At the Veteran’s Park on September 2, villagers were able to sit down and enjoy the fruits of someone else’s labor. But there was a catch to it; before dining on buffalo and fresh vegetable stew, people were screened for diabetes. One hundred people signed in, got screened and some were found with hyperglycemia or high blood sugar.

There were three community gardens in the area and it took a lot of networking with tribal programs to get it up and running. With everyone’s interest and help, the results were evident. There was squash, tomatoes, corn, carrots, green beans and pumpkins. The gardens were created to promote healthy lifestyles according to Tony Threefingers, Nutrition Tech and contact person for the project. On several days, fresh vegetables were given to the elders. “The fresher, the better,” Threefingers said. “Fresh vegetables retain a lot of vitamins and nutrients.” It’ll help diabetics eat healthy. Fresh vegetables have anti-toxins and can combat cancer he said. He hopes that diabetics can grow their own gardens and added that it is a lot of hard work.

This year the gardens were tilled by I.H.S. The Board of Health Wellness program supplied the seeds and tools. Threefingers is already thinking about next year. “It would be great if we had a greenhouse,” he said. “We would get a jump on everything.”

People enjoy community garden vegetables
By Georgia Runsabove

Uncontrolled kids are running lose and are out and about all hours of the night. Sometime during the night of September 17, kids tore down the Veteran’s Park flag. The flag was laying on the ground, according to Tedy McMakin, one of the caretakers of the park. Despite efforts by McMakin and Janet Mullins to preserve something in memory of and for veterans, kids are continually destroying property that doesn’t belong to them. They have destroyed bird houses and picnic tables brought in by Mullins and McMakin. Not only that, but adults who sit under the trees and eat in the park trash it up. No one keeps it clean. The latest flag incident brought a tinge of despair in the voice of McMakin as she spoke of the latest damage to the park. “The kids don’t respect anything around here.” She said. “They are out to destroy our town.” Until parents get involved and control their kids, things will continue to happen. The police also need to step in and patrol the park during the night to ensure that nothing else gets damaged. This park is there because of the sacrifice of many men and women in the military. Some of whom have given their lives. What these kids have done is that they have desecrated the flag of the greatest country on earth. The flag pole is 25 feet tall and the string which holds the flag is missing. The flag pole was a donation by Brandon Small. Now McMakin is trying to figure out how to hang up another flag. As long as kids run free and undisciplined, even the U.S. flag isn’t safe here.

Veteran’s Park flag destroyed by kids
By Georgia Runsabove
Cheyennes Depart Oklahoma Commemoration

By Georgia Runsabove

On September 9, 1878, a band of Northern Cheyennes left Oklahoma territory to return to their home in the north. On this day in 2009, Chief Dullknife College hosted a “Cheyennes Depart Oklahoma Commemoration,” walk and open house. The walk began at CDKC to the Chief Littlewolf Capitol Building and back to the CDKC campus. Lunch was served at noon which included stew and fry bread. While lunch was served, the people listened to speakers who gave short talks on the history of the 1500 mile Cheyenne odyssey. “The people coming back home did not have hiking shoes.” said Conrad Fisher, who also composed and sang a Chief Littlewolf song.

“There were about 300 people,” Fisher said. “Imagine the logistics of feeding that many people.”

The people were led by Chiefs Littlewolf and Dullknife when they first left Oklahoma. Our Northern Cheyenne Reservation would not be here today had it not been for those who made it home CDKC will be commemorating other dates throughout the year.

Pandemic precautions from Top Safety We Care About Your Health

Last spring’s H1N1 flu (also known as Swine Flu) had everyone wondering how to keep themselves and their loved ones safe. As we approach cold and flu season, here are six quick reminders: 1. Get and keep yourself healthy so your body has the best chance of fighting off illness. 2. Get a flu shot to protect yourself from the annual seasonal flu. Ask your provider about H1N1 vaccines, which are especially important for the very young, the elderly, and people who work with children or the elderly. 3. Cover your mouth with a tissue when you cough or sneeze. Avoid constantly touching your nose, mouth or eyes. 4. Wash your hands. It’s one of the easiest ways to prevent the spread of germs. Carry hand sanitizer for when soap and water are unavailable. 5. Stay away from crowded public places if you’re ill or have a weak immune system. 6. Take antiviral flu drugs if your health care provider recommends it. These may lessen the effects of the flu and prevent it from getting worse.

According to the Centers for Disease Control and Prevention, there are 200,000 reported cases of people hospitalized for the flu each year in the United States. Do your part to prevent the spread of disease.

Ashland Labor Day Celebration pictures by Georgia Runsabove

Congratulations to the 5th and 6th grade football team on their 4th straight win!! Lame Deer Morning Stars are awesome. So far they are undefeated. Keep it up boys!
Junior High students learn history of battlefield
by Georgia Runsabove

To the white man, it’s called The Rosebud Battle. To the Northern Cheyenne it’s better known as the “Battle Where the Girl Saved Her Brother.” On September 21, 2009, a cold windy morning, Junior High students from Lame Deer Schools heard the history of the battle from Eugene Littlecoyote. He has been sharing this for many years. “More than simply telling the background and the details of the battle and it’s aftermath, there were a handful of deeply important lessons and values to take from the battle.” He said. “This was a unique opportunity to share with our young learners some of the strong values of how Cheyenne truly viewed and respected women: the Cheyenne Perspective.” He said. He hopes that “in sharing the courageous feats of the battle and the lives and values we protected, it would give our learners a solid foundation of pride and cultural identity. All that I have been taught about our history and culture makes me who I am as a Cheyenne today. I hope in turn I can share this with young people so they can be the Cheyenne or best person they can be. Thank you Lame Deer Public School for asking me to be a part of your Native American Week activities.

I wish to especially thank the students and young ladies who showed great respect for me during the presentation.

Kansas or Bust by Johnny Talawyma Sr.

This past summer three Sophomore boys from Lame Deer High School attended the Bill Self Basketball Camp in Lawrence, Kansas at the Kansas University home of the Kansas Jayhawks. Kelcie Russell, Jesse Wilson, and Micco Talawyma attended the camp all week and they stayed in the dorm during their stay. They got to learn the what it was like to stay in the dorm on campus and to get up each morning to work out at the camp. They learned many different types of basketball skills and techniques to help them improve the game. I was really proud of them as they learned all they could from the program that was presented to them. They got to register and get autographs from the 2009 Kansas basketball team players. One of the players noticed my baseball cap with the words “Morning Star.” The players tapped each other and pointed at my cap. There is a Morning Star basketball player on their team. He was surprised to know our team is called Morning Stars. Coach Self was thoroughly impressed with the boys. They were the only Indian boys he had this year attending the camp. I told the coach that the boys had to play varsity as being only sophomores. He said that was a lot of pressure for young players to compete with seniors and hoped they do well the next two years of high school. They enjoyed the trip and want to attend next year with more players. They know what to do to get ready for next year if they want to attend the camp. We thank the Lame Deer school board for their support especially Mrs. Eastman and Mr. Lantis in helping the boys get to Kansas.

Arts and Crafts Center gets a make-over

By Georgia Runsabove

The Northern Cheyenne Arts and Craft Center located along Highway 212 sat vacant for many years. At one time, it was a place for tourists to stop in and buy beadwork, maps and curios which were on sale. It was operated by Carol Whitewolf and the Association. It was also a place where teenagers found work in the summer and learned a little bit of running a business. Sometime later, it closed its doors. For years it’s empty shell and large front windows seemed to stare out like large unseeing eyes. But thanks to vice president, Joe Fox and the Northern Cheyenne Housing Authority, the Craft Center is being remodeled. “It should be done by the end of September.” Said Neil Beartusk, one of the carpenters on the project. A pur-chaser of beadwork has been hired by the EDA committee according to Busby councilman Jace Killshock. It’ll also include a smoke shop he said.
The Sundance at Busby came to a close on Sunday forenoon, Sept. 7. The dancers were Clifford Russell, Harry Rising Sun of Busby and John Seminole of Ashland. The Medicine Lodge Woman was Mrs. Clifford Russell. Her attendant was Sarah Blackwolf. The attendants of the dancers were Willie Rising Sun, Ron Littlewhiteman, Albert Tallbull, Ernest American Horse directed and Buster Whitewolf ushered the winding up dance. Willis Medicine Bull, member of Chief Society, and D. Hollowbreast member of Fox Society, both of Birney, helped with putting up of the Sun Dance lodge. Calling the attention of non-Indians in general, that Fred Lastbull should first be asked questions regarding Indian curios he might be selling to see if they are his own or belonging to someone else. Jefferies and Jean Shavehead accompanied their son Frances and an unidentified Arapaho boy to Ethete, Wyoming Tuesday or early Wednesday. D. Hollowbreast of Birney, John Oldman and another Arapaho boy from Arapaho, Wyoming and Philip Plenty Hawk of Lodge Grass, Crow Indian were among those singing at the Sun Dance. Mr. and Mrs. Ed Wolfsme were received 15.00 and shawls and cloth as give aways at the Sun Dance. According to Ellen Medicine Bull that Raphael Bigleft Hand and the rest will be finishing their work picking corn for a canning company in Billings. Rumors say that they will be home within two weeks and Mrs. Margaret Brien and her helpers will be spraying in Birney Village soon. Matches should be kept out of reach of juveniles, as the grass and weeds are extremely dry at this time. A small fire started just back of Burton Fisher residence a few days ago and burned a small acreage. D. Hollowbreast missed two Indian art shows held last month, in Oklahoma and New Mexico. He says he hopes to make up for it by having a One Man art show sometime. Alice Hardground almost lost control of her passengers a scare, so we hear. D. Hollowbreast had an opportunity to view what's inside the Two Moons Monument after he asked the custodian, William Hollowbreast to open the steel door where are the concealed items of historical nature. The public is invited by the custodian to view the monument and hear his interpretation of the site where the medicine man Ice performed a miracle of the Red Man 115 yards N.W. of the Twomoons monument at whatever amount of money they can pay. Mr. and Mrs. John Aucuchon of Custer Battlefield National Monument at Crow Agency, Mr. and Mrs. Ivan Small of Lodge Grass, Old Elk and other Crows were observed at the Sun Dance. Thomas Hardground, Joe Sandcrane, Clifford Bighead and Roy Clubfoot are working at the 4D otherwise, Canyon Cattle Co. The unemployment and the cutoff of welfare grants may directly or indirectly contributed to the recent breakins of homes. Either there were no fires in the National Forest or the Indian fire fighters were completely ignored. There was very little work during the summer.

George Hardground is getting his vegetables ready to exhibit at the Tribal Fair.

Mr. Zane Spang, Dean of Students at Chief Dullknife College visited Barngrover business class on August 28 to give students an overview of applying for college and the process of financial aid. He encouraged students to get a higher education. He spoke a little bit about his own education. “I was helping kids get into college. I didn’t have a four year degree.” he said so he went back and received a four year degree. “It helped me get a $30,000 raise.” Spang said. He became the unit director for the new clinic. With getting an education comes sacrifice. “Everyone who has degrees has to sacrifice something.” He said. He stressed the importance of staying in school. He stated that if he did not stay in school, he would not be the dean of students today. “It’s critical that you go that route.” Spang told the students.

Information like classes about CDKC can be found in their school catalog pertaining to what classes are offered, the times, and who the instructor might be. CDKC has study groups to help students who need help. Most students have trouble with math and the college does have a tutoring program. Also a placement test determines where a student should be. CDKC does have small classes and students can benefit from them. It is a two year tribal college. It’s one of the advantages of attending one. In addition, the college catalog gives more information about the school and policies that govern it. It gives helpful information on financial aid and what programs are available. Tribal Ed, one of the financial institutions does help students but they do have a deadline in the spring. There are clubs like the student senate, AISES Club, they have one here at the high school. AIBL Club is for those who pursue a business degree. They have national competitions. The PGA for joining these clubs is the student must have a C average in all classes in order to compete and to travel. The President’s Honor list requires 3.5 GPA and up. The Deans List requires a 2.5-3.49 GPA.