry, Melanie Diane Wood-Chavarria and Adam Curtis Wood; and great-grandchild, Ernesto Arturo "A.J." Chavarria Jr.

Johnny Joe James

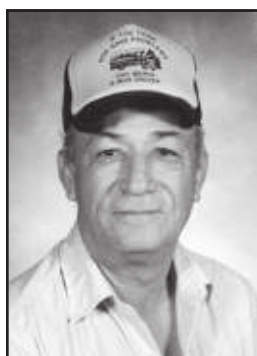
Johnny Joe James, 76, of Wilburton passed away peacefully on October 13, 2005, at his residence. He was born October 10, 1929, in Wilburton, the son of Jess and Bessie Lucas James.

He attended school at High Bridge and Jones Academy. Mr. James had worked at Hartshorne Public Schools as a bus driver, at Kiamichi Electric and at Choctaw Nation Head Start.

He and Norma Giles were married on February 6, 1954 in Wilburton.

He was preceded in death by his parents, three brothers and three sisters.

Survivors include daughters, Betty and Junior Sartor of Poteau, Linda and Jacky Wilkett and Stacie and Mike Thompson, all of Wilburton; sons, Joe and Paula James of Higgins and Johnny and Judy James of Haileyville; 17 grandchildren, Carol Johnson, Jacky Wilkett Jr., Billy Don Wilson, Tracy Jenson, Kim Smith, Kyle Moody, Justin Wilkett, Jesse James, Linda Jo McDiffet, Johnny Wilkett, Jackson Wilkett, Isaac James, Johnny Allen James, Dustin James, Kelli Comp, Kara Thomason and Tara Thomason; 21 great-grandchildren, Michael, Mitchell, Ashton, Aden, Natalie, Brooke, Dillion, Kyle, Jacky Don III, Kelsy, Chayla, Madison, Shelby, Cameron, Jaden, Emma Grace, Bryce, Ethan, Khilyn, Kaitlyn and Christian.



Jolene Alexander Bardin

Jolene Alexander Bardin, 42, of Ravia, Oklahoma, passed away January 25, 2006, at Ada. She was born February 22, 1963, at Talihina.

She graduated high school in Tishomingo, Oklahoma, and attended Murray State College in Tishomingo. She married Charles Everett Bardin on May 13, 1993, in Tishomingo.

Mrs. Bardin was a homemaker and of the Baptist faith. She liked sewing and spending time with her family.

She was preceded in death by a brother, Dennis Alexander; father, Robert Lee Baken; stepfather, John Wayne Alexander; grandparents, Lillian and Deseth Baken, Sarah Hawkins Alexander, Walt and Minnie Alexander, and Cornelius C. Alexander; and a niece, Lynn Ann Boston.

Survivors include her husband of Ravia; mother, Delores Alexander of Ravia; son, Gabriel Ranson Alexander of Ravia; daughter, Lea Durishia Alexander of Ravia; sisters, Nancy Ann Boston of Tishomingo, Lila Durishia Francis of Sand Springs, Cynthia Nail of Ada, and Bobbie Dean Baken and Bonnie Baken, both of Lawton.



William Riley 'Tony' Baldwin

William Riley "Tony" Baldwin, 88, of Kellyville, passed away January 7, 2006, in Sapulpa. The oldest of 11 children born to William and Carrie Davis, Tony was born December 11, 1917, in Krebs.

Tony was retired from Safeway where he had worked for 35 years as a meat cutter. He had lived in this area for the past 52 years. He served in the Marine Corps during World War II. He was a member of the Kellyville First United Methodist Church.

As a member of the Choctaw Tribe, Tony's biggest pride was getting all of his family from great-great-grandparents, siblings, children, grandchildren and great-grandchildren registered and on the rolls. He was very, very proud of his Indian heritage.

He was known to all his friends as a master gardener and was always available to help anyone with their own gardening questions and assistance. He fancied himself as a shade tree mechanic. Another favorite pastime was knitting slipper socks for friends, family and those in need. He had given away over 1,000 pair of his famous perfect socks.

Tony made dulcimers and loved playing his dulcimer and harmonica in his Country Church Band.

He was a member of the Tulsa Bowlers Hall of Fame, the Sapulpa Bowlers Hall of Fame, and Oklahoma Bowlers Hall of Fame and has been nominated for the International Bowlers Hall of Fame.

He was preceded in death by his wife, Nita, in 2002, and sisters, Peggy Ann, Zora, Druccella and Pauline.

Survivors include his daughters, Sandra Ann Baldwin Kenady of Glendale, California, and Donna Kaye Baldwin Lotz of Calimesa, California; stepdaughter, Donna Dae Nadler of New York; six grandchildren; three great-grandchildren; brothers, Raymond of Poteau and Edmond of Sapulpa; sisters, Eudora Dawson of Hennessey, Dorothy Lemon of Ampqua, Freda Henderson of Henrietta, and Patricia Cailier of Farmington, New Mexico.



Edith Estelle Martin

Edith Estelle Cudd Aubrey Martin passed away December 24, 2005, at her daughter's home in Odessa, Texas. She was born July 29, 1910, in Bryan County, Oklahoma, the daughter of Leonard T. and Ruby Ada Seldner Cudd.

She attended schools in Capitol Hill in Oklahoma City until she married in 1927. She raised her family and resided in Oklahoma City for the next 35 years. She then moved to Carney, Oklahoma, and lived there for almost 30 years, where she and her husband, George, raising two grandchildren, were members of the First Baptist Church. Mrs. Martin moved in 2004 to Odessa to be near family.

Mrs. Martin was a housewife. She taught the TEL Sunday School Class at First Baptist Church in Carney for 27 years. She played a part in public activities in Carney and for several years was honored as being "Carney's Oldest Citizen." She will also be remembered by many friends whom she had "chauffeured" and been a "caretaker" to. She was active in, and secretary for, Senior Citizens for a number of years until she was unable to attend. She wrote poetry for a number of years. Many of her poems appeared in the Perkins Journal. Among a group from all over the world, she was honored by the World of Poetry in Anaheim, California, and was a recipient of a trip to receive rewards from that organization.

She was preceded in death by her husband, George Martin, in 1980; her parents, one brother, one sister, two sons, one daughter, and two granddaughters.

Survivors include three daughters, Eloise and husband, Ed Breault, of Clovis, California, Delores and husband, John Harper, of Oklahoma City, and Margaret and husband, Ken Spradley, of Odessa; one sister, Vivian Laverne Eggleston of Minneapolis, Kansas; seven grandchildren, 21 great-grandchildren, and four great-great-grandchildren as well as three nephews and three nieces.

Bonnie Lou Daugherty

Bonnie Lou Daugherty, 18, of Clayton passed away December 4, 2005, in Tulsa. She was born January 21, 1987, in Talihina to Jeannie Chancellor Little and Coleman Daugherty.

She graduated from Clayton High School and was a student at Eastern Oklahoma State College, Wilburton.

She was preceded in death by her aunt, Maye Daugherty; great-uncle, Calvin Daugherty; and grandpa, Haskell Daugherty.

Survivors include her parents of the home, Jeannie and Shorty Little of Clayton; father, Coleman Daugherty of Wilburton; two sisters, Jaime and Curtis Johnson of Clayton and Andrea and Jamie Davidson of Seminole, Texas; brother, Matthew Blake Green of Wilburton; a niece, Jade Fairless; nephews, Chad Fairless and Stetson Johnson; grandparents, Teambon and Barbara Chancellor of Clayton, Frances Daugherty of Wilburton, Barbara Chancellor of Leonard, Texas, and Frieda and Tracy Little of Clayton; several aunts, uncles, cousins, and a special friend, David Williams of Stringtown.



David Jones

David Stanley Jones, 77, Idabel passed away January 10, 2006, at his residence. He was born July 24, 1928, in Boswell, the son of Joseph and Ada LeFlore Jones.

David lived with his grandfather, James LeFlore of the Iron Stob Community, until the age of 8 at which time he was placed in Goodland Indian orphanage. He graduated from Goodland High School. David received a B.A. Degree in Elementary Education with a minor in history with emphasis in "Oklahoma Choctaw History" from Central State University in Edmond. He was later awarded a Masters Degree in Education Administration and Guidance and Counseling.

David was a veteran of World War II, serving in the U.S. Navy for two years in the Asiatic Pacific Theater. He then served in the U.S. Naval Reserve as a Gunner's Mate for 19 years. David then served in the U.S. Army Reserve from which he retired. He was awarded the Danforth Qualities of Leadership Award and the Masonic Teacher of Today Award. David was a 32nd Degree Mason, served on the Board of Directors of the Boys and Girls Club of the Choctaw Nation, and was a member of the Choctaw Nation Color Guard and the Retired Teacher's Association of Idabel. David was affiliated with the Bokchito Methodist Church.

He was preceded in death by his parents.

Survivors include his son, Quintin Jones of Garvin; daughters, Terra Jones of Oklahoma City and Lila Jones of Idabel; grandchildren, Darrell Littlehawk of Oklahoma City, Odessa Anderson of Warm Springs, Oregon, Carla Hall of Tulsa and Alicia Littlehawk of Oklahoma City; great-grandchildren, Kiersten Anderson of Warm Springs, Judy King of Tulsa, Jakovan Anderson of Warm Springs and Talisa Littlehawk of Oklahoma City; a sister, Carolyn Jones of Oklahoma City; several other relatives and a host of friends.



Dwight O. 'Mike' Koch

Dwight O. "Mike" Koch, 74, of Modesto, California, passed away January 21, 2006, at his residence. He was born May 30, 1931. A native of Wilburton, he had lived in Modesto since 1955.

Mr. Koch was a heavy equipment operator for 25 years. He worked on New Melones, Exchequer, Don Pedro and San Luis dams. He also worked as a driver for Delta Freight, ICX, and Consolidated Freight. He was a member of F&AM #675, Scottish Rite Bodies and Aahmes Shrine. He served in the U.S. Navy during the Korean War.

Survivors include his wife, Erma Koch, of Modesto; children, Winona Moore of Ceres, California, Michael Koch of Modesto and Rodney Koch of La Grange, California; two grandchildren and two great-grandchildren.

Brunetta Bernard Griffith

Brunetta Bernard Griffith, 86, of Duncan passed away January 11, 2006, in Duncan. She was born March 9, 1919, in Rush Springs to C.E. and Gertrude Spelling Bernard.

She graduated from Rush Springs High School. She studied six years under Professor Derald Swineford of Oklahoma College of Liberal Arts. Brunetta married Joe Griffith on June 4, 1945, in Indianapolis, Indiana. She lived in Florida for 15 years before settling in Rush Springs. She began painting oils in the early 1970s. Her artwork has received many awards and hangs in the Chisholm Trail Heritage Center, the Choctaw Nation Headquarters in Durant, the Veterans Hospital in Lawton, and numerous other places. Her series of the Leaders of the Five Civilized Tribes was purchased for display in Washington, D.C. Brunetta painted several historical murals, one depicting early Rush Springs hangs in the Rush Springs Library.

Brunetta was very proud of her Choctaw heritage and keenly interested in Oklahoma History. She did extensive research for each one of her historical and Indian paintings. Brunetta was a longtime board member of the Oklahoma Historical Society where she was selected as Outstanding Artist. She was also a member of the D.A.R. and the Rush Springs Church of Christ. In addition to her love for painting, history and genealogy, she experienced great joy in being co-owner with her husband of the Book Store in Ward Mall.

She was preceded in death by her parents; three brothers, Cicero, Virgil and Spencer Bernard.

Survivors include her husband, Joe, of the home; daughter, Melanie Twelves and husband, Ron, of Duncan; two sons, Joseph Bernard and wife, Carolyn, of Poquoson, Virginia, and John Paul of Norman; four grandchildren, Charles K. Twelves of Oklahoma City, William D. "Bill" Twelves of Binghamton, New York, Eric Harman of Virginia, and Ellen Jones of South Carolina; four great-grandchildren, Morgan, Tobin, Lucas and Maci; three sisters-in-law and numerous nieces and nephews.



Velma M. O'Rielly

Velma M. O'Rielly passed away January 8, 2006. She was born June 27, 1914, in Fanshawe, Oklahoma, and grew up and attained her primary education in Summerfield, Oklahoma. She graduated from Haskell College. Velma married Robert F. O'Rielly of Fort Pierre, South Dakota, in Washington, D.C. in 1938. They moved to South Dakota and raised four children, Patty (John) Wuecke of Clear Lake, South Dakota, Wanda (Kerry) Dilley of Pierre, Diane (Tom) Lieb of Donnelly, Minnesota, and Robert (Linda) Dean O'Rielly of Lake Havasu, Arizona.

Velma was employed as a secretary for the Bureau of Indian Affairs, both in Washington, D.C. and in South Dakota. She was a secretary for former U.S. Congressman Ben Reifel when he worked for the BIA. Velma was a legal secretary for the law firm of Martin, Goldsmith, May, and Porter for over 30 years, retiring in 1979. Velma served as President John F. Kennedy's personal secretary when he came to Pierre to dedicate the Oahe Dam.

Following retirement, Velma served as a volunteer in a number of local organizations including St. Mary's Hospital Auxiliary, Women's Golf Association and the National Secretary Association. In her fifties, Velma took up the game of golf and became an accomplished golfer. She earned the nickname "boring Velma" because her ball was always straight down the middle of the fairway. Other interests included bowling, playing cards, and being with family and friends.

Velma was a member of St. Peter and Paul Catholic Church. In addition to her four children, she is survived by 40 grandchildren and great-grandchildren. She was preceded in death by her parents; her husband, Bob; three brothers, Cecil, Dewey, and Clifford; and one granddaughter.

