Instruction 1(b).

FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

Check this box if no longer subject to	STAT
Section 16. Form 4 or Form 5	
obligations may continue. See	

TEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

OMB APPROVAL OMB Number: Estimated average burden hours per response: 0.5

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Reporting Person* SELF SHANNON T														5. Relationship of Reporting Person(s) to Issuer (Check all applicable)						
ت اللقاق	DITAINING	<u>/1\ 1</u>												X Directo			10%	Owner		
(Last) (First) (Middle) POST OFFICE BOX 61091					3. Date of Earliest Transaction (Month/Day/Year) 03/30/2004								Officer (give title Other (specify below) below)							
(Street) OKLAH	KLAHOMA OK 73146				4.1	4. If Amendment, Date of Original Filed (Month/Day/Year)							Line	Individual or Joint/Group Filing (Check Applicable Line) X Form filed by One Reporting Person Form filed by More than One Reporting Person						
(City)	(S	tate)	(Zip)																	
		Tal	ole I - N	on-Der	ivativ	e Se	curit	ies Ac	quire	d, Di	isposed o	f, or Be	neficial	ly Owned						
Date			2. Transa Date (Month/D		Exec y/Year) if any		a. Deemed recution Date, any onth/Day/Year)		ction Instr.	4. Securities Acquired (A) or Disposed Of (D) (Instr. 3, 4 ar			Beneficially Owned Following		6. Ownersh Form: Dire (D) or Indir (I) (Instr. 4)		7. Nature of Indirect Beneficial Ownership			
									Code	v	Amount	(A) or (D)	Price	Reported Transactio (Instr. 3 an	n(s) d 4)			(Instr. 4)		
Common Stock			03/30/2004					X		40,000	A	\$2.4311	56,500		D					
Common Stock		03/30/2004					X		45,000	A	\$3.3889	101,500		D						
Common Stock												108,242				by Partnership				
		,	Table II								posed of, converti			Owned						
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	Conversion Date or Exercise (Month/Day/Year) Price of Derivative		3A. Deemed Execution Date, if any (Month/Day/Year)		4. Transaction Code (Instr. 8)		5. Number n of		Exerc tion Da //Day/\		7. Title and Amount of Securities Underlying Derivative Security (Instr. 3 and 4)		8. Price of Derivative Security (Instr. 5)	9. Number of derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)		10. Owners Form: Direct (I or Indire (I) (Instr	Beneficial Ownership ct (Instr. 4)		
					Code	v	(A)	(D)	Date Exercis	sable	Expiration Date	Title	Amount or Number of Shares							
Non- Qualified Stock Option (right to buy)	\$2.4311	03/30/2004			X			40,000	10/11/	1994	10/11/2004	Common Stock	40,000	\$0		0	D			
Non- Qualified Stock Option (right to buy)	\$3.3889	03/30/2004			x			45,000	12/16/	1994	12/16/2004	Common Stock	45,000	\$0		0	D			

Explanation of Responses:

By: Jennifer M. Grigsby For: Shannon T. Self

04/01/2004

** Signature of Reporting Person

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.

^{*} If the form is filed by more than one reporting person, see Instruction 4 (b)(v).

^{**} Intentional misstatements or omissions of facts constitute Federal Criminal Violations See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).