

Thunderbirds deployed



Area citizens send good wishes with National Guard troops

Family members, friends and citizens of Durant provided an emotional send-off on March 2 for the 1-180th Infantry Battalion of the 45th Brigade who will be heading for Afghanistan.

During the farewell ceremony held in the Choctaw Coliseum, Chief Gregory E. Pyle and Assistant Chief Mike Bailey presented a Choctaw flag to LTC Bobby Yandell for the soldiers to take with them.

The Thunderbirds are now training at Camp Shelby, Mississippi, before heading to Afghanistan where they will help with training the Afghan National Army.

"We admire you as warriors," Chief Pyle told the approximately 400 National Guard soldiers who were lined up from one end of the coliseum to the other. "You will go out and protect our freedoms once again."



LTC Bobby Yandell presents Chief Pyle and the Choctaw Nation with a gift of appreciation.

Original enrollee shares memories



Chief Gregory E. Pyle presents an afghan and plaque to Ruby Brewer of Rush Springs in honor of her 100th birthday on February 7, 2006.

She's ridden horseback, in a wagon, a Model T Ford, and on an airplane, but in all her 100 years Ruby Lee Trammell Brewer has yet to make a trip to the moon.

During a visit with Mrs. Brewer, Chief Gregory E. Pyle asked the original enrollee what bit of technology she was most impressed with during her lifetime.

"Going to the moon," she smiled. "I rode in one of the first cars, I've lived to be a 100 and had a wonderful life, but I haven't been to the moon."

The third oldest of 13 children, she says she changed a lot of diapers and cooked a lot of beans growing up. They all took care of each other. Ruby has hoed and picked cotton and cut broom corn, whatever it took to get by.

"I've always worked hard and never been lazy," she said, attributing her long life to that and to always eating healthy. She loves having a big garden every year and always wanted to grow the biggest potatoes and tomatoes around. She has jars of vegetables that have been canned from the bounty raised in her back yard and is proud to say that a grandson tends the garden now.

She and Ulysses Grant "Bud" Brewer were married on Christmas Day in 1925 in Chickasha. Cozily snuggled in her home on her allotted land near Rush Springs, Mrs. Brewer tells of how her late husband built their home.

"He was German and he never threw anything away," she said. "He built this house out of pieces that we gathered from here and there. If I didn't have something, he would make it for me."

The Brewers had two daughters, Wanda Maxine Brewer and Betty Jean Brewer. There are now five generations with eight grandchildren, 13 great-grandchildren and three great-great-grandchildren.

Her Choctaw mother, Lillie B. Burkes Trammell, was proud of her Indian heritage and she made sure her children knew they were a part of it. Ruby carries on the tradition, instilling the importance of family and teaching an appreciation of her heritage.

Council approves donation of ambulance

The Choctaw Tribal Council met March 11 at Tushka Homma for its regular monthly session. Among the items on the agenda, councilmembers approved the donation of a 1994 Ford Type III ambulance to the Talihina Fire Department. The vehicle, a part of the Health Care Center's inventory, has been on loan to the fire department.

Other items addressed during the Saturday meeting include:

- the sale of obsolete equipment by either public auction or sealed bids;
- grant applications for 1) Tribal Victim Assistance, 2) Faith-based Counseling for Crime Victims in Indian Country, and 3) Department of Education for Indian Education Formula Grant;
- application for grant funds for NAGPRA;
- the 2006 fiscal year budget for Choctaw Nation Adolescent Family Life Program;
- a modification to the Tribal Operations budget;
- amendment and restatement of the tribal employee 401(k) plan;
- an easement agreement and three oil and gas leases.

The next regular session of the Tribal Council will be at 10 a.m. April 8 at Tushka Homma.

New Choctaw Casino opens in Durant

The new Choctaw Casino opened in Durant March 8 with breathtaking colors and lights throughout the 108,844-square-foot building. The first thing that catches the eye from the front entrance is a revolving vehicle under a lighted dome surrounded by sparkling new gaming machines. The new Choctaw Casino is the FIRST in Oklahoma to have a totally integrated floor with ticket in/ticket out (TITO) so that a ticket from any machine can be used in any other machine in the new casino.

All of the 1,426 machines are brand new, with old favorites and the latest top titles, such as Tabasco and Ken-

ny Rogers machines. These are compacted machines, as well as Class II machines. In addition to the 32 Blackjack tables, there is a poker room with 18 poker tables and a state-of-the-art Off Track Betting area with 100 individual betting stations with plasma TV screens to watch horse races all over the country.

Other features include: high stakes slots area with \$25 machines paying up to \$60,000, an area designated "Penny Lane" with 100 penny games, a gift shop and several restaurants, including the Stargazer Buffet with a family entrance, Blue Moon Café, open 24 hours with

hamburgers and shakes, malts, etc., and Jackpot Java, featuring Starbucks coffee as well as serving soups, salads and sandwiches.

With the new casino, the number of gaming employees in Durant has doubled to a 1,000-member staff. The old casino and bingo remain open on Thursdays, Fridays, Saturdays and Sundays, with 800 gaming machines and the bingo pavilion. Also unveiled on March 8 was the new hotel addition. Connected directly to the casino, the hotel has 60 additional rooms, bringing the total to 102.

From the Chief's desk ...

McAlester clinic due to open in 2007



Dirt is being moved in McAlester in preparation for a new Choctaw Nation Health Clinic. The facility will be 45,513 square feet and will provide 56 jobs, including four family practitioners, one pediatrician, one physical therapist, one dentist, and one optometrist. In keeping with the quest to prevent and care for diabetes, there will be diabetes education available at the clinic.

The 9.2 acres, located on the west side of George Nigh Expressway, will be built at a cost of \$13.3 million. Staff and patients are all anxious for the completion of the huge new facility, which is scheduled to open early summer of 2007. The clinic that is currently near the hospital in McAlester has 11,525 patients with active charts. Currently, there are only three health care providers at the McAlester



Chief Gregory E. Pyle

clinic, a dentist, a doctor and a nurse practitioner. Having eight providers will enable the clinic to offer many more appointments each day.

Parking at the new location will be more than adequate, with 176 slots. The Council, Assistant Chief, Executive Director of Health and I are all thrilled with the property that has been purchased for this new facility.

Access to care will be much more convenient for the patients.

Pharmacy, X-ray and lab work will all be available at the new clinic. The Choctaw Nation is proud to be able to offer quality care at beautiful new health care centers across the ten and one-half counties. Other Choctaw clinics are in Stigler, Idabel, Talihina, Poteau, Broken Bow and Hugo.

From the Assistant Chief's desk ...

Thanks for prayers for rain in Oklahoma

The awesome power of prayer is proven once again – enough rain has fallen in our home state for the burn ban to be lifted for a few days. The ban has been in effect for several months. It is great to see the ponds filling up. Green is once again becoming a color in our landscape, thanks to the life-sustaining moisture.

In spite of the answer to our prayers in the form of rain, the problems of the drought are far from over. Local fire departments have spent all their resources fighting the large number of fires in such a short time. At least one firefighter's death recently in Oklahoma is because of an out-of-control wildfire, and our thoughts and prayers go out to his family.

The Choctaw Nation has been able to alleviate some of the financial burden of volunteer fire



Assistant Chief Mike Bailey

departments in our area with donations, and letters of response have shown how needed and appreciated these gifts were. Willie Nelson is performing a concert at the Choctaw Coliseum in Durant with the proceeds being divided between the volunteer fire departments in Bryan County and the

Durant City Fire Department.

People who volunteer their time and expertise to fighting fires are greatly appreciated. Their sacrifices are noted. Thank you to each and every person who plays a part in the city and volunteer fire departments and thank you to everyone who prayed for rain.

Bertram Bobb Bible Camp

P.O. Box 822, Ringold, OK 74754

announces its

2006 Summer Camp

- Schedule -

- Kid's Camp #1 for ages 8-12: June 4-9
- Kid's Camp #2 for ages 8-12: June 11-16
- Kid's Camp #3 for ages 8-12: June 18-23
- Teen Week for grades 7-12: June 25-30

Fees for the summer camp are \$25 per camper for a week.

Call Travis or Nancy for brochures and for information - 1-580-981-2647.

The camp is located on the shores of Pine Creek Lake in southeast Oklahoma, Ringold, Hwy. 3, McCurtain County.



Chief Pyle and the Tribal Council join in line dancing at the Senior Fitness Challenge Walk-a-Thon and Award Ceremony on February 14 in Durant.

Seniors meeting the challenge



Senior citizens from centers throughout the Choctaw Nation participate in the beginning of a walk-a-thon.

The Choctaw Nation Senior Fitness Challenge held a Walk-a-Thon and Award Ceremony February 14. Senior citizens from all over the 10 1/2 counties as well as Chief Gregory E. Pyle, Councilmembers and staff enjoyed the day in Durant.

Bethel's Senior Wellness and Fitness Program presented a demonstration on chair exercises, Talihina participants demonstrated Tai-Chi, and the Crowder program had everyone footstomping during a line dance.

Awards were presented to the top Fitness Challenge Programs and to the outstanding individual.



Patricia Rogers, NSAIE/VISTA, coordinator, presents Edna Perry with first place for the Spiro Center.



Mary Bohanan accepts the second place trophy for Bethel.



Charlene Gusher accepts the award for third place for Smithville.



Pam Perry of Spiro accepts the award for Outstanding Individual. Pam has accumulated 10,997 points and lost 60 pounds.

To live the Christian life is a walk, a walk by faith

We thank God for His perfect plan of salvation which has been completed in His only begotten Son, our Lord Jesus Christ. God the Father was satisfied with Jesus' substitutionary death on the cross that the Third Person of the Godhead, the Holy Spirit, raised Him up on the third day. (Romans 8:11).

Jesus Christ will meet your basic need which is spiritual, and He will meet your every need now, as you struggle in your Christian life.

We learn from the study of Paul's letters and in the Old Testament Book of Joshua that there is a warfare in our life, and we learn also that a battle won does not necessarily mean a victorious war. On the other hand, a battle lost does not mean everything is hopeless.

As long as sin is present, the conflicts will go on. As long as you and I live in bodies whose complete salvation lies in the future we shall know continually what it means to be tempted. And no sin can be treated lightly – to compromise with sin is to court disaster.

You may be saying, "The Christian life is too hard to live, I can't live the Christian life." It is true that you can't live the Christian life. I can't live it, but Jesus Christ can. You don't have to live a defeated life. Jesus is victorious over Satan and sin – live and walk by faith in Him. He is the author and the finisher of our faith. (Hebrews 12:2).

Why do Christians so often waiver and fail in the Christian life? This is a problem that happens often among every group of Christians. What is the answer? The answer is that a Christian needs to grow to spiritual maturity, that is, to grow up to spiritual adults.

In order to begin growing in your spiritual life, you first need to be born again in a new life. This new life is the spiritual life. This new birth is to be born again into God's family. You are born the first time in your physical body to your earthly father and mother. You can be born the second time by the Holy Spirit into God's family when you receive Jesus Christ as your own personal Savior.

Will you read the third chapter

of the Gospel of John? This is the record of a man whose name is Nicodemus. Jesus said to Nicodemus in verse three, "Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God."

The new birth is essential before you can start growing to spiritual maturity. Jesus emphasized the fact that a man must be born again. (John 3:7). Unless a man is born again, he cannot even see or understand spiritual things much less enter into spiritual life.

When you accept Jesus Christ as your personal Savior you are born again, you have become a "babe" in Christ and what's the next step? (Hebrews 5:13-14). You need to begin to grow. Naturally, you need food to grow. Now, the spiritual food for spiritual life is God's Word, the Bible. "... It is written, Man shall not live by bread alone, but by every word that proceedeth out of the mouth of God." (Matthew 4:4).

As you read and study God's Word you will begin to see yourself as God sees you. The Bible is like a mirror. You know we can't do without a mirror. This is the first thing we look into every morning as we prepare to face the day. How much more we need to look into God's Word so we can know what His will is for us, what He wants us to do. And our obedience to His will is pleasing to Him. To live the Christian life is a walk, a walk by faith.

Now, let's review something that happened in the Old Testament. You will remember that the Israelites spent 40 years wandering in the wilderness before Joshua led them into the Land of Canaan. The reason for their wandering was because of their unbelief. This is a terrible thing to do when you want to please God.

The Israelites in the wilderness were always murmuring and whimpering over this and over that. They didn't like the "manna" from heaven. This manna was their daily food, but they craved the fish, onions, and the garlic of Egypt (Numbers 5:11) or the things of the world. They just wouldn't be satisfied with what they really needed. Today, there isn't any differ-



Chaplain's Corner

The Rev. Bertram Bobb

ence. Many Christians neglect the Lord Jesus Christ who is the "Bread of Life" and the "Water of Life" and fail to feed on this spiritual food, God's Word, the Bible, for spiritual life. They do not grow and as a result, they murmur and whimper and complain over every little thing. Isn't that just like spoiled children?

What do we need? We need a Joshua, a Joshua who will take a stand for God and say as Joshua did, "... but as for me and my house, we will serve the LORD." (Joshua 24:15). Then study God's Word and obey Him.

Instead, today, people just resort to feeding the desires of the flesh. People are not in the Will of God and are trying to fight sin in their own fleshly strength. When we do things to please ourselves and to please people we are not growing up, we are not feeding on spiritual food. Then as soon as we run into a battle with the Devil, we are defeated. You throw up your hands and say, "I quit."

There is no substitute for feeding on God's Word. As you study the Bible, you will learn God hates sin, and He will not put up with it. You will become sensitive to sin and you will not put up with it either.

Wouldn't it be something if we grew to hate Sin? The Lord GOD said in Ezekiel 18:4, "... the soul that sinneth, it shall die." And we read in Romans 6:23, "For the wages of sin is death; but the gift of God is eternal life through Jesus Christ our Lord."

May the Lord bless you in a very special way now. Let's keep "Looking unto Jesus the author and finisher of our faith ..." (Hebrews 12:2).

If you are not a Christian, will you trust Jesus Christ as your personal Savior today? You do this by faith.

Pray for America.

HEALTHY LIFESTYLES

Get Movin'

5-a-day tips: Washing fruits and vegetables

We know that eating a variety of fruits and vegetables is an excellent way to get essential vitamins and minerals, fiber, and other substances that are important for good health. But what are the best ways to handle fresh fruits and vegetables before eating them?

Here are some things to remember when preparing fruits and vegetables:

- Wash fruits and vegetables only before eating. If you wash the item before storage, it will spoil more quickly.
- The best way to wash the fruit or vegetable thoroughly is by gently rubbing the produce item under clean running tap water.
- If the fruit or vegetable is firm enough (like potatoes and squashes) and the skin will be eaten, then a scrub brush should be used to clean the surface.
- All fruits and vegetables should be washed even when the skin and rind are not eaten, such as oranges and melons.
- You do not need to use detergents or bleaches when washing any fruits or vegetables as they may stay on the surface and might be absorbed into the produce. Detergents and bleaches are not intended for use on foods and consuming them on fruits and vegetables may make you sick.

Commercial produce sprays or washes are available in some supermarkets; however, governmental agencies do not recommend these sprays or washes. No washing method completely removes or kills all microbes, which may be present on the produce. Washing produce with clean tap water is adequate.

- Take off the outer leaves of leafy vegetables such as lettuce and cabbage before washing. Rinse leaves individually under running tap water and place in a salad spinner to dry.
 - Cut out any bruised areas of the produce because bacteria may grow and cause illness if consumed.
 - Keep raw meats separate from fresh fruits and vegetables. Use different cutting boards, knives, and utensils when preparing meals.
 - Always wash cutting boards, knives, utensils, and your hands after handling raw meats and before handling fresh fruits and vegetables.
 - Be sure to keep your refrigerator clean and cold. Wrap or cover any fruits or vegetables that you have cut and store them above raw meats.
- Department of Health and Human Services
Center for Disease Control and Prevention

Eat well to stay motivated and energized

Do you feel so exhausted that you just can't face the gym? Your diet – rather than simple sloth – may be the problem.

If you tend to skip meals in an attempt to save calories, you may be robbing yourself of important fuel for your workout. While skipping meals may temporarily make your stomach feel flatter, doing so can also leave you feeling tired, irritable and unfocused. Then you'll be tempted to forego your noontime workout, or go home, eat and stretch out on the couch in front of the TV after work. If, however, you follow some simple, sensible dietary practices throughout your day, you'll get that workout done. And rather than feeling light-headed and exhausted afterward, you'll be energized and refreshed.

Stay with feel-good foods – One key to staying motivated to exercise is to keep the amount of sugar in your blood – and thus, your energy level – stable. You can best do that by eating a series of small meals throughout the day – as many as five or six – that are composed of complex carbohydrates such as whole grain breads, beans and other vegetables, whole grain crackers and fruit. If you plan ahead and make time for grocery shopping, you can easily pack some simple meals and snacks to take to work with you. Eating complex carbohydrates helps keep your blood sugar stable because they are digested and absorbed slowly into the blood and don't require your pancreas to produce much insulin. Refined carbohydrates, such as potato chips, doughnuts and cookies, are absorbed very quickly and trigger the pancreas to produce large amounts of insulin. So, while they may give you an initial boost, your energy will drop off quickly, and your mood will follow. The amount of sugar in your blood is also related to the amount of serotonin in your brain. Serotonin is an important chemical called a neurotransmitter that helps to regulate mood. If your level

Warm those muscles up ...

Warm muscles and tendons are less prone to injury and can improve physical performance. According to the American College of Sports Medicine, warming up should always start off with a light exercise, like walking, that slightly increases your heart rate. Then stretch your muscles to avoid injury. Finally, do a specific warm-up for five to 10 minutes that is related to your workout. For instance, if your workout will focus on weightlifting, lift some light weights first before beginning your workout.



of serotonin is where it should be, you'll have a sense of well-being and confidence – and feel ready to tackle the treadmill. Should it drop, you may feel tired and depressed. If you often experience a craving for carbs, this may be your brain's way of telling you it needs more serotonin.

Cut the caffeine – What about caffeine? Good question. Many athletes rely on caffeine for the initial kick it can provide.

Remember, though, that caffeine can also affect the amount of insulin, and thus, sugar, in your blood. Further, it can cause dehydration, which can also sap your energy. While drinking a caffeinated beverage may help get you to the gym, within an hour you may feel tired and too lightheaded to complete your workout,

WIC Eat well - Seven habits for high-energy health

⇒ **EAT EARLY:** Eat in the a.m. to feel better all day. It's as easy as a high-fiber carbohydrate (bread, cereal or muffin); plus some protein (yogurt, peanut butter or lean meat); and any whole fruit or juice, like grapefruit or orange juice.

⇒ **EAT REGULARLY:** Grab a power snack to curb munchies. Getting over-hungry usually leads to overeating. If you get hungry between meals, grab a high-octane snack, like string cheese, yogurt, pretzels, trail mix, baby carrots or a pear.

⇒ **EAT CRUNCHY:** Go for grains, nuts, fruits and veggies. Crunchy foods are satisfying to chew, packed with fiber. Snack on a few nuts, toast some whole grain bread or bite into a crunchy apple.

⇒ **EAT LEAN:** Pump up muscles with pro-

tein power. Enjoy some low-fat protein at every meal. Choose poultry or fish, and beef and pork cuts from the loin and the round. Add dried beans and peas to soups, salads and casseroles.

⇒ **EAT LIGHT:** Build strong bones with dairy foods. Today's reduced-fat dairy products taste great and are packed with bodybuilding nutrients for all ages. Enjoy part-skim cheese, fat-free yogurt and low-fat ice cream.

⇒ **ENJOY!** Eating well is one of life's pleasures. Take time to plan balanced meals and to enjoy them with the whole family. Turn off the television and talk together.

Eat smart and move more to take care of you. That helps you have energy and good health to enjoy your family, too!

"Eat Right Montana"

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. 3rd & 4th week - every day
Poteau	918-647-4585	8:00-4:30	1st, 3rd, 4th wk - Mon., Wed., Thurs., Fri. 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

or to do it well. If you plan to engage in running or other highly vigorous activity, remember that some forms of caffeine, coffee in particular, can lead to mild gastrointestinal distress, as can some bulky foods. So, you'd be wise to limit the amount of coffee, tea and soda that you drink for a number of reasons. Suppose you're an early bird, and your best time to work out is in the morning before you go to work. For quick energy, drink some juice upon rising and avoid coffee.

Once you've completed your workout, have a more solid breakfast of whole-wheat cereal or toast and fruit to fuel your concentration for the morning's work. If you work out and eat too lightly, chances are you'll get "the drowsies" by 2 p.m., if not sooner.

Keep in mind that finding the right combination of food and drink to energize your workout – whatever time of day you choose – may take some experimenting. It all depends upon your individual tastes and your metabolism.

With a little patience, an open mind and a little creativity, you'll determine which foods suit you best.

You'll keep your motivation to exercise if you:

- Have a glass of juice to boost your energy before a morning workout.
- Eat a breakfast that includes whole grains and fruit or fruit juice.
- Eat small, frequent meals and snacks during the day to maintain your blood sugar.
- Make sure to have a light, healthy snack an hour before your noon or after-work workout.
- Stay hydrated, keeping a water bottle at your desk at work.
- Limit – or eliminate – the amount of caffeine in your diet.

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

NURSERY NEWS

Nathan Lane Ishcomer

Bradley and Nicole Ishcomer are pleased to announce the birth of their firstborn son, Nathan Lane Ishcomer. Nathan was born at 8:53 a.m. on October 7, 2005, at Mercy Hospital in Oklahoma City. Nathan weighed in at 6 pounds 5 ounces and was 18.25 inches long. Proud grandparents are Nathan and Patty Ishcomer of Quanah, Texas, Pamela Ruddle of Yukon, Oklahoma, and Arthur Barela of Las Cruces, New Mexico. Great-grandparents include Lana and Dan Heusel, and the late Daniel and Josephine Ishcomer, Ernest and Teresa Barela, and Clifford and Pauline Meyers.

Nickolas Shane Chandler

Allison and Hannah Chandler would like to announce the birth of their new baby brother, Nickolas Shane Chandler. He was born at 8:51 a.m. on November 15, 2005, at the Choctaw Nation Health Care Center in Talihina, Oklahoma; he weighed 7 pounds 6 ounces and was 19 inches long. His parents are Keith and Shelly Chandler of Bethel. Grandparents are Larry and Marilyn Moore, also of Bethel, and Cecil and Debbie Chandler of Lawton.



Trinity Inez Fortune

Trinity Inez Fortune was born at 9:32 p.m. January 19, 2006, at the Choctaw Nation Health Care Center, Talihina. She weighed in at 8 pounds 4 ounces and measured 21.5 inches long. Proud parents are Marshall and Katrina Fortune and big sister Kalysta Fortune. Proud grandparents are Jeff and Gaynell Cooper of Wright City and Ann and Jimmy Fortune of Bastrop, Louisiana.



Shayley Brooke and Sydney Beth Killian

Ethan and Hannah Killian are happy to announce the arrival of their twin sisters, Shayley Brooke and Sydney Beth. They were born December 2, 2005, at University of Arkansas for Medical Science in Little Rock, Arkansas. Shayley weighed 6 pounds 12 ounces. Sydney weighed 5 pounds 2 ounces. Proud parents are Michael and Sarah Killian of Poteau. Grandparents are Jim and Pawn Parker of Poteau and Harry and Beverly Killian of Shady Point.

Elijah Lee Henry

Wayne Lee and Shirley McGee of Bentonville, Arkansas, are announcing the birth of their grandson, Elijah Lee Henry, to Jared and Jennifer McGee Henry of Springdale, Arkansas. Elijah was born at 3:21 p.m. on January 9, 2006 at W.W. Hastings Indian Hospital in Tahlequah, Oklahoma. He weighed 6 pounds 15 ounces and was 17 inches long. He has a big brother, Nathaniel, and he is also the great-grandson of the late Lindsey and Emaline Holman McGee.



Katelyn Joyce Kilbane

James Kilbane and Felicia Williams of Moscow, Idaho, are pleased to announce the birth of their daughter, Katelyn Joyce Kilbane, on January 31, 2006, at Gritman Medical Center. Katelyn weighed 7 pounds and was 20 inches long. Grandparents are Joanne Bohanan of Vancouver, Washington, and Thomas and Sally Kilbane of Cleveland, Ohio. She is the great-granddaughter of Marian and Newton Bohanan Sr. of Kamiah, Idaho. Katelyn was welcomed home by her big brother, William.



Ryan Donald Rice

Khrystian and Derek would like to wish their new little brother a happy birthday. Ryan Donald Rice was born on February 13. He was 5 pounds 7 ounces. Proud parents are David and Traci Rice of Greenville, Texas. Proud grandparents are Pat and Virginia Espinoza of Boswell and Donald Swatek of Greenville, Texas.



Summer teaching positions

POSITIONS:

Teachers needed for the following subjects: Foreign Language, Computer Science, Journalism, Mathematics, Biological and Physical Sciences.

DESCRIPTION:

All classes will be taught on the Wilburton Campus of Eastern Oklahoma State College. Classes are on a Monday and Thursday or Tuesday and Thursday format, and will be in session from June 5 through July 13, 2006.

APPLICATIONS:

Applications and further information can be requested by calling 1-877-297-2758 or e-mail rray@bia.edu.

Submit applications to:
Choctaw Nation Upward Bound Math/Science
HCR 74 Box 102-5
Hartshorne, OK 74547

VOCATIONAL REHABILITATION

	SUN	MON	TUE	WED	THU	FRI	SAT	
MAY		1	2 Durant 10 am-2 pm	3	4	5 Idabel 10 am-2 pm	6	
	7	8 Antlers by appt only	9 Stigler by appt only McAlester 10 am-2 pm	10 Talihina 10 am-2 pm	11	12 Broken Bow 10 am-2 pm	13	
	14	15	16 Durant by appt only	17 Atoka 10 am-2 pm Coalgate 10:30-1:30	18	19 Poteau 11:30 am-1 pm	20	
	21	22	23 Crowder and McAlester by appt only	24 Wright City by appt only	25	26 Bethel by appt only	27	
	2006	28	29 HOLIDAY	30 Wilburton 10:30 am-2 pm	31			

'March Against Meth' winds through Choctaw Nation

Students informed of hazards of deadly drug

The Choctaw Nation Healthy Lifestyles partnered with Choctaw Nation Victims Assistance/Elder Advocacy Program, local schools, police departments, DARE officers, and the District Attorney and their Drug Task Force to implement the "March Against Meth" campaign.

Nationwide, many communities are being overwhelmed by the dangerous problem of methamphetamine (meth). Oklahoma DARE officers, in memory of former Trooper Nikky Green, started the "March Against Meth" initiative. Someone who was using methamphetamines killed Trooper Green two years ago in the line of duty. DARE wanted to make students aware of meth and how it takes lives and hurts many innocent people.

The program has been in several schools located in the Choctaw Nation, including Soper, Boswell, Hugo, Atoka, Wilburton, Stigler and Moyers. District Attorney Drug Task Force Officer John Mitchell showed graphic photos of meth users and the many side effects that ravage their body and informed students on the consequences that the users face by being involved with meth.

Also speaking to the students was Bucky Ensey who gave them first-hand information on the hazards of the deadly drug. He informed the students, "It will take you to places you have never been and places you never want to be." Bucky stressed to everyone to say "No" to meth, as it only takes one time to become addicted. It not only destroys your life, it destroys the lives of everyone that loves and cares for you. He told the students to remember that they should think of their life as a book and they are the authors; their life will be however they choose to write it.

Students received an awareness bracelet and Parent Alert letter, which was provided by DARE in hopes of not only educating the students but also the parents.



Facts About Meth

- Current statistics state that only three out of 100 are able to kick the meth habit.
- Meth is extremely addictive: 95 percent of first-time users get addicted.
- Meth resembles a fine coarse powder, crystal or glass-like chunks.
- Meth is taken into the body by swallowing, snorting or injecting intravenously.
- Meth "cookers" commonly use known carcinogens and toxic substances when making meth; these substances can include drain cleaner, paint thinner, anti-freeze, battery acid.
- Meth is commonly "cooked" in unsafe and unclean locations. Many of the materials and the fumes from meth production are toxic, highly explosive and a significant risk to neighborhoods – even after the site is abandoned.

Hazards of Meth

- Depression, delusions, confusion, irritability, insomnia.
- Permanent psychological damage.
- Irreversible damage to blood vessels in the brain, producing strokes.
- Respiratory problems, irregular heartbeat, fatigue and extreme anorexia.
- Smoking meth rots teeth.
- Tremors, sores/skin abscesses (meth bugs), acne, vomiting, twitches and weight loss.

Fighting meth use on top of Boren's agenda

U.S. Representative Dan Boren addressed the National Congress of American Indians, pledging to work in Congress to address the trafficking of methamphetamine, the funding of diabetes research and the inaccurate portrayal of tribes in the Washington lobbying scandal.

"Meth trafficking is destroying our communities. Sales restrictions like Oklahoma's are an important and necessary step in combating this epidemic, but not the end of the road.

"Just because people aren't making meth doesn't mean they're not using it. Local, state and tribal officials in Oklahoma are now seeing fewer meth labs, but just as much of the drug as high-quality meth from the super labs in Mexico flood the state. We have to address this problem on all fronts," Boren said.

Boren, a member of the House Diabetes Caucus and the House Native American Caucus, voiced his support for adequate funding of federal diabetes research and treatment programs.

"I plan to work closely with members of both parties to correct the funding cuts for diabetes research in the administration's budget.

"Oklahoma is on course to be a pacesetter in the fight against diabetes. The unprecedented collaboration between the state and our tribes will bring critical care and research to fighting this disease and unraveling the mystery of why it afflicts Native Americans so significantly," Boren said.

Boren also commented on the continuing debate over tribal participation in the political process.

"Tribes have a unique historical relationship with the federal government, and should not be restricted from supporting the candidates of their choosing. Supporting candidates that stand up for Indian Country is your right.

"Some are using tribes to distract from the real issue: Jack Abramoff broke the law. This scandal should not overshadow the need in Indian Country."

Boren is a member of the House Resources Committee, which has jurisdiction over Native American policy.

Preventing violence among our youth

By Jeremy Bull
CARES Communications/
Media Specialist

According to a report by Donna Shalala, Secretary of Health and Human Services, to the Surgeon General in 2001, there is growing concern about the violence among our nation's youth. According to the report, Secretary Shalala stated, "In our country today, the greatest threat to the lives of children and adolescents is not disease or starvation or abandonment, but the TERRIBLE REALITY OF VIOLENCE."

With the ever-growing popularity of video and/or computer games with violent themes and goals, youth are exposed to a

message that violence is acceptable and even glorified. While the government has placed warnings on these games, they still find their way into the hands of the youngest of video game players. Couple this with television programs that depict violent criminals as heroes and music lyrics that promote violence among youth, and society has ultimately surrounded our children with a culture that has led to an "epidemic" of youth violence.

Violent acts among youth can often times be a form of acting out a frustration caused by a deeper, inner emotion that is many times masked by these outward acts of anger and mischief. Many times youth are grieving

or hurt on the inside, and violence is a way of releasing that sadness. Other times, youth feel neglected or unnoticed by parents or other adults in their life, and this is a way of bringing attention to themselves. No matter the reasoning behind the acts, the fact is that violence among our youth will continue to rise unless those deeper, inner emotions are found and dealt with.

The week of April 3-7 is "National Youth Violence Prevention Week." If you know of a youth who is acting out violently or participating in delinquent and violent acts, feel free to call the CARES Project Office at (918)567-4128. Remember, "Our Children Are Our Future."

FOOD DISTRIBUTION

- May 1**
Stigler 9 a.m.-12 noon
Poteau (A-L) 9 a.m.-2 p.m.
- May 2**
Bethel 9-10:30 a.m.
Smithville 12 noon-2 p.m.
- May 3**
Idabel 9-11 a.m.
Broken Bow 12 noon-2 p.m.
- May 4**
Poteau (M-Z) 9 a.m.-2 p.m.
- May 8**
Warehouses open
- May 26**
Last day for warehouses
- May 29**
Holiday
- May 30-31**
Closed for inventory

Taking small steps to eating healthier

You've heard it countless times before – "eat healthy." Want to know what all the hype is about? Science has shown that if you lose a small amount of weight by eating healthier and being physically active 30 minutes a day five days a week, you can prevent or delay type 2 diabetes.

Taking small steps to reduce fat and caloric intake and becoming more physically active is most likely to lead to successful weight loss – and helps to keep the weight off as well.

Here are some tips for eating healthier and getting you on the road to diabetes prevention:

- Eat a variety of fruits and vegetables. A serving is one medium-sized piece of fruit; 1/4 cup of dried fruit; 1 cup leafy vegetables; 1/2 cup raw, cooked, frozen or canned fruits or vegetables. Buy a new fruit or vegetable during each shopping trip. Try eating at least one serving of a fruit and vegetable at each meal.
- Choose water instead of regular sodas or fruit drinks.

- Instead of fried chicken, try it grilled or baked. Instead of French fries or potato chips, slice a few potatoes, sprinkle them with a little oil, salt, and pepper, and bake them in the oven.
- Curb your craving for dessert or a sweet snack by eating a piece of fruit.
- Instead of salty, fat-filled snacks, eat crunchy veggies with low or reduced-fat dip.

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, community and clinical dietitian 1-800-349-7026.

Featured Recipe

COUNTRY APPLE PIE

- 1 reduced-fat refrigerated read-to-bake pie crust, about 7 1/2 ounces (225 g)
- 3 Granny Smith apples, 6 ounces (180 g) each, peeled, cored, and thinly sliced
- 1/3 cup (6 g) spoonable brown sugar substitute (Splenda)
- 1 tsp. (5 ml) ground cinnamon
- 1 Tbsp. (12 g) reduced-fat margarine
- pinch of ground mace
- pinch of ground nutmeg
- 1 Tbsp. (15 ml) skim milk
- 1 tsp. (4 g) granulated sugar (Splenda)



Preheat oven to 350°F (180°C), Gas Mark 4. Place pie crust in a 6-inch (15 cm) tart pan or round shallow casserole, letting the dough drape over the sides of the pan.

Fill the crust with apple slices. Sprinkle with brown sugar substitute and cinnamon. Dot with margarine. Sprinkle on mace and nutmeg; fold pastry edges up over the apples.

Brush the pastry top with milk and sprinkle with granulated sugar. Bake for 45 minutes, until apple filling is bubbly and crust is golden. Cool slightly and serve.

Per serving: 162 calories (45 percent calories from fat); 1 g protein; 8 g total fat (3.1 g total fat); 22 g carbohydrate; 1 g dietary fiber; 7 mg cholesterol, 160 mg sodium. Diabetic exchanges: 1 1/2 carbohydrate (1 bread/starch, 1/2 fruit); 1 1/2 fat.

MARCH RECIPE FOR LOW-FAT FUDGE BROWNIES ENCOUNTERED TWO ERRORS.

Previous recipe for fudge brownies was a **low fat recipe, not a low carbohydrate recipe**. Using a sugar substitute and replacing prune puree with heart-healthy oil will decrease the amount of total carbohydrates and sugars, therefore making this recipe healthier for diabetic individuals. Sorry for any inconvenience this may have made.

Recipe should read:

- 4 oz. unsweetened chocolate
- 1/2 cup olive oil or canola oil
- 3 large egg whites
- 1 cup sugar substitute (Splenda)
- 1 tsp. salt
- 1 tsp. vanilla
- 1/2 cup flour
- 1/4 cup chopped walnuts or almonds (or choice)

CHOCTAW NATION GED CLASSES

- South LeFlore County**
Beginning April 18 – Tuesdays & Thursdays, 12:30-3:30 p.m.
Kiamichi Technology Center, Talihina
- McCurtain County**
Beginning April 18 – Tuesdays & Thursdays, 1-4 p.m.
McCurtain County Higher Education (E.T. Dunlap), Idabel
- Bryan County**
Beginning April 17 – Mondays & Wednesdays, 1-4 p.m.
South bldg, Choctaw Nation Tribal Complex, Durant
- Pittsburg County**
Beginning April 17 – Mondays & Wednesdays, 12:30-3:30 p.m.
EOSC Campus, McAlester

The class will meet 2 days each week for approximately 3 months. Books, supplies and testing fees are provided. In addition, a \$10 (per day) transportation stipend is paid to those who attend classes on a regular basis and attempt the GED test. If you have turned in an application with our Adult Education Program for GED classes and wish to attend the upcoming class, please contact our office. If you have not applied and wish to attend these or future classes, please contact Linda Tyler or Kathy Springfield at the Durant office, 800-522-6170 or 580-924-8280, ext. 2319. Also, you may register at the first class. A Certificate of Degree of Indian Blood (CDIB) is required.

To the youth of the Nation ...

Teenagers and the Internet

"... you can have fun using the Internet, but always be careful."

By Blakelyn Ives

As Janet Kornblum of USA Today remarks, America's teenagers are growing up "with a mouse in one hand and a remote control in the other." The generation that Microsoft founder Bill Gates calls "Generation E" has never known a time when information was not instantly accessible on the Internet, or when communication was not available at warp speed through instant messaging, e-mail, and Internet websites.

It is reported that over 17 million teenagers use the Internet. That represents 73 percent of all teenagers. All of this Internet use by teenagers has led to new opportunities, and to new dangers. One of the latest challenges is the development of teenage blogging. Many teenagers and college students are creating personal blogs, which are essentially online diaries accessible to the public. This means virtually anyone with a connection, including would-be predators, can have a front-row view of teenager's personal information, such as real names and addresses.

It is estimated that at least four million teenagers have blog. It is your choice if you choose to blog but it is very important to remember to be very careful about the personal information that you put on the Internet because this is the way that some people choose to pry on or stalk innocent people. So remember you can have fun using the Internet, but always be careful.

ATTENTION Persons with memory problems

If you are over 65 years of age and have memory problems, or have an elderly friend or loved one with memory problems, help may be available. You may be helped by a medical evaluation at the Choctaw Nation Health Care Center in Talihina where specialists in memory disorders see patients on a regular basis. If concerned, call Carey Fuller toll-free at 1-866-800-6514.

Without memory problems?

Researchers working with the Choctaw Nation are also looking for men and women 65 years of age and older who have no memory problems. Must have CDIB card to participate. Those who qualify will receive a \$25 gift card for answering questions about their medical history, measuring their waist size, completing memory testing and donating less than an ounce of blood for analysis. If interested, call Carey Fuller toll-free at 1-866-800-6514.

PEOPLE YOU KNOW

Boys celebrate birthdays

Happy birthday to the Ward boys – Dakota Ryan, age seven, and Zachary Shane, age three – from Grandmam, Mama and your uncles.



Happy birthday

Elijah would like to wish his mother and brother a happy birthday. Nathaniel Scott Henry will turn two on April 28. His proud parents are Jared and Jennifer Leeann McGee Henry of Springdale, Arkansas. Jennifer also celebrates her 27th birthday on April 25.



Gabriel turns 10

Happy birthday wishes go out to Gabriel Louis, who celebrated his 10th birthday on April 22. He is a fourth grade student at Durant Intermediate School. His school accomplishments include Discovery Program, Superintendent's Honor Roll, OMEA Honor Choir, fourth grade Spelling Bee Champion, Regional Spelling Bee Runner-Up, and State Spelling Bee Finalist.



Gabriel enjoys basketball, baseball, computers, football, going to church, playing the flute and piano, reading, school, soccer, video games, and being with family and friends. He also enjoys playing with his dog, Blue Eyes. He is the son of Terry Louis. His MiMi is Lillian Louis of Dallas, Texas. He is the great-grandson of the late Rev. William and Mrs. Pearley Louis of Wright City.

Gabriel would like to wish his Uncle Ray a happy birthday!

Look who's one

Happy birthday to Taya Cherie Ward. Taya celebrated her first birthday on February 1. Best wishes, mom and dad.



Julian turns six

Happy belated birthday to our son Julian Ned Taylor who turned six years old on February 4. His proud parents are Ned and Geneva Taylor of Cherokee, North Carolina. Grandparents are Dolly Taylor, Cherokee, and Jimmie and Ruthie Jefferson, Bethel.



Happy birthday

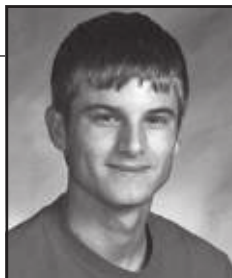
Geneva Taylor would like to wish her brother, Darrell Jefferson, a happy birthday on March 6. Geneva would like to tell him she misses and cares for him lot.

A birthday wish for Carrie Jones

Tyler, Ember, Elijah, and Cole would like to wish their Auntie Carrie a happy belated birthday. Also, her brother and sister-in-law would like to say happy birthday.

Happy 18th birthday

Bradley K. Stillwell, a senior at Soper High School, celebrated his 18th birthday on February 7. His family and friends were happy to celebrate this big day with him. He plans to attend a trade school hoping to be an electrician. We are very proud of this young man. He is the son of Billy Joe Stillwell and grandson of J.B. and Maxine Stillwell and brother of Heather, all of Soper.



Hunter family reunion scheduled

We would like to wish a happy belated birthday to Cyrus A. Battiest who turned nine years old on February 10. He is in second grade at Jones Academy. He is the son of Charles R. Battiest of Mississippi and Crystal Lopez of Atoka, Oklahoma. Also a belated birthday goes out to Christopher Lopez who turned four years old on February 8. He is the son of Joes M. Lopez of Broken Bow, and Crystal Lopez of Atoka, grandsons to Jimmie and Ruthie Jefferson of Bethel. We would also like to wish a belated birthday to Julian Ned Taylor who turned six years old on February 2. He is the son of Ned and Geneva Taylor of Cherokee, North Carolina, and grandparents are Jimmie and Ruthie J. of Bethel and Dolly Taylor of Cherokee, North Carolina. And finally last but not least, a belated birthday to Aunt Joesphine Baker whose birthday was on February 4. She lives in Idabel.

Paideia Spelling Bee 2006 Champion

The Jefferson family of Bethel would like to congratulate Adrian Redcloud Jefferson, son of Andrea Jefferson of Bethel, for winning the Battiest School Paideia Spelling Bee 2006 Champion. We are very proud of him. He is in the fifth grade at Battiest School. His teacher is Mrs. Karren Martin. We wish you the best, Adrain. Good job and may God bless you and keep you safe.



Hunter family reunion scheduled

The family and friends of Delbert T. Hunter (son of original enrollee Tandy Hunter) will turn 76 on April 5. We would like to wish him a very happy birthday. Here is a picture of Delbert with some of his grandchildren taken at last year's Hunter family reunion. This year's family reunion will be held June 17, 2006, for more information contact Pamela Hunter, e-mail pamfamilyfinder@aol.com.

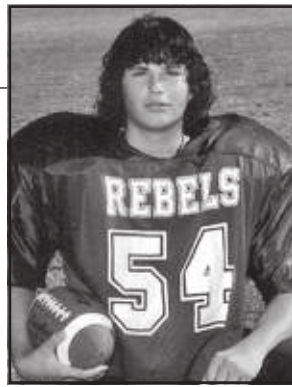
Birthday wishes to Mia

Mia Sara James of San Pedro, California, celebrated her seventh birthday on March 5. Mia is proud of her Choctaw heritage. She loves to visit Oklahoma and to see her Grandpa, Dan James, who lives in Cookson.



Belated wishes for a happy 15th

Catlin Tate, a freshman at Lee School in Midland, Texas, turned 15 on January 31. Catlin is a center for the Lee football team; he also plays golf for Lee. He is the son of LaShawnda Tate and the grandson of Somis Baker Jr. and Fay Baker, all of Midland.



Look who's four!

Caleb Shawn Eubanks turns four years old on April 19. He loves to play baseball and football with his Poppa and is a VERY good "Dad" to his dog, Tiny. Caleb can't wait 'til God makes the weather warm so he can go fishing and catch a large-mouth bass to hang on his bedroom wall beside Spiderman. Caleb is a very good boy and eats all his green beans so he can play football television when he gets really big. Caleb is a member of the Carbondale Assembly of God Church and says his prayers every day because, according to Caleb, that is all that God and Jesus want him to do besides love all his family very much. Happy birthday to Caleb from Nanna and Poppa, and everyone who loves you very much!



Birthday wishes

Happy birthday to Rebecca Orphan Taylor of Lightning Ridge Community who celebrated her 42nd birthday on April 5 – from your husband, E.J. Taylor.



"Fairy Princess" turns five

Happy fifth birthday to Farah Lynn Price aka "Fairy Princess." She celebrated her birthday on April 9. The "future wife of Harry Potter" is the daughter of Nina and Clayton; sister of Holdin "the Tank" Grant; granddaughter of Bobby Riddle, Debbie Riddle and Joy Price; and the great-granddaughter of Francis Conner. She brings joy to everyone who knows her.



Happy birthday to the Finch children

Happy birthday to Tristan Finch who turned nine years old on January 11; Anissa Finch who turned eight years old on January 16; and Tanner Finch who turned five on February 12. They are the children of Tanya and David Finch. Their grandma is Wynona Impson Dry and grandpa is Elvis Dry. Uncles are Elton and Jason Littlecook. Happy birthday from all of us.

Happy birthday

We would like to wish a Happy Birthday to Geneva Ann Taylor of Cherokee, North Carolina, who celebrated her birthday on March 9. We would also like to wish Darrell Jefferson a happy birthday on March 9. They are the daughter and son of Jimmie and Ruthie Jefferson of Bethel. We would like to mention a belated birthday wish to Stevie Don Bohanon who turned 10 on February 18. He is the son of Stevie and Debbie Bohanon of Bethel and grandson of Hack and Ellis Bohanon.

Happy Birthday, Mom!

Herman, Carla and Rhiannon Weaver in Irving, Texas, and Cheryl McCaulla, Marty and Dakota Fox would all like to wish Connie Tarpey a very happy birthday. We hope you have a great birthday!



Happy birthday, Cheryl

Herman, Carla and Rhiannon Weaver want to wish Cheryl McCaulla a happy birthday. Cheryl is Carla's sister and best friend. "We are very proud of you and you are the best RN we know!" Stay beautiful!



Happy 18th birthday!

Rhiannon Lee Weaver turned 18 on March 21. Her parents are Herman and Carla Weaver. They are so very proud of her. Rhiannon is an amazing young lady who received the Texas PTA Life Membership Achievement Award for her outstanding volunteer services on February 22. She had been involved with PTA at two different high schools the past four years in Irving.



Happy 24th birthday

The family and friends of Antonio Cummins would like to wish him a very wonderful and happy 24th birthday on April 28 – from your mother, Sylvia McDaniel; brother, Audie Cummins; and sisters, Sharlene and Ashley Cummins, all of Denison, Texas.



Happy birthday

Nicholas Samuel turned 22 years old on March 16 and Cammy Tyer turned seven years old on March 15. Happy birthday, Nicholas, from your Mom and to Cammy from Grandma Jackie.



Birthdays celebrated

The family of Jacob and Reanna Allen would like to wish them a belated happy birthday. Jacob turned 11 on December 3 and Reanna turned seven on February 4. Also, a happy birthday to ILeah Allen who turned nine on March 9. We wish you a very happy birthday from mom and dad, Charles and Vanessa Allen, Uncle Bryan Frazier and Uncle "Nunny" Edmond Frazier Jr.



Birthday wishes

Happy belated first birthday wish to Colby Ward, grandson of Andy and Carrie Ward of Broken Bow, on December 21, 2005. Also, a happy 19th birthday wish to their son, Cody Ward, on February 20.



Happy birthday to Melissa Bohanan

The employees of the Choctaw Casino in Broken Bow would like to send belated happy birthday wishes to Melissa Bohanan who celebrated her 27th birthday.

Twins turn 10

Fraternal twins Mahli and Bethanie Webster turn 10 on April 30. They attend school at Goodland, live in Grant and are descendants of Harrison Wood.



Happy 18th birthday

Valerie Denise Watson of Watson, Oklahoma will be celebrating her 18th birthday on March 21. She is a senior and honor graduate at Smithville High School. She enjoys being active in art, music and her traditional dancing. She is the daughter of George and Daisy Watson of Watson, Oklahoma. Her friends and family wish her a happy birthday and Valerie would like to wish her sister Heather Watson a happy 19th birthday.



Happy birthday, Mrs. Caroline

On February 18, Mrs. Caroline Thompson celebrated her birthday at her church. Guests were family and friends as well as her church family. Due to the weather some of her family from Oklahoma weren't able to attend, but did acknowledge her birthday with calls, cards, flowers and gifts. We were still able to have a good time. Our sister-in-law, Abnell Thompson, catered a delicious dinner. She had a special cake decorated with her favorite sport – fishing. We thank God each day for our mother. She is such a special person to our entire family and friends. She loves her family, church and friends. Her sweet personality is what makes it a joy to be around her. Happy birthday and God bless from all your family and friends.



Look who's one

Lupita Elsa-Denay Ruiz turned one year old on March 23. Lupita is the daughter of Martha Cotanny and Salvador Ruiz and the proud grandmother is Jeanette Kemp of Oklahoma City. Lupita would like to wish her grandmother and her Uncle Solomon a happy birthday and also a special happy birthday to her cousin, Marisol Kemp.



Jones, Emmert wed

Denese Johnson and Jack Jones of Clayton would like to announce the engagement and marriage of their daughter, Jaclyn Suzette Jones, to Jeremy Ray Emmert of Panama, Oklahoma. Jeremy is the son of Chuck Emmert and the late Julie Emmert of Panama. He is a LeFlore County Deputy and father of four boys.



Jaclyn is attending college through the Florida Metropolitan University Online and plans to be a paralegal. She is the mother of one boy and stepmother of four boys. Their wedding was held March 25, 2006, at Long Lake Resort near Howe and Poteau.

Wedding bells

Kelli Marie Staples became the bride of James Franklin 'Jay' Shelton at 7 p.m. on Tuesday, December 27, 2005, in the chapel of Park Hill Baptist Church in North Little Rock, Arkansas.



The bride is the daughter of Barbara and Richard Staples of North Little Rock. She is the granddaughter of the late Albert and Hazel Tiffin Campbell who had resided in Little, Arkansas, and the late Harvey and Decota Fulgham Staples who had resided in McAlester. The bride graduated summa cum laude from the University of Central Arkansas, Conway, with a degree in Family and Consumer Sciences. She completed her post-graduate dietitian education at the University of Arkansas for Medical Sciences, Little Rock.

The groom is the son of Jane and Ricky Shelton of North Little Rock. He is the grandson of Mrs. Virginia Burkett Weir of Jacksonville, Arkansas, and the late Chester Weir who had resided in Jacksonville and the late James and Sidney Fay Warmath Shelton who had resided in North Little Rock.

A post-wedding reception hosted by the bride's parents was held on Saturday, January 7, at the historic E.O. Manees House in North Little Rock.

The couple is at home in Idabel where the bride is employed at the Choctaw Health Clinic as a dietitian and the groom is a senior at Southeastern Oklahoma State University, pursuing a degree in business management.



Brandon stationed in Iraq

Brandon Johnson is serving in the U.S. Army with the 1st Armored Division, now stationed in Iraq. He is the son of James and Patricia Johnson of Tracy, California, the grandson of the late Leo and Carolyn Johnson of Smithville and the great-grandson of the late Silsainey Jones of Idabel.

Carney on third deployment to Iraq

Lance Corporal Kyle Carney, the son of Cynthia Carney, is currently serving his third deployment to Iraq. He is with the UMU-2 Night Owls Air Reconnaissance UAU's.



Merritt graduates basic training

Dorothy Elizabeth "Liz" Merritt has graduated from Air Force basic training in Lackland Air Force Base. A 2005 Durant High School graduate, Liz is the daughter of Sandy Hampton and Ronnie Hampton, both of Durant. Her grandparents include Dorothy Southerland and Gene and Brenda Hampton. Liz is also big sister to Brittany and Hailee.



She will be attending technical school for seven weeks in Keesler Air Force Base, Mississippi.

James pursuing Ph.D.

Tamara James graduated with a BS in Biology from the University of Tulsa. She lived in Bethesda, Maryland, while completing a postbaccalaureate research fellowship at the National Institute of Diabetes, Digestive and Kidney Diseases (NIDDK) at the National Institutes of Health.



This summer, Tamara will begin pursuing a Ph.D. in the Biomedical Sciences-Structural Biology Program at New York University (NYU) in a research collaboration program offered through NYU and the National Institutes of Health. Parents Reggie and Hope Primeaux currently live in Tulsa, but the majority of her family lives within the Choctaw Nation. In February, she was also selected as an Ambassador for the Americans for Indian Opportunity organization. This is a program that serves as a Native American community capacity-building, leadership development effort. The Ambassador program is designed to help early to mid-career Native American professionals strengthen, within an Indigenous cultural context, their ability to improve the well-being and growth of their communities.

Tamara looks forward to serving as an AIO Ambassador integrating both her experiences as a Choctaw and burgeoning scientist while addressing current issues within the Native American community.

OSU graduate

Leticia M. Gonzalez, Okmulgee, graduated December 16, 2005, from Oklahoma State University, Okmulgee, with an Associate in Science Degree in Business and an Associate in Science Degree in Pre-education-Secondary. Leticia is the daughter of Audrey Gonzalez of Broken Bow and Agustin Gonzalez of Detroit, Michigan. Congratulations from all of your family and friends in Broken Bow. We are so very proud of you. Best wishes and may God bless you!



Hughes earns BA

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Sarah Ashley Hughes of Jenks. Sarah graduated Oklahoma State University with a Bachelor of Arts in Journalism and Broadcasting in December 2005.



Congratulations

Erin Gail Goodner graduated after three and one-half years from Azusa Pacific University in Azusa, California, on December 17, 2006, with a B.A. in English and an emphasis on education. Erin is the daughter of Dr. and Mrs. Wayne Goodner of Tucson, Arizona. Erin's grandparents are Delbert and Lahoma Hotubbee of Tuskahoma, Oklahoma.



Wilson enters health field

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Adrienne LeeAnn Wilson, who graduated cum laude from the University of Oklahoma in December 2005 with a Masters in Public Administration. Adrienne is the daughter of Rick and Tammy Rollins of Lawton. Her grandparents include Ruth and Victor Porter of Lawton. She received her BA in Communication in December 2003 from Cameron University. She is currently employed at the Oklahoma City Indian Clinic as a health educator.



Derek Rook receives GED

Congratulations to Derek Rook, 21, of Carlsbad/Oceanside, California, who successfully completed the General Education Development tests and has received his High School Equivalency Certificate. He scored 92 percent over all five tests. His parents of Oceanside and his grandfather, Charles Cranford of Tulsa, are all very proud of him.

Graduate employed at Chi Hullo Li

The Choctaw Nation of Oklahoma Higher Education Department would like to recognize and congratulate Patsy Rae Luna Whitmore who graduated in December 2005 with a Masters Degree in Secondary Education (counseling), then completing the final 28 credit hours for the Licensed Professional Counselor Certification in December of 2005. She is now employed as a substance abuse counselor at Choctaw Nation of Oklahoma Chi Hullo Li, a residential treatment facility for women and children.

TU grad

Emily Elizabeth Christensen graduated with a degree in Corporate Communications from the University of Texas at Austin on December 13, 2005. She is the daughter of Chris and Janice LeFlore Christensen of Dallas, Texas. Emily is the granddaughter of the late Donald and Margie Castano LeFlore. She is looking forward to working in public service. Congratulations, Emily. We are so proud of you!

Disaster relief – a labor of love

By James W. Cox

On March 15, at about 1 a.m., a group of eight members of the Southern Baptist Association Disaster Relief team out of the Bryan Baptist Association left for New Orleans to feed a group of high school and college students who gave up their spring break to help clear out debris left in houses after Hurricane Katrina. Even at this late date there is a tremendous need as little has been done in some of the hardest hit areas.

It is hard for the average person to understand what a blessing it is to be involved in this ministry. For some members of the team this was their third time in New Orleans and for others, such as myself, it was our second time and the blessings we receive far exceed anything that we might give. The fellowship alone is worth the trip.

Some of us are retired while others are still working and yet we all volunteer our time and talents to this great cause. We are from all different backgrounds and ethnic groups. Some of us are members of the Choctaw Nation and another is Cherokee, but we all love the Christian brotherhood.

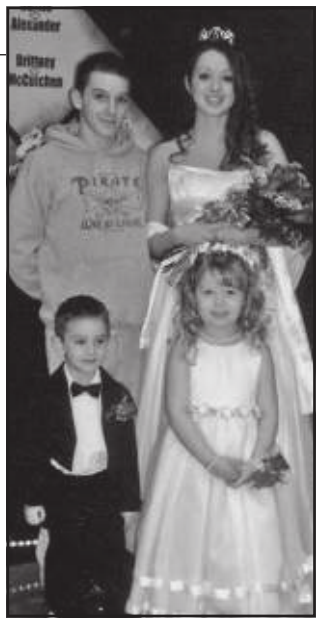
When you stand in the serving line and have those you prepare the meals for tell you how much they appreciate what you are doing and how good the food is and they come back for seconds and thirds you know it is a job well done. Yet we know that as long as we put God first in every effort, then everything will turn out right and that is the way we approach each day.

The Southern Baptist Association Disaster Relief is made up of five districts in the state, each ready to go at the first call no matter where or when. I am pleased to be a part of this group.

– James Cox and his wife, Ann, are participants of the Durant Nutrition Site, District 9.

Well-done, Brittney

Jacquelin McCoy, Clayton, and Fred and Beverly McCutchan, Poteau, the parents of Brittney McCutchan, are pleased to announce the accomplishments of their daughter as she graduates this spring from Poteau High School. She began her education in 1991 at Clayton Elementary then continued her high school education in Poteau. During her years in school she had many honors and achievements including NHS - two years, Jazz Choir - one year, Advanced Choir - three years, Dance Team - two years, Class Vice President - one year, BREATH - one year, Phat - one year, Pucketters Science Club - one year, Chairman of Angel Tree -one year, Speech and Drama - one year, Mock Trail - one year, Principal's Honor Roll - four years, HOBY Leadership - two years, JOM Choctaw Tribal - four years, Educational Talent Search - three years, and Who's Who Among High School Students - one year. She has also been very active in her community with many different activities: Blood Drives, Meals on Wheels (Norman), After School Tutoring, Stuff the Bus (school supplies for underprivileged children), and 20th Century Club Representative at HOBY. Brittney also has high goals on attending an outstanding college that offers the leadership, academic and social opportunities she desires, while obtaining a major in business administration.



She is the granddaughter of Vernon and Norma Jean McCoy of Clayton.

Park, Noah united in November ceremony

Debra Ann Park of Bowling Green became the bride of Jerry H. "Brave" Noah Jr. of Bowling Green on November 5, 2005, at Fort Green Baptist Church. The Rev. Brian Laker, pastor of Fort Green Baptist Church, officiated the 3 p.m. ceremony.

The bride is the daughter of the late Mr. and Mrs. Lewis E. McKee of Millbrook, Alabama. The groom is the son of Amanda James and the late Jerry H. Noah Sr. of Broken Bow.

Following the ceremony, a reception was held in the fellowship hall at the church.

A rehearsal dinner preceding the wedding day was hosted by Sam and Karen Albritton at The Rib Shack.

The bride is employed by the City of Wauchula as administrative assistant to the city manager. The groom is a carpenter.

The couple reside in Bowling Green.

EVENTS

Native Choctaw language preaching is coming to Oklahoma City

Native Choctaw language preaching, sponsored by the Oklahoma City Choctaw language class, will be held April 22 at the OK Choctaw Alliance Center, 5320 S. Youngs Blvd., Oklahoma City. On schedule is:

- 10:00 a.m. Book singing (Singing Convention)
 - 10:30 a.m. Commentary on Choctaw Hymns
Choctaw singing, the Rev. Raymond Johnson Jr. of Talihina in charge
 - 11:00 a.m. Choctaw language preaching
by the Rev. Leon J. Bohanon of Smithville
 - 12 noon Lunch
 - 1:30 p.m. Choctaw singing by the Rev. Johnson
 - 2:00 p.m. Choctaw language preaching TBA
 - 3:00 p.m. Adjourn
- For more information, call Norris Samuels, 405-672-5579.

Annual Gospel Singing follows preaching

Following the Choctaw language preaching at the OK Choctaw Alliance Center, the Annual Gospel Singing will begin on April 22 with supper at 5:30 p.m. at the Angie Smith Church. Singing begins at 6:30 p.m. Emcee will be Mr. Joel Samuels. Everyone is invited. For more information, contact Norris Samuels, coordinator, 405-672-5579 or email at nsamuels101@aol.com.

Women's Retreat

Join the St. John's Presbyterian Church in Rufe, Oklahoma, for a day of praise and worship during the 3rd Annual Proverb's 31 Women's Retreat, April 29, from 9:30 a.m. to 5 p.m. Guest speakers from Texas and Oklahoma are scheduled throughout the event.

Everyone who attends is asked to bring a covered dish for a potluck lunch at 12:30 p.m.

Kulli Tuklo Methodist Church Reunion

Kulli Tuklo Methodist Church would like to invite all past members and pastors to Kulli Tuklo for a reunion on April 30. Kulli Tuklo is located southeast of Idabel. Please contact Pastor Rosa Baker at 580-584-7375 or Mary McClure at 580-245-2148 for more information or if you can come. Everyone is welcome.

Goat cheese-making workshop

A workshop on making goat cheese will be held from 8:30 a.m. to 1:30 p.m. on May 5 at the Choctaw Center, 707 Bond St. in Crowder. Dr. Zeng of Langston University will be teaching the workshop. LaDell Emmons, OSU Extension, will also have recipes for cooking goat meat.

Registration fee is \$10 a person and includes lunch. Mail by April 21 to Crowder Choctaw Center, P.O. Box 115, Crowder, OK 74430. For more information, call 918-334-5344.

OK Choctaw Tribal Alliance monthly events

The OK Choctaw Tribal Alliance Inc., 5320 S. Youngs Blvd, Oklahoma City, holds its monthly general meeting every second Monday with potluck dinner starting at 6:30 p.m. with a program at 7 p.m., followed by a business meeting. You are invited!

Don't miss the center's monthly Indian Taco Sale, held every second Saturday, beginning at 11 a.m.

OK Choctaw Wild Onion Dinner

If you haven't had your fill of wild onions and all the fixings, now is the time to come back to the OK Choctaw Tribal Alliance Center, 5320 S. Youngs Blvd., Oklahoma City. It will be held Saturday, May 6, from 11 a.m. until we run out of food or people. Price is \$6 for adults and half price for children 12 years of age and under.

For further information, call Stella Long at 405-949-2147 or Myrtle King at 405-634-6786. Due to the drought, there is a shortage of onions, but we were fortunate to find more.

13th Annual Inter-Tribal Pow-Wow

April 15, 2006

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

– Head Staff –

- MC: Tim Tallechief, Osage
- Head Singer: Pat Oyebe, Kiowa
- Head Man Dancer: Justin Yearby, Choctaw
- Head Lady Dancer: Kandyse Gilmore, Choctaw-Kiowa
- Head Gourd Dancer: Zack Morris, Sac-Fox/Pottowatamie
- Honor Guard: Seminole Nation & Choctaw Nation
- Arena Director: Bill Takeshorse, Crow

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,



Jack Haigh said he was the oldest of the first set of triplets born in Oklahoma. He is pictured with Chief Gregory E. Pyle and Preston McCurtain Wise who lived in Poteau until she was 14.



Internet instructor Lillie Roberts visits with Choctaw language student Travis Trueblood.



Cathey Shipley, Chief Gregory E. Pyle, Mildred "Pat" McCarthy and Gail Lindsey pose for a photo during the February meeting in Kissimmee, Florida.

Choctaws gather in Kissimmee



Monnie Leveice Sievers and sister, Zenobia Tyler Moheba, with Chief Pyle.



Marah Brayla, three-year-old daughter of Shane Brayla and Danielle Guffie, is presented thank you gifts from Chief Pyle for her assistance in drawing tickets for door prizes.



Pictured with Choctaw Nation Executive Director of Health Gary Batton are Amanda, Robin, Taylor, Russ, Tylr, Kristy and Tanya Chatham, all of Kissimmee.

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.

Roberson inducted into Oklahoma ASA Hall of Fame

The Oklahoma State ASA Softball Hall of Fame has recognized and honored Harold Roberson of Boswell as its newest member.

Fast pitch or slow pitch, it doesn't matter to Harold or his wife of 36 years, Glenda, or to their children, Rachel and Kevin, or their three grandchildren. In the early '70s, he began playing fast pitch softball with a team called the Southeastern Redskins from Hugo. Every weekend they would travel to play ball, anywhere from Oklahoma City to Dallas, Texas. Harold and longtime friend David Clay would work all day and drive to Oklahoma City to play in all Indian Fastpitch tournaments at midnight. It was nothing for these boys' teams to place third or fourth out of 90 teams. Harold even traveled to Norman to play in the National Finals in Fastpitch. As times got hard and money short, these boys went to slow pitch – a lot closer and not so expensive. By the late '70s, Harold and brother Alan started a men's team sponsored by the Hay Van Co. For the next several years they won some and lost some, but boy did they have

Straight out of high school, "Weiner," as he is called by his teammates, played baseball every Sunday with a sandlot team. In the early '70s, he began playing fast pitch softball with a team called the Southeastern Redskins from Hugo. Every weekend they would travel to play ball, anywhere from Oklahoma City to Dallas, Texas. Harold and longtime friend David Clay would work all day and drive to Oklahoma City to play in all Indian Fastpitch tournaments at midnight. It was nothing for these boys' teams to place third or fourth out of 90 teams. Harold even traveled to Norman to play in the National Finals in Fastpitch. As times got hard and money short, these boys went to slow pitch – a lot closer and not so expensive. By the late '70s, Harold and brother Alan started a men's team sponsored by the Hay Van Co. For the next several years they won some and lost some, but boy did they have

fun! In 1983, the team placed in the Class B state tournament and attended the national finals in Kansas City, Missouri. Later in the '80s, the team placed in state and attended a tournament at the Softball Hall of Fame Stadium, Oklahoma City. Oh, can you imagine a little ol' country team playing in the Softball Hall of Fame, only to lose third place because Weiner was ejected from the tournament for arguing with the umpire?

Harold's team has played districts in Ardmore, Ada, and McAlester, and almost always finished in the top eight. Other places they have traveled just to play ball include Lawton, Enid, Duncan, Wichita Falls, Texas, Hope, Arkansas, and Memphis,

Tennessee. In the early '90s, Harold's son, Kevin, joined the team to play right beside his dad every weekend. Kevin was raised on the ball field and loves the sport. Other family members, from his nephew to his cousins to his in-laws, have also played with him along the way – if you can play or want to play, he will put you on the field.

You can ask Stan Payne, Ronnie Miller, or anyone attending a tournament about the Boswell team. They can show up with eight players, pick up a couple out of the crowd, and place first or be ten down in the bottom of the sixth inning to come back and win it all. Harold's team might not always have the best talent, but it always has the most

heart.

With humble gratitude, Harold and his family would like to thank the members of the Amateur Softball Association for nominating him for such a great honor.



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Jones Academy third nine weeks Super Students

First grade student Araceli Ortiz and second grade student Jillian Hernandez were chosen Super Students for the third nine weeks in Ms. Wells classroom at Jones Academy. Araceli works hard in class and her behavior and attitude about learning is a good example for all the students. Araceli is the daughter of Jodyann Ortiz of Tulsa. Jillian Hernandez displays good learning habits and is always willing to help the other students learn. Jillian is the daughter of Ethel Williams of Durant.

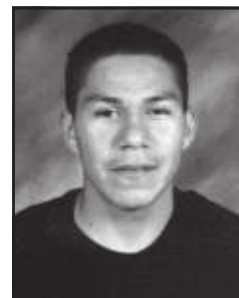
Ms. Martin, third/fourth grade teacher, chose Neosha Kauley and Jeromy Barker as Super Students. Both students are in the fourth grade and are on the Principal's Honor Roll. Neosha is the granddaughter of Rose Neconie of Tulsa. Jeromy is the grandson of Bobbie Johnson of McAlester.

The fifth grade teacher, Mr. Sirmans, announced as Super Students for the third nine weeks Ashley Lawrence and Melody Willis. Ashley excels in mathematics. Her hobbies include horseback riding, basketball, and playing with friends. Ashley is the granddaughter of Gilbert and Wilma Lawrence of Stuart. Melody is from Philadelphia, Mississippi, and is the daughter of Martha Henry. Melody's favorite subject is reading. She enjoys playing basketball with her brother and hanging with friends.

Mr. George Spears named Cheyenne Barker and Justin Daniel the sixth grade Super Students for the third nine weeks. They are both good citizens, well-rounded students, and very helpful. Justin is a member of 4-H and has won numerous prizes for showing swine. He enjoys skateboarding

in his spare time. He plans to attend EOSC in the future. Justin, from Wewoka, is the son of David and Teresa Daniel. Cheyenne is active in 4-H and is in the Hartshorne Miner's Band. She would like to become a nurse in the future. Cheyenne is the granddaughter of Bobbie Johnson of McAlester.

Tia Battiest and Christopher Cruz were named the Alternative School Super Students for the third nine weeks. Tia, a sophomore, was cited for her effort and interest in her studies. She is also a member of the Hartshorne Miners' Slo-Pitch Softball Team. Tia is the daughter of Katie Noah of Broken Bow. Chris has maintained good work habits and grades at the Alternative School. A junior, Chris played on the Miners' winning football team and is currently preparing for next season. Chris is the grandson of Susie Wallace of Sulphur.



Christopher Cruz



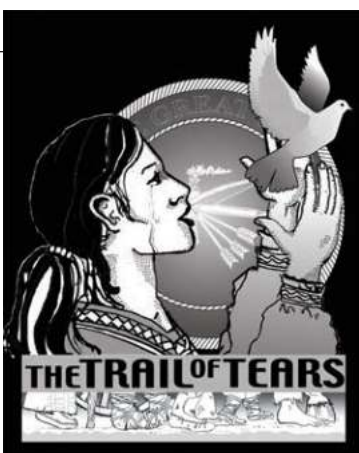
Tia Battiest



Justin Daniel, Melody Willis, Ashley Lawrence, Cheyenne Barker



Neosha Kauley, Araceli Ortiz, Jillian Hernandez, Jeromy Barker



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

The spirit of a Choctaw maiden with a tear on her cheek, releasing a dove has two implied meanings: 1) hope for renewal, and 2) releasing the spirits of Choctaw who walked the Trail of Tears.

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