

## 4H Kids Going Green

Cloverbud Youth Program kids learn about planting trees to help save the planet.

YOUTH/B7



## Cherokee Braves Midgets win Cracker Bowl, Full coverage B1-2



# The Cherokee One Feather

Cherokee's Community Newspaper since 1966

TUESDAY, NOVEMBER 10, 2009

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## 19th Annual Junaluska Wreath Laying Ceremony held

# JUNALUSKA REMEMBERED

By Scott McKie B.P.  
One Feather staff

**ROBBINSVILLE** - Junaluska, the famed Cherokee warrior who walked back to North Carolina after being removed to Indian Territory in Oklahoma, was honored with a wreath laying ceremony at his gravesite on Friday, Nov. 6. The 19th annual event was sponsored by the Junaluska Leadership Council, a group of high school leaders comprised of EBCI tribal members from area high schools including: Cherokee High School, Swain County High School, Smoky Mountain High School, and Robbinsville High School.

"This is a great day for our Tribe," said Cherokee County - Snowbird Rep. Adam Wachacha who gave a brief history of Junaluska's life and adventures. "I feel like I'm standing on sacred ground."

Following the presentation of colors and the Pledge of Allegiance, which was said in the Cherokee language, Brooke Coggins, JLC member, gave the invocation after which JLC chairperson Madison Crowe welcomed the crowd and dignitaries in attendance.

JLC vice chairman Tait Smith and JLC member Crystin Jones laid the wreath on the gravesite as the crowd stood in quiet reverence.

Smith related the reason the JLC chooses to honor Junaluska yearly, "He came back from Oklahoma just to be with our people. He's done so much for our people, and I'm glad we do this."

Crowe commented, "We honor Junaluska because he was one of the greatest leaders of the Cherokee people...he is at the top of the list as one of the greatest Native American people of North America."

Mark Junaluska, a direct descendant of Junaluska, commented, "I'm really proud of what he did." He said that it sometimes bothers him when people talk about the meaning of the name 'Junaluska' which translates as 'One who tried but Failed'.

"If you look at it in terms of where our people are, I don't think he failed. He did what he thought was right, and I think that's the Cherokee way."

Entertainment for Friday's event was provided by Cassidy Galaviz who played the flute and the Swain County High School Vocal Ensemble who performed two gospel songs.

"Everybody's done a really good job," said Cherokee County - Snowbird Rep. Diamond Brown Jr. as he closed the program. "I'm real proud of you all. We honor this man, respectfully."



SCOTT MCKIE B.P./One Feather photos

**HONOR:** Junaluska Leadership Council members Tait Smith (left) and Crystin Jones lay a wreath at the gravesite of famed Cherokee warrior Junaluska on Friday, Nov. 6.



**HISTORY:** Cherokee County - Snowbird Rep. Adam Wachacha gave a history of Junaluska during Friday's event.



**RESPECT:** Cherokee County - Snowbird Rep. Diamond Brown Jr. (right) gives closing remarks during Friday's event as Junaluska Leadership Council chairperson Madison Crowe listens on.

## Per Capita down 7%

By Scott McKie B.P.  
One Feather staff

The per capita distribution for December for enrolled members of the Eastern Band of Cherokee Indians is down 7 percent from this time last year. Karen Kennedy, EBCI Financial Operations director, reported to Tribal Council on Thursday, Nov. 4 that the payments will be \$4,154 compared to \$4,473 in December

2008. The payments were \$5,027 in December 2007.

She said there will not be a mandatory withholding this year and related that if taxes are withheld, the amount will be \$3,531.

Kennedy stated that several factors affected this year's per capita including increased enrollment which is up 1.3% (186 people) from last year and a 6 percent decrease in gaming revenue.

## TABCC Budget approved after Much Debate

### Chief Hicks calls Special Tribal Council to straighten out issue

By Scott McKie B.P.  
One Feather staff

The Tribal ABC Commission (TABCC) has been the topic of discussion lately in Tribal Council. A protest filed by Big Cove Rep. Teresa McCoy, in the form of Resolution #22, against Resolutions #1031 and #1032 which deal with the Tribal ABC Commission (TABCC), was upheld during the regular session of Tribal Council on Thursday, Nov. 4.

Following this act, Principal Chief Michell Hicks called a Special Session of Council on Monday, Nov. 9 to deal with the issue. The TABCC submitted a modified budget in the form of Resolution #65 which would rescind Resolution #22 passed a few days earlier. Tribal Council passed Resolution #65 during the Special Session on Monday.

"My goal was to get this whole process back on track," Chief Hicks told Council on Monday. "Everyone knows what my public stance was on alcohol."

He added that the Tribe has continued to progress due to strategic decisions made on key issues such as the alcohol issue. "I believe that we need an ABC Commission. We need that structure."

TABCC's Resolution

#65 states, "Resolution No. 22 (2009) has not yet been ratified and should be rescinded by Tribal Council as it contains inflammatory and erroneous statements pertaining to the funding and function of the Tribal Alcoholic Beverage Control Commission (TABCC)..."

It further states, "The TABCC has revised its FY 2010 budget and reduced its expenses by nearly 41% from the FY 2010 budget it presented to Tribal Council in Resolution No. 1031..."

According to the modified budget, the Eastern Band of Cherokee Indians will only give an advance of \$50,000 as opposed to \$100,000 which was originally asked for.

Rep. McCoy said on Monday, "I do have some concerns about this. I am glad that they brought in an amended budget. It needs to be discussed more and we need to have more answers."

Painttown Rep. Terri Henry stated, "First of all, I'm not a proponent of the Alcohol Commission." She suggested splitting the function and duties of the Alcohol Commission between the existing TCGE (Tribal Casino Gaming Enterprise) and the TGC (Tribal Gaming Commission) and allowing the TGC to be the regulatory agent.

Vice Chairman B. Enslley said that many of the same debates occurred when the casino first came on board. "I don't see why we would want to put more workload on the TGC or the TCGE Board." He made the move to pass Res. #65.

## Bridge Ribbon Cutting

A ribbon cutting ceremony was held at the Saunooke Bridge on Monday, Nov. 9. Since the event was held after press time, please visit [www.nc-chokeee.com/onefeather](http://www.nc-chokeee.com/onefeather) for full coverage.

## INSIDE

### 20 years ago...

A chance reading of a newspaper clipping changed the path for one Cherokee woman. **OPINIONS/A3**

### Baker to speak at Cherokee Schools

Dr. Gerard Baker, supt. of Mount Rushmore National Memorial will speak at Cherokee schools on Thursday. **NEWS/A2**



### CMS Girls B-Ball team off to a Good Start

With convincing wins against Swain and at Andrews, the CMS girls basketball team is rolling. **SPORTS/B3**



### CHS Cross Country head to State

Three members of the CHS Cross Country teams competed in the State meet on Saturday. **SPORTS/B4**

OPINIONS.....A3  
COMMUNITY.....A5  
SPORTS.....B1-4

HEALTH.....B6  
YOUTH.....B7  
CELEBRATIONS.....B8

CLASSIFIEDS.....C1  
JOBS.....C2  
LEGAL NOTICES.....C3



18 pages, 3 Sections  
Printed on Recycle Paper

3rd Place General Excellence  
2009 NAJA Media Awards



CONTENTS © 2009  
The Cherokee  
One Feather  
Year 44, No. 45



BLUE RIDGE PARKWAY 75

Baker to speak at Cherokee Schools

Submitted by  
Blue Ridge Parkway 75  
Committee

The public is invited to participate a program at the Cherokee Central Schools on Thursday, Nov. 12 that encourages “untold stories” related to natural resource stewardship and national parks. Special guest Dr. Gerard Baker, Superintendent of Mount Rushmore National Memorial and featured in Ken Burns’s National Parks documentary series, will present Natural Resource Stewardship – An American Indian Legacy and Model for Our Future.

Gerard A. Baker, Ph.D., is Superintendent of Mount Rushmore National Memorial. He has been with the Federal Government for 32 years – 29 years with the National Park Service and three years with the United States Forest Service. Dr. Baker is a full-blooded member of the Mandan-Hidatsa Tribe of the Fort Berthold Indian Reserva-



NPS/Courtesy Photo  
Dr. Gerard Baker

tion, Mandaree, North Dakota. He grew up on the reservation on his father’s cattle ranch in western North Dakota.

Dr. Baker began his National Park Service career in 1979 as a Park Technician at Knife River Indian Villages National Historic Site in North Dakota. He served as the Historian at Fort Union Trading Post National Historic Site for two years before assuming the North Unit District Ranger job at Theodore Roosevelt National Park. In 1990, Dr. Baker transferred to the U.S. Forest Service as Assistant District Ranger for the Little Missouri National Grasslands in North

Dakota. He spent the following year as Assistant District Ranger for the Beartooth District in Red Lodge, Montana, and Acting District Ranger on the Ashland District, Montana, before returning to the NPS as Superintendent of Little Bighorn Battlefield National Monument, Crow Agency, Montana. In 1997, Dr. Baker received the NPS Intermountain Regional Director’s Award for Cultural Resource Management and a team-performance award for his work with the Indian Memorial at Little Bighorn Battlefield. In 1998, he became Superintendent of Chickasaw National Recreation Area in Oklahoma and received the U.S. Department of the Interior’s Superior Service Award.

A light reception will begin at 5p.m. and the program will start at 6p.m. There is no charge to participate. All events will take place at the new “green” school campus, 1582 Ravensford Circle, Cherokee, North Carolina.

Cherokee Basketry book presented in Council



LYNNE HARLAN/Courtesy Photo

**BASKETRY:** Anna Fariello (2nd row, far right) presented her new book *Cherokee Basketry* to and Principal Chief Michell Hicks (2nd row, far left) during the regular session of Council on Thursday, Nov. 4. Fariello worked with the Qualla Arts and Crafts Cooperative, the Museum of the Cherokee Indian, Western Carolina University and the Cherokee Preservation Foundation to produce the historic look at Cherokee weavers and their work.

Miss Cherokee greets Council



SCOTT MCKIE B.P./One Feather

**GREETING:** Miss Cherokee Rachel Hicks officially introduces herself to Tribal Council during the regular session on Thursday, Nov. 4. She thanked all of her supporters and the people who helped her along the way.

CHILD FIND...0-5  
Do You Have Concerns Like These?  
My child isn’t talking  
I don’t think she/he can hear me  
My child isn’t trying to walk  
Something just doesn’t seem right

The Hope Center provides screening at all the child care centers.  
We would like to offer the same services to children  
Who do not attend child care

Child Find Screening Services  
November 17th  
4 p.m.- 7 p.m.

HOPE Center  
Cherokee Central School - Building A  
(1st entrance then right into parking lot,  
we are the 1st building at the far end of the lot)

If you have any questions please call: 554-5101

UFN 11/10

2007 Minors Trust Fund Distribution

If you receive or have received a notice from the IRS concerning a pension penalty for a 2007 minor’s trust fund distribution, please respond back to the IRS by following the steps outlined in the notice. It is important that you complete the IRS notice form and return to the IRS.

If you have not received a notice, there is nothing you need to do.

If you need assistance with a notice or if you need a duplicate copy of your 1099-Misc, please contact:

- Whitney Lowe at (828) 497-7059
- Cindy Chandler at (828) 497-7031
- Cathy Moore at (828) 497-7052
- Karen Kennedy at (828) 497-7050

We have been working with the IRS on this matter, and we will help you resolve this. Remember – if you do not receive a notice, there is nothing you need to do.

12/2

“Oh, you want to see one with options-  
We have options -anyway you want them”



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Complex

Phone: (828) 497-1751  
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Ad Deadline  
Thursdays, 3p.m.

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Director -  
Marketing & Promotion -  
497-8129 or  
Pat Panther  
497-1751

Letters Policy

Revised September 4, 2009

The Cherokee One Feather is available as a forum for any opinion or point of view concerning issues of general interest. Letters should be typed and exclusive to the One Feather. Letters must be signed and should include a name, address and phone number. Only the name and town (if writer resides outside of Cherokee) will be printed. Letters critical of specifically-named minor children will not be published.

Unsigned letters will not be considered for publication at all. The One Feather will not accept poetry submissions as a letter or requests for pen pals.

Subscriptions:

One year.....\$52  
Six months.....\$26  
PDF version (1 yr.) .....\$40  
PDF version (6mos.)...\$20


Send a check or money order, made payable to the Cherokee One Feather, to the address above. Electronic subscriptions are also available via email. Call Dawn Arneach 497-1754 for more information.


Disclaimer:

the opinions expressed on the Opinions pages do not necessarily reflect the views of the Cherokee One Feather, the Principal Chief, the Vice Chief or Tribal Council of the Eastern Band of Cherokee Indians.

Published Weekly  
Eastern Band of Cherokee Indians - Owners

Second Class Postage  
Paid at Cherokee, N.C. 28719  
USPS 715-640





Member Publication  
since 2008

3rd Place  
General Excellence  
2009 NAJA Media Awards

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VETERANS CORNER

By L.H. Harding

The wounds of war are not always easy to see. In any gathering of veterans, physical scar of war are usually evident. But, it is also true that the emotional scars, the post-traumatic stress struggles, the impact on families and the spiritual longings may not show, but are almost always there.

We gather together in veterans organizations to serve God by serving each other and our community. At our graveside ceremonies for our fallen, we offer solemn tribute for service nobly done, and wonder which of us will

be next. There is an attitude of appreciation and a common bond among veterans and their families. Those who stayed behind and waited are honored as well as those who displayed uncommon valor on the battlefield.

When we were on active duty, the constant emphasis was on leadership and service. It was a lesson we took to heart. Reintegrating into civilian society was not always easy. Sacrificing for the good of the community or country seemed out of favor. Now, we see the runaway greed of insurance, drug and medical corporations victimizing families and being detrimental to our country, the

country we love and serve. This is not what we fought for. Corporatism is not freedom. It denigrates the principles for which we fought and relegates “We the People” to the bondage of the elite few.

We see monster investment banks and insurance companies deemed “too big to fail” exploit working families and lead our country to the brink of financial collapse. They then demand and get taxpayer bailouts and reward those who hurt us all with multi-million dollar bonuses. Servant leadership; I think not. The tyranny of mega drug companies, medical commodities markets and insurance corporations that

deny legitimate claims is probably not what the farmers had in mind when they wrote the Constitution.

A lot of veterans are older now. We owe them a debt that we can never repay. A monument to their courage is that they carry their wounds without complaining. And yes, many of the wounds are hidden. But they own them, they belong to each warrior. They are a constant reminder in their lives of service to their country and to each other.

Please make Wednesday, November 11 a “Serve Each Other” day. Reach out to a loved one or someone in need and offer your help.

Those of us who carry the wounds of war will commend you and be grateful. That is who we are and we believe that is who you are. Thank you.

Please come to our Veterans Day Celebration on Wednesday, Nov. 11 at 11am in the Ceremonial Hall at the Council Grounds. We will speak with you, sing to you, pray with you and by the way, serve you a great meal. Come and be with us. We’ll see you there.

**Lew is the Commander for the Steve Youngdeer American Legion Post 143.**

# Looking back 20 years ago

## A Newspaper Clipping changed the course for one Cherokee woman

By Dawn Arneach

Who would have known that a lone man, pictured in the Atlanta Journal Constitution would capture the attention of people in North Georgia, South Georgia, and the surrounding areas of Georgia.

It is hard to believe that twenty years ago, that a body shop assistant, an AT&T worker, a meat butcher, a stay-at-home mother as well as others from many different walks of life, came to one spot and have formed lifelong friendships and ties.

It’s hard to believe that in twenty years how much life has changed for each person (marriages, kids, jobs, moving away, and yet they still treat each other just like they saw them the day before).

It’s hard to believe that that area that brought everyone together, and the purpose of the coming together is now covered over and changed from all woods, pastures and farms to upper crust high dollar homes and elite mini centers, monstrous schools and more traffic.

The place is Dacula, Ga. It was 1989. The lone man was Chipa Wolf.

The issue was desecration of graves in the area around the Elisha Winn House. An encampment grew. People spent night and day in this wooded area to bring attention to the State of Georgia that the graves they were ready to bulldoze over were well over hundreds of years old.

People would bring food in to help feed people coming and going. Offers came in to use people’s homes to take quick showers and return right back to the site.

A sweat lodge was built and used.

You could hear singing, storytelling, jokes and laughter.

see TWENTY page A4

# War Has No Winners

By Mary Herr

Vietnam – war or conflict? The debate continues. A political game with no winners.

Those who protested and refused to go – condemned at the time.

Remember the mothers’ marches?

“War is not healthy for children and other living things.” Those who served their country – given no hero’s welcome, spat upon, Shunned and made to feel guilty.

Those killed in action – young life snuffed out. Were they the lucky ones? Those who survived – coming home with broken bodies and tortured minds. Hell on earth, seeking relief in alcohol and drugs. Post traumatic stress syndrome, they call it now. How many vets have we lost from these slow deaths? Crying out for love, seeking answers, searching for comfort.

Did I do right? Why the nightmares and tormented

dreams? Suffering survivors. Who are the other victims? Children fathered in that far away land, outcasts by their people.

Children here growing up without their fathers. Broken homes because the husband who left came back a different person.

The Vietnam veteran – unlike any others.

It has taken 10 years for the healing to start.

Have we learned anything from Vietnam?

Do we care about the “walking wounded” who are still with us?

How many are self-destructing because their sensitive natures

Can’t tolerate the memories? Let’s not forget those who are no longer with us. More importantly, remember those who are.

Let us pray we will learn that war has no winners.

**“Blessed are the peacemakers, for they shall be called children of God.”**

## Letters to the Editor

### Trick or Treat Night thank you

A total of 1,391 Trick or Treaters braved the rain to spend Halloween with us. According to our counter, we had 2,249 people come through the gate.

Thank you to our vendors: Agelink Child Development, Cherokee Boys Club, Cherokee Elementary School, Cherokee Police Department, Cherokee High School, Cherokee Youth Center, Cochran Drywall Inc. & Simco Interiors Inc., Christ Fellowship Church, EBCI Transfer Station, Facility Management, Granny’s Kitchen, Harrah’s Cherokee Casino & Hotel, Hope Center, EBCI Information Technology, Inn of the Seven Clans, CHS Students Against Destructive Decisions, Tribal Construction, Tribal Gaming Commission, Turner Construction, Western Carolina University, Deer Clan Productions, and Tribal EMS

Thank you to our volunteers: Keahana Sluder, Arlene Squirrel, Brooke Saunooke, Jeremy Saunooke, Karyl Frakiewicz, Onita Bush, John Ayers, Margie Wachacha, Tammie Ledford, Derrick Ledford, Nell Crowe, Robin Swayney, Ashley Crowe, Bessie Swayney, Lucy Reed, Darlene Reed, Matt Martens, Madison Crowe, Corbin Wright, Kaniah James, Brenn Si Jackson, Sylvester Crowe, Loretta Crowe, Aaron Gross

Thank you: Tribal Facilities, Tribal Sanitation, CBC Printing, Trista Welch, Peanut Crowe, Dave McCoy, Ray Kinsland, Ruthie Tripp, Cherokee Central Schools, *Cherokee One Feather* staff, Cherokee Police Department, Manuel Hernandez, and Paige Gross

Awards: Rod Cooper Best Booth Award: EBCI Information Technology, John Tripp Best Theme Award: Cherokee Boy’s Club, Rod Cooper Scariest Booth Award: Deer Clan Productions, Rod Cooper Best Costume Award: Inn of the Seven Clans Monster a.k.a. Cameron Cooper

Thank you to the community for donations to Officer Rod Cooper you donated a total of \$256.75

Submitted by  
**Radonna Crowe**  
Healthy Cherokee

### SBA has Resources for Veterans

Dear Editor:

November 11, 2009 is Veterans Day – a day set aside to honor veterans of the U.S. armed forces and those killed in battle. The day gives our great nation an opportunity to show appreciation to all veterans for their service, to acknowledge their sacrifice and to remember the price of the freedom we enjoy.

There are approximately 5 million veteran-owned businesses in the United States and over 400,000 small businesses owned by service-disabled veterans. North Carolina is home to over 100,000 veteran-owned businesses.

U.S. Army veteran Joseph Marchesani took advantage of SBA-sponsored counseling at the North Carolina Small Business & Technology Development Center. Marchesani is owner of Markee Distributors, a Service Disabled Owned Small Business in Waxhaw, NC. Markee supplies medical batteries, two-way hand held radio batteries, UPS back-up replacement batteries and other battery related items. Joe is a co-founder of the newly formed North Carolina Veterans Business Association, Inc. —NCVetBiz. Marchesani was recently honored as SBA’s 2009 North Carolina Veteran Small Business Champion.

North Carolina Veterans should also be aware of additional SBA help:

- A NC Veteran’s Resource web page on [www.sba.gov/nc](http://www.sba.gov/nc)
- An SBA Veteran’s Business Development Officer to provide guidance
- The Service-Disabled Veteran-Owned Small Business Program, which offers contracting incentives to firms selling to the Federal Government.

Veterans learned important lessons while serving the nation: teamwork, discipline and pride in a job well done.

These concepts are important in business, too. Whether you're a current veteran business owner or someone new leaving the service with an interest in starting your own business, you should explore the SBA resources available.

For more details, visit the SBA’s website at [www.sba.gov/nc](http://www.sba.gov/nc) or contact Glenn Harris at 704-344-6585 or [glenn.e.harris@sba.gov](mailto:glenn.e.harris@sba.gov).

Sincerely,  
**Lee Cornelison**  
District Director  
North Carolina District Office  
U.S. Small Business Administration (SBA)

### CES says Thank You for Trick-or-Treat day

On behalf of the Pre-K through 2nd grade CES staff, students, and administration, I would like to express our deepest thanks and gratitude for your participation in the CES Trick or Treat on Friday, October 30th. Your presence and participation helped make our new experience with this annual event at CES one that was truly successful. Our teachers have expressed great satisfaction with the ease and feeling of safety that was created by keeping this on our campus. The kids also expressed their joy with the day and all the candy they received. Your generosity and support was greatly enjoyed and appreciated by all involved. We are looking forward to doing this again in the future. As always, thank you for your involvement and support of Cherokee Central Schools, Cherokee Elementary, and the students of the Cherokee Community.

Sincerely,  
**Mr. Mike Rogers,**  
CES Principal  
**Mrs. Rebecca D. Ensley,**  
CES Assistant Principal  
**Mrs. Georgia Shirley,**  
CES Assistant Principal

### Man turns Life Around, wants to reconnect with his Native People

Dear Editor,

Hello I hope this finds you all in the best of health and spirits.

I am writing to get in touch with my native brothers, sisters, youngsters and Elders. I am a youngster who was on the wrong path. I’ve been shot, stabbed in the heart and stabbed all over, over dosed and was brought back to life. I’ve sold every drug you can think of and been addicted to them, ruined families, hurt alot of people, even my own family.

When I came to prison, I got a chance to analyze my life. Every single thing. I saw why I did what I did, what made me do what and who and what influenced me. I realized I didn’t need alcohol and drugs to live. I never did. I realize my ignorance and am thankful for all that is life. I’ve changed mine for the better, I came back to my culture. I sing, dance, sweat and ceremony. I found things I

see LETTERS page A4



## TWENTY, from A3

There was a march to the Georgia State Capitol and a march to Stone Mountain. Members of the American Indian Movement (AIM) were supportive. Publicity was gained and the snowball kept growing and growing.

The result was House Bill 451 and a push on the Federal NAGPRA Bill.

Twenty years ago, if Chipa’s picture had not been in the paper we would not have known about him or the other Natives that lived in the state of Georgia.

My life at that time was going in a very different direction. I would not be here writing or living on the Qualla Boundary.

For me, going to Dacula changed my life, completely. When you look back in your life, hopefully there is some MAJOR intersection that gives you a chance to change the way you are going. Try the change. You never know where you will end up or what you will be doing, who you will meet. I flew out to New Mexico a few weeks ago. I saw actors Adam Beech and Gary Farmer. Honestly, I would not have known the two men at all if I had stayed on the path I was on.

I am grateful to Chipa for taking a stand for what he felt was important and bringing it to my attention as well as everyone else that found their way to Dacula.

For twenty years I have not had to say, what if, should have, could have....

Dawn is the Subscription Clerk and a member of the Editorial Board for The Cherokee One Feather. She resides in the Yellowhill Community.

## LETTERS, from A3

am good at and at the same time love to do. I am an entrepreneur and am starting multiple internet based businesses in the coming months. I love making music and I can sing anything. I am now a mixed martial artist. I practice MuayThai, boxing, wrestling, judo, Ju-Jitsu and Hawaiian Lua.

I will dedicate the rest of my life helping my native people realize their strengths and their unlimited power that you all possess. you can do anything and be anything at any moment. Will, hardwork, dedication, determination and patience are all unlocked by your inner spirit that Creator put within your physical body. you are so much stronger and capable of so much more than you may know. It is all within you.

We will overcome all obstacles. We will continue our cultures and prosper in every way. A new day is coming. We will succeed in everything we do. Not because I believe it, but because you believe it. I will help spark a flame that will start a big fire that will awaken the spirits within us all. Please write to me, all of you. Even though my time here in prison is coming to a close, I will help you with whatever I can in any way, my beautiful Indian people.

I want to make a connection and get to know all of you. You are all in my prayers along with your family, be well take care.

We are all related.

Respectfully,  
Gordon P. Night #856532  
1752 E Arica Rd, Eloy, AZ. 85131.

### “Making History” (Day by Day)

History is made everyday....this may seem to be a minor detail to some but for the Cherokee Middle School Braves history was indeed made recently. The Cross Country team earned their first ever conference championship as was described and well documented with pictures in the recent coverage by the *Cherokee One Feather*.

Another historical note is that the “Trophy” signifying their victory was the “first” of any kind earned and displayed on the new campus of “The Dream Come True” school facilities. This championship itself is indeed a “Dream Come True” attributed to the hard work and determination by the athletes, coaches, families and supporters of the Braves. Congrats and keep on Dreaming...Dream Big! We are all very proud of you!

David Locklear,  
Principal, Cherokee Middle School

## Cherokee Central School Board Highlights

Submitted by Joyce Dugan  
CCS Director of Education

November 2, 2009

PTO request for the PTO to fall under Cherokee Central Schools Non-Profit Status. A resolution will be submitted at the next board meeting on November 16, 2009.

The CCS Transition Coordinator requested approval to apply for a four year grant. Project Engage will assist our high school students in meeting and

achieving the challenging academic results and school completion expectations of No Child Left Behind (NCLB) in a manner that is consistent with tribal traditions, languages, and culture as stated in the 2004 Indian Education Executive Order. Approved.


Elementary School Principal Monthly Report – Ms. Shirley, Elementary Assistant Principal, presented the report. Accepted.

Hired personnel for vacant CCS positions.

One Feather

ad deadline

Thursdays at 3pm

**UNITED STATES  
POSTAL SERVICE®**

Statement of Ownership, Management, and Circulation  
(All Periodicals Publications Except Requester Publications)

1. Publication Title		2. Publication Number		3. Filing Date	
Cherokee One Feather		44-44		Nov 10, 2009	
4. Issue Frequency		5. Number of Issues Published Annually		6. Annual Subscription Price	
Weekly		50		\$56.00	
7. Complete Mailing Address of Known Office of Publication (Not printer) (Street, city, county, state, and ZIP+4®)				Contact Person	
Cherokee One Feather P.O. Box 501 Cherokee, NC. 28719				Dawn Ameach	
				Telephone (Include area code)	
				828-497-1754	
8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer)					
Cherokee One Feather P.o. box 501 Cherokee, NC. 28719					
9. Full Names and Complete Mailing Addresses of Publisher, Editor, and Managing Editor (Do not leave blank)					
Publisher (Name and complete mailing address)					
Patricia Panther P.O. box 501 Cherokee, NC. 28719					
Editor (Name and complete mailing address)					
Patricia Panther P.O. Box 501 Cherokee, NC. 28719					
Managing Editor (Name and complete mailing address)					
Patricia Panther P.O. Box 501 Cherokee, NC. 28719					
10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)					
Full Name			Complete Mailing Address		
Eastern Band of Cherokee Indians			P.O. box 455 Cherokee, NC. 28719		
11. Known Bondholders, Mortgagees, and Other Security Holders Owning or Holding 1 Percent or More of Total Amount of Bonds, Mortgages, or Other Securities. If none, check box <input checked="" type="checkbox"/> None					
Full Name			Complete Mailing Address		
12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one) The purpose, function, and nonprofit status of this organization and the exempt status for federal income tax purposes: <input type="checkbox"/> Has Not Changed During Preceding 12 Months <input type="checkbox"/> Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement)					

PS Form 3526, September 2007 (Page 1 of 3 (Instructions Page 3)) PSN 7530-01-000-9931 **PRIVACY NOTICE:** See our privacy policy on [www.usps.com](http://www.usps.com)

13. Publication Title:		14. Issue Date for Circulation Data Below	
Cherokee One Feather		November 3, 2009	
15. Extent and Nature of Circulation		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
a. Total Number of Copies (Not press run)		3300	3300
b. Paid Circulation (By Mail and Outside the Mail)	(1) Mailed Outside-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	550	517
	(2) Mailed In-County Paid Subscriptions Stated on PS Form 3541 (include paid distribution above nominal rate, advertiser's proof copies, and exchange copies)	100	97
	(3) Paid Distribution Outside the Mails Including Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid Distribution Outside USPS®	2325	2070
	(4) Paid Distribution by Other Classes of Mail Through the USPS (e.g. First-Class Mail®)		
c. Total Paid Distribution (Sum of 15b (1), (2), (3), and (4))		2975	2684
d. Free or Nominal Rate Distribution (By Mail and Outside the Mail)	(1) Free or Nominal Rate Outside-County Copies Included on PS Form 3541		
	(2) Free or Nominal Rate In-County Copies Included on PS Form 3541		
	(3) Free or Nominal Rate Copies Mailed at Other Classes Through the USPS (e.g. First-Class Mail)		
	(4) Free or Nominal Rate Distribution Outside the Mail (Carriers or other means)		
e. Total Free or Nominal Rate Distribution (Sum of 15d (1), (2), (3) and (4))		0	0
f. Total Distribution (Sum of 15c and 15e)		2975	2684
g. Copies not Distributed (See Instructions to Publishers #4 (page #3))		325	616
h. Total (Sum of 15f and g)		3300	3300
i. Percent Paid (15c divided by 15f times 100)		100	100
16. Publication of Statement of Ownership			
<input type="checkbox"/> If the publication is a general publication, publication of this statement is required. Will be printed in the <u>November 10, 2009</u> issue of this publication.			
<input type="checkbox"/> Publication not required.			
17. Signature and Title of Editor, Publisher, Business Manager, or Owner			Date
Patricia Panther			11/04/2009
I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).			

PS Form 3526, September 2007 (Page 2 of 3)



# MacCourtney to serve as Missionary

Submitted by  
MacCourtney Family

Sean Ryan MacCourtney has been called as a missionary for The Church of Jesus Christ of Latter-Day Saints. He will serve for a period of 2 years in the Australia Sydney North Mission.

MacCourtney reports to the Missionary Training Center in Provo, Utah, on Dec. 2. He will be speaking on Sunday, Nov. 15 at the 10 a.m. Service at the Church of Jesus Christ of Latter-Day Saints located located on Highway 441 in Whittier. All family and friends are invited.

A 2008 graduate of



Sean Ryan MacCourtney

Swain County High School, he is the son of Tim and Deb MacCourtney of Cherokee.

His grandparents are Jim and Janene Cooper, also of Cherokee, and Pat and the late Barbara MacCourtney, of Green Valley, Ariz.

# Frell Owl Award Nominations sought

Submitted by  
Cherokee Boys Club

The Cherokee Boys Club Board of Directors is now accepting nominations for the 24th Annual Frell Owl Award. Nominees should be those who have significantly contributed to the welfare of Cherokee children and families. The nominee may be a community volunteer or employee of a youth or family service agency.

A letter of nomination must include the person's name, address, employer, nominator's name and phone number, and a one-page narrative of the nominee's work with Cherokee children and families. Additional information may be included such as newspaper articles, photos, support letters, etc. Current Cherokee Boys Club Board members are exempt.

Nomination forms may be picked up from the Cherokee Boys Club, Monday through Friday, 8:00 a.m. – 4:30 p.m. Nominations should be submitted to Jeannie Arkansas, Cherokee Boys

Club, PO Box 507, Cherokee, NC 28719. If you have any questions, please call 828.497.5645. Nominations can also be delivered to the Cherokee Boys Club at 52 Cherokee Boys Club Loop. Please mark your nomination CONFIDENTIAL. The deadline for receiving nominations is Friday, Nov. 13.

The Frell Owl Award was introduced in 1983 to recognize persons who have exemplified the character and accomplishments of the late Cherokee educator Frell Owl. Past recipients are: John Crowe, Stella Kanott, the Crowe Family, Ray Kinsland, Pearl hand John Reagan, Betty Crisp, Jerri Kinsland, Mary Chiltoskey, Dora Reed, Marie Junaluska, Sharon and David Crowe, Ernestine Walkingstick, Jody Adams, Gary Maney, Mary Sneed, Mary Mantooth, David McCoy, Glenda Crowe, Denise Ballard, David McQueen, Skooter McCoy , Johnson "Booger" Arch and the 2008 recipient Kathy Wolfe.

# Insurance and Bonding Education Class

Submitted by  
Turner Construction Co.

Turner Construction Company in coordination with T.E.R.O., would like to welcome you to attend a FREE Insurance and Bonding Education Class at the Holiday Inn in Cherokee on Tuesday, Dec. 15 from 10:30am to 1pm.

We invite you to come and enjoy lunch and gain a better understanding of Corporate Insurance and learn ways to secure bonding capability. Meet folks from Turner who will be

there to present helpful information and answer any questions you may have on Insurance and Bonding.

The class is open to anyone in the contracting or subcontracting business and those interested in this business. To register for the class, you must contact Faye Cedillo at the Tribal Employment Rights Office located at the Ginger Lynn Welch Complex, by phone (828-497-1989) or by email (fayecedi@nc-chokeee.com).

# Cherokee Market Feasibility/Land Schematic Study to be presented

Submitted by Lisa Fowler

On Sept. 21, the Tribal Council and Planning Board met in a "working session" and were presented the Cherokee Market Feasibility/Land Schematic Study by Jeff Green Partners and Michael Redd, Associates (consultants).

At the conclusion of the meeting, direction was given to take this study to all communities on the Qualla Boundary under a "public/community input presentation and program".

Please see the updated schedule below for dates, times and locations as to when this study will be presented in your community. The presentation schedule will be updated weekly as more dates in the various communities are se-

cured.

**Tuesday, Nov. 3 at 7pm** – Big Cove Community Bldg.

**Tuesday, Nov. 10 at 6pm** – Birdtown Community Bldg.

**Monday, Nov. 30 at 5:30pm**- Painttown Community Bldg.

**Tuesday, Dec. 1 at 6pm** – Yellowhill Community Bldg.

**Monday, Dec. 7 at 7pm** – Wolfetown Community Bldg.

For more information, please contact Dr. Michael N. Duvall, director EBCI Planning & Development Division 497-1679 or 497-1677 or email mick-duva@nc-chokeee.com, lisafowl@nc-chokeee.com, or dougcole@nc-chokeee.com.

# Cherokee Boys Club Report

**Boys Club Schedule:**  
**Wednesday, November 11** – Veteran's Day – Tribal, School and Club Holiday  
**Monday, November 16** – Health Screen – 8:00 a.m. to 9:00 a.m.  
**Wednesday, November 18** – Board of Directors Meeting – 8:00 a.m.  
**Thursday, November 19** – Safety Committee Meeting – 11:30 a.m.  
**Wednesday, November 25** – School Early Release – Elementary at 11:30; Middle and High School at 11:40  
**Thursday, November 26** – Thanksgiving – Tribal, School and Club Holiday  
**Friday, November 27** – Tsali Day – Tribal, School and Club Holiday

**Congratulations Cherokee Youth Football**  
Congratulations to the Cherokee Termites, Mites and Midgets for making it to the playoffs. Congratulations to the Cherokee Midgets who defeated Andrews 32-0 at Cherokee. The Cherokee Midgets played Murphy in the Cracker Bowl at Andrews Saturday. Results were not available as of the print deadline.

**Congratulations Cherokee Braves**  
Congratulations to the Cherokee Braves for a hard-fought victory at Andrews 21-14. The Braves' final game of the regular season was against Robbinsville at Cherokee Friday night. It was Senior Night. Results were not available as of the print deadline.

**Thanks From Cherokee Elementary**  
Cherokee Elementary staff, Tammy Jackson, and Vickie Thompson wish to thank Tuff Jackson, Randy Saunooke and Jody Saunooke for helping with the Elementary Trick or Treating and special thanks to Charlie Arch for the tent.

**Congratulations Cherokee Boys Club**  
Congratulations to the staff and family members of the Cherokee Boys Club for winning the John Tripp Best Theme prize at the recent Safe Trick or Treat Night. The Club's theme this year was "Toy Story". Thanks to everyone who helped with the Club booth and a special thanks to Mrs. Ruth Tripp who traveled a long way once again to assist with our booth.

**Frell Owl Award**  
The Club Board of Directors will be se-

lecting the 24th Annual Frell Owl Award winner at their November board meeting on November 18. Nominees for this award should be those who have significantly contributed to the welfare of Cherokee children and families. The nominee may be a community volunteer or employee of a youth or family service agency. (Board members are not eligible for nomination.) Please see Beth Bradley or Jeannie Arkansas for a nomination form and additional information. Deadline for submitting nominations is Friday, November 13.

**Annual Report**  
The Boys Club's fiscal year ended June 30, 2009. Preparation of the Annual Report is almost complete. As soon as the printing is complete, we will mail copies to everyone on our mailing list and copies will also be available at the Boys Club office. In the meantime we are sharing sections of the Annual Report in the *Cherokee One Feather*. This week's section:

**Accomplishments Of The Cherokee Boys Club**  
1. The Club has provided educational, vocational, and leadership training opportunities for thousands of Cherokee youth.  
2. In the 45 years since the Tribe incorporated the Club, over 301 million dollars have been paid in wages and benefits to Club employees, and the Club has earned over 661 million dollars in revenue from services performed.  
3. The Club has provided a home for 1,635 youth in the Children's Home since the Home opened in 1970.  
4. The Club provides the Norman Maney Recreation Park, the Blythe Youth Center/Conference Room, and assists the school and community with academic, athletic, cultural, recreational and other youth programs.  
5. \$143,872,137 worth of buildings, equipment, and vehicles have been purchased. The book value of these, less accumulated depreciation is \$133,822,904. The balance owed on these assets is \$18,492. All note payments, both principal and interest, are current.  
6. The Tribe owns the Club. As of June 30, 2009 total assets were \$150,661,509. Total liabilities were \$13,899,265 leaving net assets of \$136,762,244.

Accomplishments will be continued next week.

# Peace Corps celebrates Native American Heritage Month

Submitted by Peace Corps

WASHINGTON, D.C. – Throughout the month of November, Peace Corps is celebrating National Native American Heritage Month and honoring the contributions of Native American Peace Corps Volunteers serving worldwide. "During National Native American Heritage Month, we celebrate the rich traditions and diverse history of North America's first Americans," said Peace Corps Director Aaron S. Williams. "Since the earliest days of our republic, Native Americans have played a vital role in our country's

freedom and security. From the Revolutionary War scouts to the code talkers of World War II, Native Americans have served in all branches of America's armed forces. At Peace Corps, that proud tradition of service continues with Native Americans representing their country as Peace Corps Volunteers throughout the world." Currently, 16 self-identified Native Americans serve in Peace Corps. These volunteers hail from 12 different U.S. states and territories and serve in 14 countries on four continents around the world.

The following current

and returned Peace Corps volunteers of Native American descent have shared their stories:  
• Alana Peterson of Sitka, Alaska is affiliated with the Tlingit tribe and currently serves as a Business Development Peace Corps volunteer in Peru. She provides support to a local agricultural association that grows organic avocados, teaches English classes and is starting a youth entrepreneurship club. "I first considered joining the Peace Corps when I was a freshman in college," said Peterson. "I knew that I wanted to travel, work, and

see PEACE CORPS page A6

# Cherokee Indian Fair 2009 Community Day Winners

Submitted by Indian Fair Committee

**ARCHERY**  
**Mens Traditional:** 1st place - Gerald Jones, 2nd place - Tosh Welch, 3rd place - James T. Cabe  
**Mens Compound:** 1st place - Delano Panther, 2nd place - Allen Groenewold, 3rd place - Doug Pheasant  
**Womens Compound:** 1st place - Jennifer Wildcatt  
**Youth Traditional:** 1st place - Nataya Huskey  
**Youth Compound:** 1st place - Kendra Panther, 2nd place - Devon Cabe, 3rd place - Eugene Krugly

**BLOWGUN**  
**Men:** 1st place - William Swimmer, 2nd place - William Johnson, 3rd place - Tsa Ni Youngdeer  
**Women:** 1st place - Melissa Garcia, 2nd place - Nancy Pheasant, 3rd place - Selene Pheasant

**WOOD CHOPPIN'**  
**Men:** Jeremy Lane  
**Women:** Julia Lossiah

**CORN SHUCKIN'**  
**Women:** Miranda Stamper

**CAST IRON LID TOSS**  
**Women:** Miranda Stamper

**LONGEST HAIR**  
**Men:** Donavon Crowe  
**Women:** Ellie Maney, Alyssa Sampson  
**Boys:** Matthias Crow  
**Girls:** Lisa Harrison

**CHEROKEE IDOL**  
Nikki Crowe

**BABY CRAWLING**  
**Male Winner:** Tymius Allison  
**Female Winner:** Meli Hornbuckle

**HORSESHOE TOURNAMENT**  
1st Place - Eddie Lossiah & Charlie Reed  
2nd Place - Cody Driver & David Pheasant  
3rd Place - John Bird & Clement Calhoun

# Regular Community Meetings

**American Legion Post 143** - meets the third Monday of each month at 1900 hours at the Post Hall.

**Smoky Mountain Cherokee Chamber of Commerce** - meets on the 3rd Tuesday of every month at 1185 Tsali Road at the log cabin next to the Newfound Lodge. Info: 497-6700.

**Cherokee Kiwanis Club** - meet every Wednesday at 11:30am at the Prime Sirlain Steakhouse.

**Cherokee Lions Club** - meets every first and third Thursday of the month at 6pm in the Fellowship Hall at the Cherokee United Methodist Church.

**Cherokee Rotary Club** - meets each Tuesday at 12pm at Myrtle's Table at Best Western.

**Cherokee School Board** - meets the first and third Monday of each month at 4:30pm in the Administration Conference Room located at the Cherokee Central School Administration Building. Meetings are open to the public.

**Cherokee Cancer Support Group** - meets the first Thursday of each month at 6:30pm in the Ginger Lynn Welch Community Room. All are welcome and potluck is shared after each meeting. Info: Flora 554-6244, Betty 497-6604, Debbie 497-9414

**Birdtown Community Club** - meets the second Monday of the month at 6pm.

**Painttown Community Club** - meets the last Monday of each month at 5:30pm.

**Towstring Community Club** - meets the second Tuesday of each month at 7pm.

**Wolfetown Community Club** - meets the second Monday of each month at 7pm.

**Yellowhill Community Club** - meets the first Tuesday of each month at 6pm.

**Recovery and 12 Step Meetings in Cherokee**

**Sunday** - 6:30 pm Morman Church on 441 12 step faith based meeting

**Monday** - 10:00am Lutheran Church Women's Medicine Wheel 12 Step

**Tuesday** - 6-8pm Lutheran Church Men's Medicine Wheel 12 Step

**Wednesday** - 5-7pm Lutheran Church Women's Medicine Wheel 12 Step

**Thursday** - 6:00pm Agelink Conference Room ----Grief and Loss Group

**Friday** -7:00 pm Hospital Conference Room- (NA)

**Saturday** - 10:00 am Cherokee Hospital Conference Room (AA)

\*\*\***Men's Medicine Wheel** (Native American 12 Step Program is open for enrollment) New group starts in January For enrollment- call Dave 586-2924

**12 Step Program** – Celebrate Recovery, a faith-based 12-step program, meets every Thursday at 5pm at Cherokee Methodist Church. Come and learn dynamic ways to deal with substance and behavioral additions (angers, depressions, etc.). Info: Barb 497-6121 or 497-2948 (leave message).

**Medicine Wheel Recovery/Wellness Group for Women** - Wednesdays 5 p.m. Living Waters Church on Locust Branch off of Goose Creek, contact Jan Lambert, 497-6976, janilamb@nc-chokeee.com

**Food Addicts** - Are you having trouble controlling the way you eat? Food Addicts in Recovery Anonymous (FA) is a free Twelve Step recovery program for anyone suffering from food obsession, overeating, under-eating and bulimia. Please call 828-226-8324. For more information. Visit the website at www.foodaddicts.org.

**Grief Group** - Meets every Thursday, 6-8:00pm at AgeLink. The group's goal goal is to help individuals break through their grief into healing by building each week on education and support. The Group is open to all community members. Call Christy Newell at 497-6892 for more information and prior to attending first meeting as space is limited.



Cherokee & Area Events

**Birdtown to hold Veterans Dinner**  
Birdtown Community will be having a potluck dinner to honor the Veterans on Tuesday, Nov. 10 at 6pm. Birdtown Community will be furnishing the meat and drinks, so bring a covered dish with you.

**Cherokee Healing and Wellness Coalition Meeting**  
The Cherokee Healing and Wellness Coalition will meet Tuesday, Nov.10 at Myrtle's Table in Best Western Motel located in Saunooke Village at 11:30am for their annual lunch and regular business meeting. They will work to conclude by 1:30pm.

**No Fingerprinting at Jackson County offices**  
Due to Jackson County offices being closed on Wednesday, Nov. 11, there will be no fingerprinting at the Jackson County Sheriff's Office on that day. The normal schedule for fingerprinting will resume on Wednesday, Nov. 18 from 1:00 p.m. until 4:30 p.m.

**Native American AA Convention**  
The 2009 16th Annual NC Native American AA Convention will be held at Birdtown Recreation Center starting at noon on Thursday, Nov. 12, with daily AA & ALANON speakers, a Pow Wow Saturday evening with Host Drum - All Nations Warrior Society, and concluding on Sunday morning, Nov. 15. This event is FREE for local residents and we encourage you to come! For more details or to volunteer call Jill

**Benefit**  
A benefit will be held for for Barbara Long and Gladys (Maw) Simonds at the Frontier Pancake House on Friday, Nov. 13 starting at 11am. Menu will: Frybread and Chili \$5 Taco's, \$6 and Indian Dinner Buffet style \$7. Dine In or for To Go Orders call 48-97-1542 or 269-8239 proceeds for medical expenses.

**Night of Expression**  
TRIBAL GROUNDS Coffee is proud to present the first Night of Expression (Open Mic) on Saturday, Nov. 14 from 8 - 9pm. All performers, brave souls, encouraged to participate. Music, Poetry, Spoken Word, Dance, Dramatic read-

Events Elsewhere

**The Prince of Dark Corners to be staged**  
Gary Carden's play "The Prince of Dark Corners" will be staged Friday, Nov. 13, at 7:30 p.m. at the First United Methodist Church on Jackson Street in downtown Sylva. Steve Brady, Franklin actor and writer, will give a new interpretation of the famous outlaw and moonshiner, Colonel Lewis Redmond. The performance is part of the 5th Great Smoky Mountains Book Fair, and all proceeds go to benefit the New Library Fund for the Jackson County Public Library Complex. Tickets are \$10 for adults and \$5 for students and will be available at the door. The Pic n Play Dulcimers will perform prior to the play, beginning at 7 p.m.

**5th Great Smoky Mountains Book Fair**  
The 5th Great Smoky Mountains Book Fair opens in the Christian Life Center of the Sylva First United Methodist Church on Jackson St., Saturday, Nov. 14, from 9:00 a.m. to 3 p.m. Over 50 authors will be on hand to greet book lovers and discuss their books alongside activities for all ages, including storytelling, book-making and poetry writing. Admission is free, and 20 percent of all book sales will go toward furnishing the new Jackson County Public Library Complex.

ings, Storytelling

**Cherokee Choices 5K**  
Cherokee Choices will host a Run, Walk, or Roll 5K on Saturday, Nov. 21 starting at 12noon. The run will begin at the Cherokee Welcome Center on Hwy. 441N, will turn right on Acquoni Road and loop around back to the Welcome Center. Strollers and wheelchairs are welcome. There is a battle call to all communities to get as many people to participate as possible! Proceeds will go towards the Cherokee Cancer Support Group. Info: Tara McCoy 497-1976.

**Birdtown participants wanted for 5K Event**  
Cherokee Choices is hosting a 5k event on Saturday, Nov. 21 to support the local Cherokee Cancer Support Group, and we want as many Birdtown Community members to walk as a Team to show our support. If you and your family are interested, please contact Tara McCoy at 497-1976 to register and for more information.

**Cherokee Speakers Gathering**  
This month's Cherokee Speakers Gathering will be held on Tuesday, Nov. 24 in Snowbird at the Snowbird Rec. Center at 6:30pm. There will be a potluck dinner as well. If you need a ride to the gathering; in Robbinsville/Snowbird call T.J. or Louise 479-4727 and in Cherokee call Billie Jo 554-6406. The Cherokee Speakers Gathering for next month is scheduled for Tuesday, Dec. 15 at New Kituwah at 6pm. The Speakers Gatherings are sponsored by the EBCI Kituwah Preservation and Education Program.

**Christmas Bazaar**  
Dec. 3-4 at the Cherokee Indian Fairgrounds, Call (828) 479-8375 to reserve tables or for more info.

**Cash Pot Coed Volleyball**  
Will be held Saturday, Dec. 5 at Snowbird Rec Center at 5 p.m.; this will be a 5-on-5 tournament, two women on court at all times, 10 man roster, \$400 entry fee, deadline Nov. 27; 1st place Cash, 2nd place Cash, concession will be available, contact Bucky Brown

**Veterans Pow wow & Indian Festival**  
Nov. 14-15, Boiling, Park, Canton, GA. In Memory of PFC. Lori Piestewa and PFC Billy Walkabout. Sat 11am - 7pm, Sun 11am - 6pm. www.rthunder.com

**Jackson County Social Services meeting**  
The Jackson County Board of Social Services regularly meets on the second Tuesday of each month at 9:30 a.m. at the Department of Social Services located at 15 Griffin Street in Sylva. State law requires that the schedule of meetings be made public and that any deviation from this schedule be made public as well. The Board of Social Services has scheduled its next meeting for Tuesday, Nov. 17 at 9:30 a.m. at the Department of Social Services in Sylva. Dianne Cauley Administrative Assistant Jackson County Social Services

**35th Annual Miccosukee Indian Arts Festival**  
Dec. 26 - Jan. 3, at the Miccosukee Indian Village, 9:30am - 5pm daily, call 305-223-8380

**4th An. Misteltoe Magic Art & Craft Show**  
Nov. 27 from 10am to 5pm and Nov. 28 from 10am to 4pm, Macon Co Comm Bldg, Franklin, NC. FMI call 828-524-6630

Obituaries

Mr. Frank Walker

Mr. Frank Walker, 68, of Whittier, North Carolina died on Wednesday, November 4, 2009, at Tsali Care Center in Cherokee, North Carolina.  
Born Wednesday, December 18, 1940 in Stillwell, Oklahoma.  
He was the son of the late Owen and Corneilia (Proctor) Walker. He was also preceded in death by a sister Betty Miller.  
Frank was a veteran of the US Army. He was also a loving father and grandfather who will be missed greatly by all his family. It was said, "he was a very skilled carpenter and that he worked hard at this craft throughout Western N.C."  
Surviving are a daughter, Becky Walker of Cherokee, a brother Jimmy Walker of Ca, 2 sisters, Arlene Reagan of Qualla, and Louise Walker of Casa Grande Az., and a grandchild Cameron Jackson of Cherokee, NC.  
A memorial service will be at 2 p.m. on Sunday, November 8 at Long House Funeral Home, Inc., located at 407 Wolfetown Rd, Cherokee, NC 28719.  
In lieu of flowers please donate to the Cherokee Cancer Support Group at P.O. Box 543, Cherokee, NC 28719.

Lula Wolfe Sequoyah

CHEROKEE - Lula Wolfe Sequoyah, 79, of the Big Cove Community, passed away Saturday November 7, 2009 in the Cherokee Indian Hospital.  
A native of Cherokee she was the daughter of the late Joseph and Lizzie Welch Wolfe, and the wife to the late Charles Wilbur Sequoyah. She was preceded in death by two sons, Lewis W. Sequoyah and Charles R. Sequoyah. Granddaughter Kori Penland, a sister Geneva West and 3 brothers, Amble, Richard and Howard Wolfe.  
She is survived by 7 daughters, Carol and (John) Standingdeer of Cherokee, Cindi and (Paul) Ayers of Bryson City, Frances Sequoyah of Cherokee, Reva Sequoyah and (Ron McKaughan) of Cherokee, Loleta Sequoyah and (Randy Lossiah) of Cherokee, Sammi Sequoyah and (Simon George) of Cherokee, Sharon Sequoyah and (Leo Moore) of Cherokee; 2 foster sons- Eric Two Bears of McCalla, Alabama, Sam Parker of Cherokee; 1 brother- Morgan Wolfe of Cherokee; 19 grandchildren, 24 great grandchildren and numerous nieces and nephews.  
Funeral Services will be held at 2:00 PM Tuesday, November 10 at Big Cove Baptist Church, of which she was a member. The Revs. James (Bo) Parris, Charles Ray Ball and Ray Kinsland will officiate. Burial will be in the Sequoyah Family Cemetery.



Cherokee Chamber of Commerce News

**Submitted by**  
**Darlene C. Waycaster**

The Cherokee Chamber of Commerce held Cherokee Skili Storytelling on Halloween Day, Saturday, Oct. 31. The storytelling was scheduled to take place outside at the downtown River Bend stage area. Due to the rain, the storytelling was moved into Tribal Grounds Coffee, which was the ideal setting on a rainy day to be spooked by Skili stories. Fun and fright was experienced by everyone who attended!

A special thank you goes out to Davy Arch for the scary Native American storytelling; Natalie Smith, Leon Grodski and staff for the use of Tribal Grounds Coffees cozy setting; and to Lynne Harlan for all the behind the scenes help.

The monthly Breakfast with Chamber meeting was held at the Fairfield Inn Cherokee, Tuesday, Oct. 20 at 9:30am The Fairfield Inn of Cherokee sponsored the breakfast. The topics discussed at the October meeting were...

Russ Seagle, with The Sequoyah Fund, Inc. is leading the Cherokee Chamber of Commerce in the development of a sustainability and strategic long-term plan. The Chamber presently operates with the financial support from Membership dues and grant funding from the Cherokee Preservation Foundation.

The Chamber's sustainability and strategic long-term plan will answer the following questions...

• What will Chamber look like

in 5 years?  
\* Vision: Why do we exist?  
\* What are the goals for the future?  
\* Value: What value does the Chamber provide to its members, the Cherokee Community and the region as whole?

The next planning phase will involve Chamber members, stakeholders, tribal government, and business & community leaders. For additional information please call the Chamber at 828-497-6700.

2010 Cherokee Great Smoky Mountain Travel Guide

Smoky Mountain News is in the process of developing the 2010 Cherokee Great Smoky Mountain Travel Guide. If you are interested in purchasing an ad in the guide, call Smoky Mountain News at 828-452-4251 or the Cherokee Chamber at 828-497-6700.

Cherokee Motorcycle Rally

Area businesses are planning to meet in late November to explore ways of improving the twice annual motorcycle rally. If you would like to be involved in the process and/or to attend the meeting call the Cherokee Chamber at 828-497-6700 for more details.

Everyone is invited to attend the last 2009 Breakfast with Chamber meeting, Nov. 17, 9:30am at the Fairfield Inn, Cherokee.

The following businesses have sponsored the breakfast meetings this year: The Chestnut Tree Restaurant, Myrtle's Table, Granny's Kitchen, Dairy Queen Restaurant, Brushy Mountain Smokehouse & Creamery, Fairfield

Inn and the United Community Bank.

The Chamber wants to send a special 'Thank you!' to all of our sponsors. We have had a good crowd of folks attend the gatherings! We are always looking for sponsors and speakers for the monthly meetings. If you are interested in sponsoring a breakfast meeting and/or have news, events, community information to share; call the Cherokee Chamber at 828-497-6700.

Upcoming events & happenings...

Friday & Saturday, Nov. 14 - 15

Where: Harrah's Cherokee Casino Ballroom

Harrah's Cherokee welcomes Air Supply for 2 great nights of entertainment! Sing along with the Australian duo and their timeless classic hits like "Lost In Love", "All Out of Love", "Making Love Out of Nothing at All" and many more! Shows will be in the Council Fire Ballroom, located in the hotel. Contact 866-370-3705 for tickets and information.

Now - Dec. 23

Polar Express Train Rides Train Depot, Bryson City

GSMR Polar Express Train Ride! All aboard "The Polar Express" to read along with the story written by Chris Van Allsburg. The round trip takes you to The North Pole to meet Santa and enjoy caroling, hot cocoa and a treat. Kids are encouraged to wear their pajamas. Daily Departure Times Vary. Contact: 800-872-4681 for tickets.

Support the Cherokee Braves

100% Tobacco Free Schools

No tobacco use anytime, anywhere on school grounds, by anyone!

PEACE CORPS, from A5

help out people in an underdeveloped country. Peace Corps just seemed like a perfect fit for me. Growing up in an Alaskan Native community, I always felt the importance of preserving one's culture while keeping in tune with the developing world. Eventually I hope to return back to Alaska to work in development with the Alaskan Native community, but first I know that I need some work experience in the

field. I feel that Peace Corps is the experience I need."

• Tobhiyah Holmes is from Sonoma, Calif. and currently teaches English as a Peace Corps volunteer in China. "As a child of racially mixed heritage, I was raised by my mother and spent my youngest years living close to the poverty line," said Holmes. "I was always surrounded by the love and support of my entire family and I was brought

up to believe in people and their potential. My childhood experiences gave me a special empathy for disadvantaged or underprivileged persons. Working with Peace Corps to help other people reach their full potential is one way I am able to fulfill my sense of obligation and destiny and work on my personal goals of creating a more equitable and peaceful world."

• Jill Cadreau of Highland, Mich. is of Chippewa heritage and currently a Peace Corps Response volunteer in

Liberia. She said, "I think that Peace Corps is good for diverse Americans because the whole experience can open your eyes to a different type of diversity. Being exposed to different ethnic groups in America is good, but being exposed to different groups from all over the world can teach you things that you can never learn in America. Living abroad makes you realize that even though there is diversity in America, we are all Americans. We may have different religious or cultural back-

grounds, but we are all Americans."

• Patricia King is a returned Peace Corps volunteer from Las Cruces, N.M., who served in Belize when she was in her 60s from 1997-99. She said, "I joined Peace Corps to share my knowledge, skills, and experience and to learn new things. One is never too old to do so. By working with the indigenous Maya of Belize, I learned much more about my American Indian culture. Our issues are similar. In viewing, from their perspective, their

own economic disadvantages and social isolation, I view our own issues and circumstances in different ways and with a greater understanding. The experience was wonderful and I would do it again!"

Ethnic minorities make up 18 percent of the over 7,600 Americans serving in Peace Corps. Peace Corps actively recruits people with a variety of backgrounds and experiences to ensure that the Volunteers reflect the extraordinary diversity of the American people.

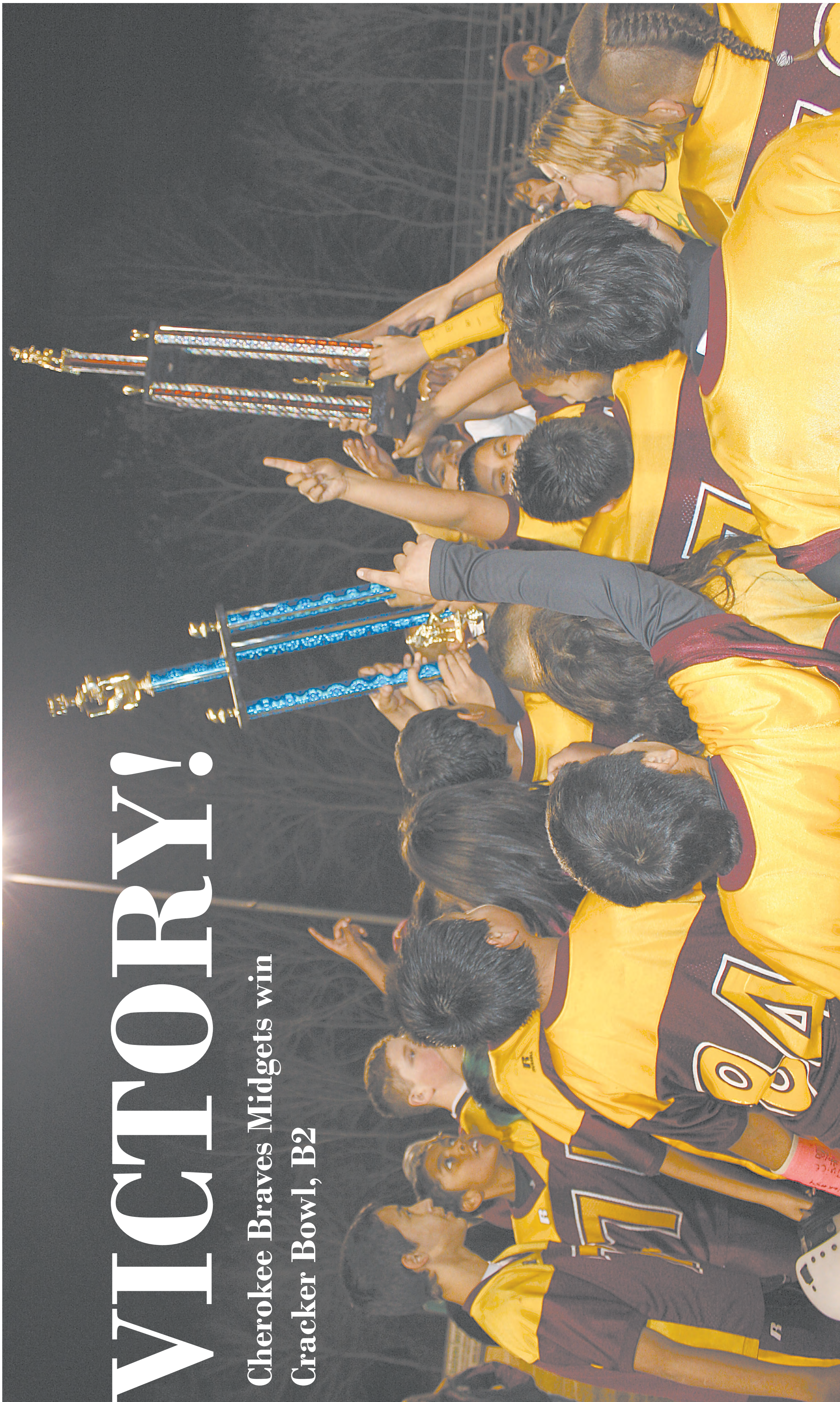


# B SPORTS

TUESDAY, NOVEMBER 10, 2009

# VICTORY!

Cherokee Braves Midgets win  
Cracker Bowl, B2





# Cherokee Braves Midgets win Cracker Bowl

## Wolfe scores 5TDs to lead Braves to Cracker Bowl win over Murphy

By Scott McKie B.P.  
One Feather staff

**ANDREWS** - Jayce Wolfe could not be stopped. He darted. He dipped. And, he just plain outran the Murphy defenders as he scored five touchdowns to lead the Cherokee Braves midgets team to a Cracker Bowl Championship over the Murphy Bulldogs on Saturday, Nov. 7 at Andrews High School. The regular season champion Braves started out strong and just kept going as they beat the Bulldogs 36-8 on a chilly night made for football.

Cherokee wasted no time in this game, as Wolfe scored his first touchdown just one minute into the game. Spencer McCoy ran for the two-point conversion and the Braves took an early 8-0 lead.

Murphy would turn the ball over on downs on their first possession and the Braves took over at the Bulldogs 29 yard line. Two plays later, Wolfe scored his second of the game on a 30-yard run. McCoy added the two-point conversion and Cherokee led 16-0 with three minutes left in the first quarter.

Starting from their own 30 yard line, the Bulldogs tried to get something going on their next possession. They converted a 3rd and 8, but a penalty on first down caused their drive to stall and they turned it over on downs.

On first down, the Braves would add to their lead as Wolfe ran 45 yards for his third score of the game. McCoy added the two-point conversion and Cherokee led 24-0 with 6:47 left in the half.

Murphy turned the ball over on downs on their next possession and Cherokee took over at midfield with time running down in the half.

After completing a pass for a first down to the Murphy 40 yard line, Wolfe ran 35 yards to give the Braves a 1st and goal from the 5 yard line. Following a sack which put the ball on the 8 yard line, Wolfe took it in for his fourth score of the game with 19 seconds left in the half. The two-point conversion failed and Cherokee led 30-0 at halftime.

Murphy tried to put something together coming out in the third quarter. But, on the third play they fumbled the ball which was recovered by the Braves Damon Ledford at the Cherokee 28 yard line.

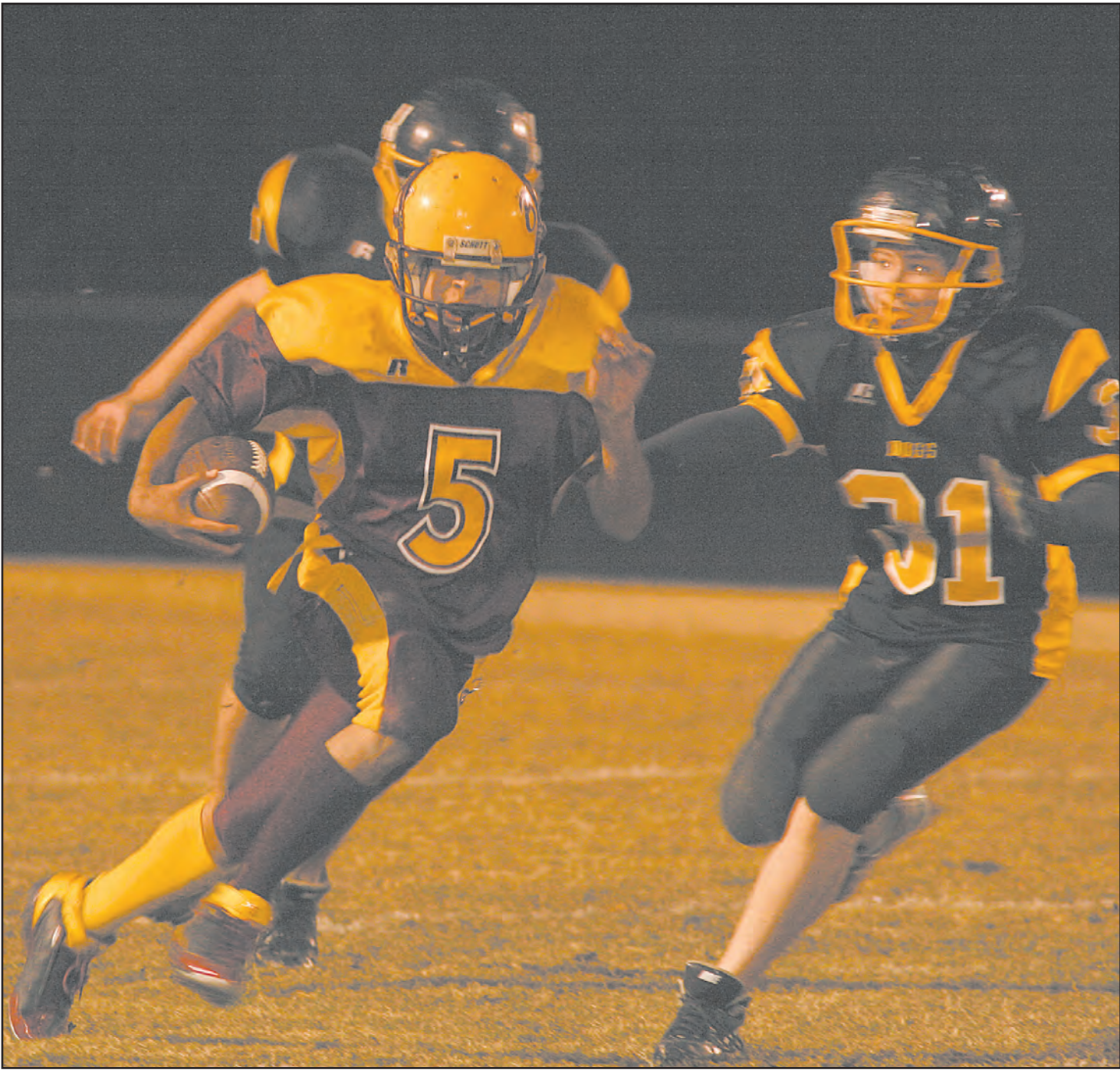
Cherokee put together a nine play drive that ate up most of the third quarter and culminated in a 20 yard touchdown run by Wolfe. The two-point conversion failed and Cherokee extended its lead to 36-0 with 43 seconds left in the quarter.

Going into the fourth quarter, Murphy would finally get something going as they put together a 10 play drive that ended in a 4 yard touchdown run by Gaige Cox with four minutes left in the game. Cox added the two-point conversion to make it 36-8.

Cherokee started their final possession from midfield and just ran out the clock to take the win and the championship.



**CHEER:** The Braves Midget cheerleaders worked hard all season and kept the crowd going on Saturday.



**FIVE:** Jayce Wolfe (#5) ran for five touchdowns to lead the Braves to a 36-8 victory over the Murphy Bulldogs in Saturday's Midgets division Cracker Bowl.



**BIG HIT:** Kenneth Smith (#60) drops Murphy's Shannon Wilson (#92) for a loss in the second quarter. The hit by Smith could be heard in the stands.



**LEFT:** Jayce Wolfe trips up Murphy RB Gaige Cox. Cherokee's stingy defense held the Bulldogs scoreless until the fourth quarter.

**ABOVE:** As soon as the last second ticked off the clock, the celebration was underway.



# Braves end regular season with loss to Black Knights

By Scott McKie B.P.  
One Feather staff

The Cherokee Braves lost their last regular season game 56-12 to #10 ranked Robbinsville on Friday, Nov. 6. Black Knights RB Kurt Odom ran 19 times for 194 yards and 3 TDs to lead Robbinsville over the Braves.

The Braves get a chance to wipe the slate clean as they enter the 1-A playoffs this Friday, Nov. 13 at home against North Duplin (4-6).

On Friday night, Odom scored all of his touchdowns in the first quarter on runs of 23, 41, and 4 yards. Chris Daniels added two of three extra points and the Black Knights led 20-0 at the end of one.

Following a Braves punt, Robbinsville found themselves 1st and 10 from their own 20 yard line. Odom found a hole and ran 46 yards to the Braves 34 yard line. He was run down by Braves CB William Carmichael who saved a touchdown. Two plays later, the Black Knights would find the end zone again as Randy Hernandez caught a 35-

## Up next...



Cherokee (6-4) v. North Duplin (4-6)  
Cherokee High School  
Friday, Nov. 13 at 7:30pm  
1st Round of 1-A Playoffs



yard touchdown pass from Blake Anderson. Daniels added the extra point and Robbinsville led 27-0 at the 10:35 mark in the second quarter.

Two minutes later, Robbinsville would find the end zone again as Jaron Ayers (7 rushes for 82 yds.) ran it in from 12 yards out. Daniels kick was good, and the Black Knights took a 34-0 lead into the locker room.

The Black Knights kept it going in the third quarter as Ayers would score his second of the game on a 56 yard run midway through the quarter. Daniels added the extra point and Robbinsville extended its lead to 41-0.

Three minutes later, Hunter Phillips would catch a 28-yard touchdown pass from Luke Perkins to add to Robbinsville's lead. Daniels added



SCOTT MCKIE B.P./One Feather

**TD:** Robbinsville RB Randy Hernandez (#2) scampers to the end zone on a 35-yard touchdown pass in the second quarter.

the extra point and the Black Knights led 48-0 with three minutes left in the quarter.

But, Cherokee wouldn't quit. They put together a drive that culminated in Storm Sequoyah (3 rec. 49 yds) catching a 29-yard touchdown pass from John Roper (9/18, 88 yds.) with a little more than a minute left in the third quarter.

The extra point failed and Robbinsville led 48-6 going into the fourth quarter.

A few minutes later, Cherokee would get on the board again as Carmichael ran for an 8-yard touchdown. The two-point conversion failed to make it 48-12 at the 9:19 mark

in the fourth quarter.

Robbinsville would add one more score as Zack Waldroup ran it in from 14 yards out. Tevin Smoker added the two-point conversion and the Black Knights would take the win at 56-12.

# Good Start



DAWN ARNEACH/One Feather















**GOOD START:** Kendall Toineeta (#10) breaks away from Swain players Alea Tisho and K-Bear Arch, during the first official basketball game of the year on Monday, Nov. 2. The Cherokee Middle School Lady Braves defeated the Swain Lady Maroon Devils 39-22 after jumping out to a 22-4 lead at the half. The Lady Braves controlled the game with fast breaks, rebounds and steals. The Boys won, Cherokee 59 Swain 26

In their next game, at Andrews on Thursday, Nov. 5, the Lady Braves won 52-5 and the Boys team won 56-32.

## Coming soon to the One Feather website - VIDEOS!

[www.nc-choerokee.com/onefeather](http://www.nc-choerokee.com/onefeather)

## CMS BASKETBALL SCHEDULE

													
NOV. 2 GIRLS Cherokee 39 Swain 22 BOYS Cherokee 56 Andrews 32	NOV. 5 GIRLS Cherokee 52 Andrews 5 BOYS Cherokee 56 Andrews 32	NOV. 12 vs. Hayesville	NOV. 16 @Hiwassee Dam	NOV. 19 @Murphy	NOV. 23 @Robbinsville	DEC. 3 vs. Rosman	DEC. 7 @Swain	DEC. 10 vs. Andrews	DEC. 17 @Hayesville	JAN. 4 vs. Hiwassee Dam	JAN. 7 vs. Murphy	JAN. 11 vs. Robbinsville	JAN. 14 @Rosman



# Run, Walk, or Roll 5K

## Saturday, Nov. 21 starting at 12noon

### Hosted by Cherokee Choices

### Strollers and wheelchairs are welcome!

### Proceeds from the walk will go towards the Cherokee Cancer Support Group.

### This event is free to EBCI tribal members.

### The run will begin at the Cherokee Welcome Center on Hwy. 441N.

### Info: Tara McCoy 497-1976



# CHS Cross Country heads to State

## Three CHS runners qualify for State at Regional Meet

Submitted by  
**Ahli-sha Stephens**

The Cherokee Varsity Cross Country team traveled to Hendersonville on Saturday, Oct. 31 for the Western Regional Championships. It was a rainy, fall morning and the runners braved the cold to compete against the other schools for a spot in the State Championship Meet. A total of three runners from Cherokee High School qualified for the State Meet including: Gerald Mahan from the boys team and Shayne Ledford and Jordyn Thompson from the girls team.

Freshman Jordyn Thompson finished in 10th position and earned All-Regional team honors. Her teammates, junior Paige Jackson and sophomore Shayne Led-

ford finished in 20th and 18th place respectively. Ledford had to overcome an ankle injury to make the State Meet.

Cherokee’s boys team took two young runners: Welsey Bird and Gerald Mahan. Both men had an outstanding run on the wet and muddy terrain. Wesley Bird completed his season with a 49th place finish and freshman Gerald Mahan finished in 27th place securing a spot as an individual runner at the state meet.

“Cross Country isn’t easy,” said Coach Eddie Swimmer. “These runners have to run for three miles straight - no quarters, no time outs and no stopping till the finish. These runners have to be proud of themselves for the discipline and hard work they showed this season.”

## Three from Cherokee compete in State Finals

**One Feather staff report**

Carol Blankenship of East Wilkes raced to victory by more than a minute over the field, finishing in 18:59.30 to take the Women’s 1-A Cross Country title at Tanglewood on Saturday, Nov. 7. Robbinsville, paced by Tacey Tammell who finished third overall, scored 62 points to capture the team title by 15 points over Hendersonville.

Science and Math was third in the women's standings with 111, followed by Kernersville Bishop McGuinness (132) and Gray Stone Day (136).

The top five finishers in the women’s division included:  
1st – Carol Blankenship, East Wilkes, 18:59.30  
2nd – Jodie Lemons, North Stokes, 20:09.99  
3rd – Tacey Trammell, Robbinsville, 20:15.95  
4th – Meredith Bennett, Bishop McGuinness, 20:28.51

5th – Frances Dougherty, NC School of Science and Math, 20:29.29

Cherokee’s Jordan Thompson, a freshman, finished in 22nd place with a time of 22:04.05 and Shayna Ledford, a sophomore, finished in 59th place with a time of 24:00.17.

Gray Stone Day took the 1-A men's team crown with 65 points, followed by Hayesville (72), Robbinsville (86), Durham N.C. School of Science and Math (104) and Hendersonville (117).

The top five finishers in the men’s division included:  
1st – Matus Kriska, Mount Airy, 16:34.13  
2nd – Daltonn Wally, Gray Stone Day, 16:47.33  
3rd – Sean Kluttz, South Stanly, 16:57.41  
4th – Tyler Breedlove, Hayesville, 17:07.25  
5th – Tyler Massey, Robbinsville, 17:13.53  
Cherokee’s Gerald Mahan, a freshman, finished in 68th place with a time of 19:16.09.

### SPORTS BRIEFS

#### Horseshoe League games rescheduled

The Horseshoe league games that were scheduled for Saturday, Nov. 7 were cancelled. They are now scheduled for Saturday, Nov. 21 at 1 pm at Birdtown Rec.

#### Coaches Needed

If you would like to coach a Painttown community youth basketball team, please contact Billie Jo Rich at 736-9085,554-6406, or email [bjrich@nc-cherokee.com](mailto:bjrich@nc-cherokee.com).

Got Sports News? 497-1752

## 2009 Football Championship - 1A



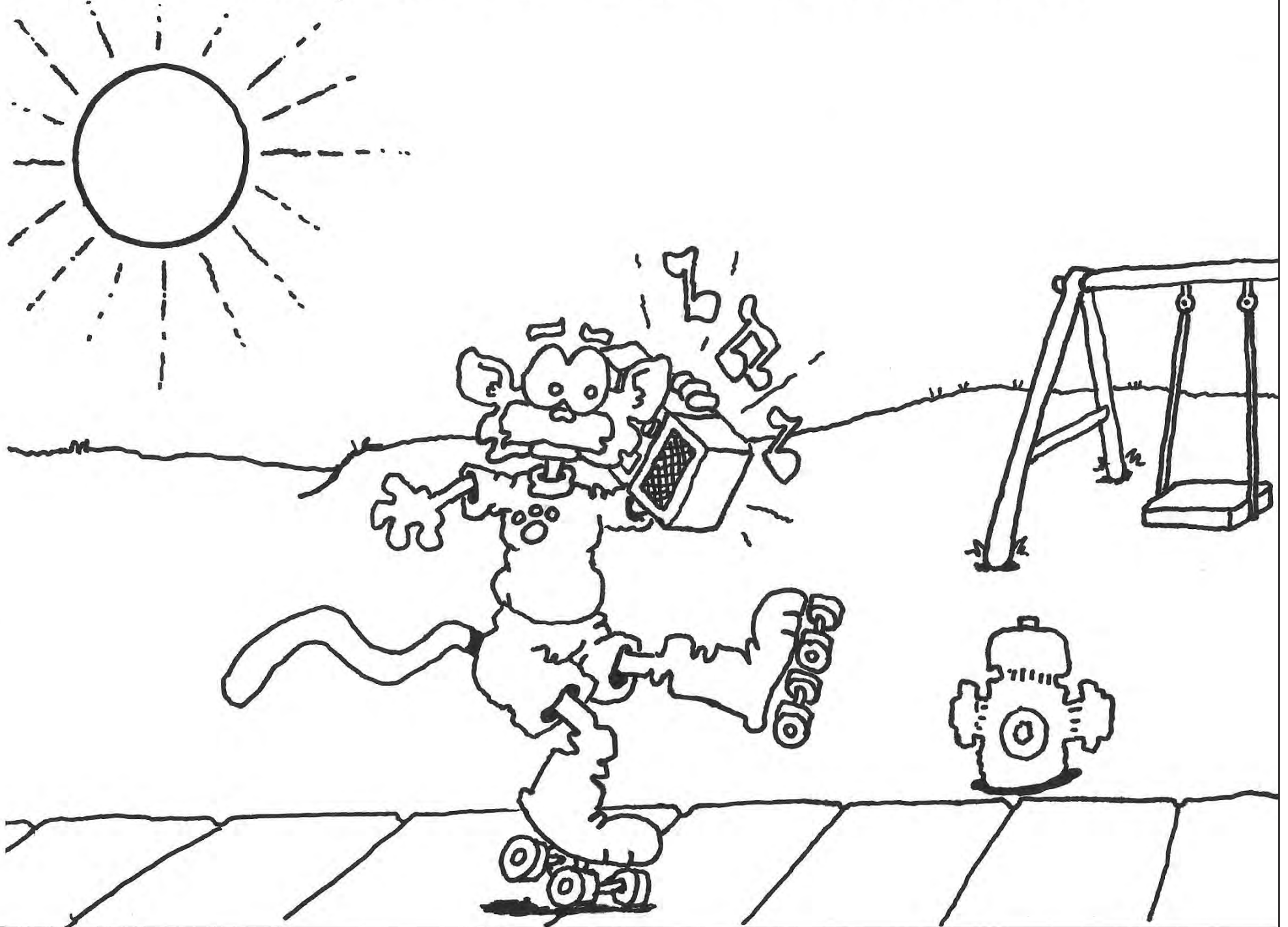


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By: Billy Young

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Please Bring Photo ID

**Central United Methodist  
Church Blood Drive**  
Sunday, November 15<sup>th</sup>  
12:00 pm – 5:00 pm

Drive In Memory of Trooper Shawn Blanton & Tye Blanton.



Call **550-6853**

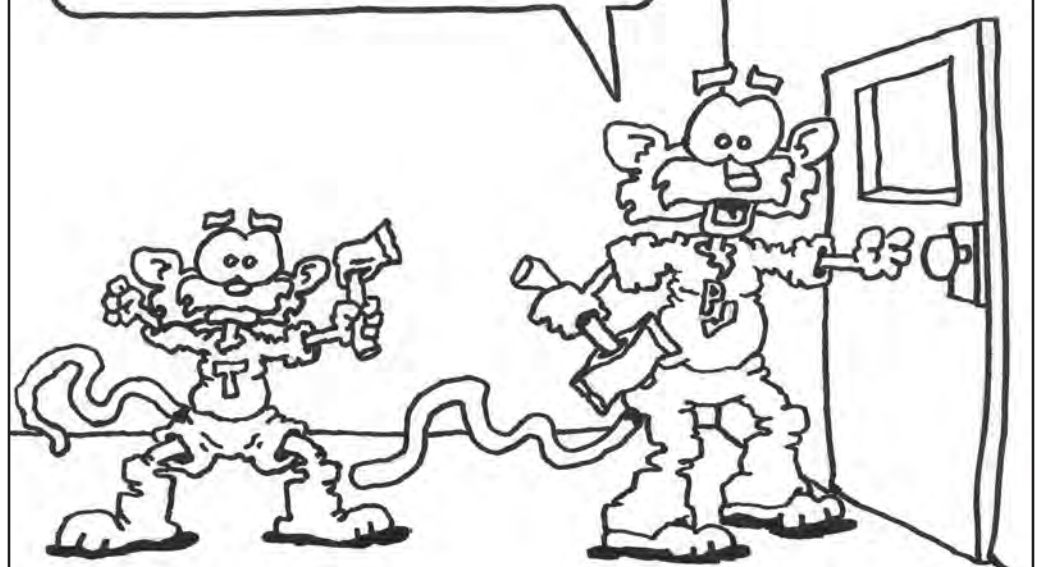
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*All presenting donors will automatically  
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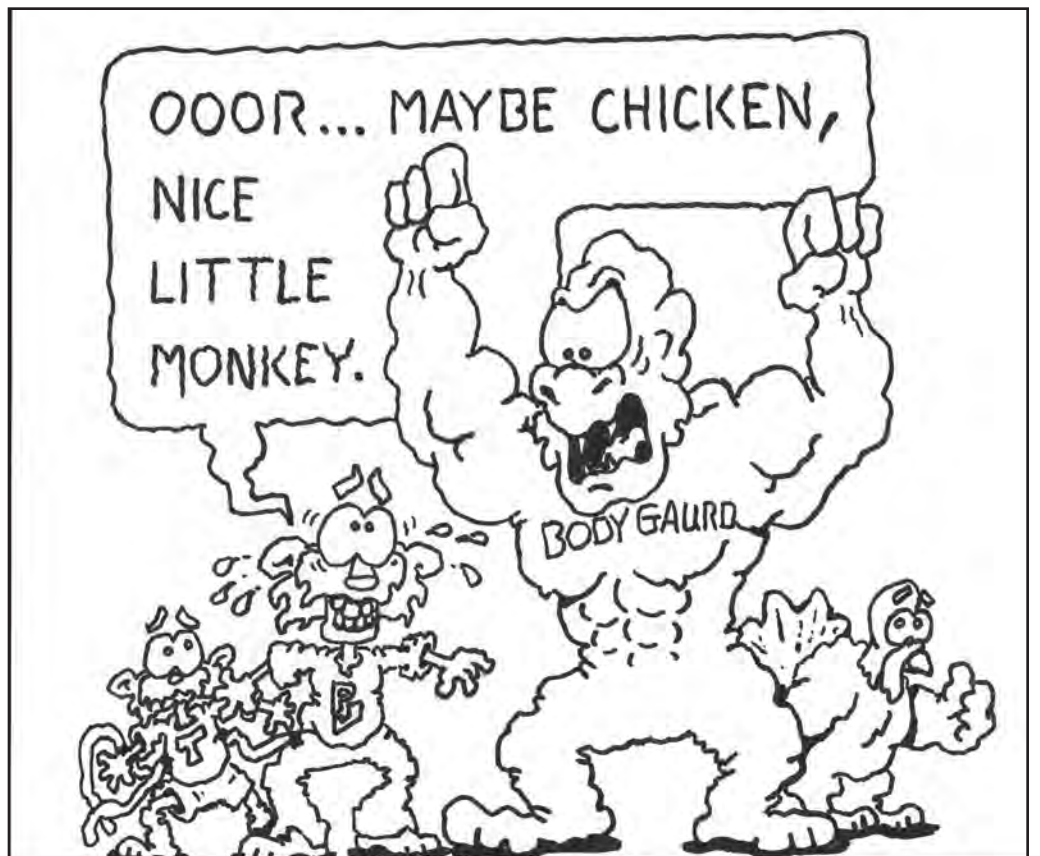
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By B ly Young

TRIPPER, LET'S GET  
THAT TURKEY!!



OOOR... MAYBE CHICKEN,  
NICE  
LITTLE  
MONKEY.





# Diabetes and Depression: Changing Your Diet May Help

By Jennifer Brown, MHS, RD, LDN

Many people with diabetes also suffer from depression. Being depressed can effect how well a person is able to control their diabetes and ultimately increase a persons risk for diabetes complications. It is well known that a healthy diet is important to controlling diabetes and recent research suggests healthy eating may also benefit people with depression. Researchers in Lon-

don found that people who had a diet high in processed and fatty foods had a 58 percent higher risk of depression compared to people who ate mainly whole, unprocessed foods. Whole foods are thought to protect against depression in several ways. Eating whole foods including fruits, vegetables and whole grains, provide not only vitamins and minerals that are necessary for health maintenance, but antioxidants that protect the body from everyday wear and tear.

Healthy fats that are found in nuts and nut butters, seeds, fatty fish, avocados, and vegetable oils protect cells of the brain and stimulate brain activity. Processed foods such as fried foods, fast foods, processed meats like hot dogs, bacon and sausage and sugary foods and drinks have the opposite effect by causing damage to body cells. Making the switch to whole food does not have to happen overnight, a slow transition may work better by allowing

time for your tastes to change. Try making a change every week such as adding a fruit at breakfast and a few veggies at lunch and supper. Once that's a habit try another change such as cutting out sugary drinks or fast food. For more information on diabetes, depression and healthy eating contact the Cherokee Diabetes Program at 497-1991.

**Jennifer is the Nutritionist at the Cherokee Diabetes Program.**



Hello November! Well since the holidays are right around the corner, I thought I would give a few gift ideas that are good for you and good for the planet. Oh and don't forget to do your Thanksgiving dinner toxin free! Just substitute the conventional version of your ingredients with organic. The November issue of clean eating magazine has some wonderful Thanksgiving recipes if you are looking for ideas.

There are countless websites that have earth friendly non-toxic products that make great gifts including my own [www.shaklee.net/arlyce](http://www.shaklee.net/arlyce). Check out the Get Clean Starter Kit. Attach the Sabertec Blade from [www.BladeyourRide.com](http://www.BladeyourRide.com) to slash 12 percent of your CO2 emissions and get six more miles per gallon. Xtrema ceramic pots and pans from [www.cremcor.com](http://www.cremcor.com) have a toxin-free nonstick glaze they heat quickly and contain no heavy metals. A few other good websites tot check are [www.thegreenlifeco.com](http://www.thegreenlifeco.com), [www.qvc.com](http://www.qvc.com) and [www.uncommongoods.com](http://www.uncommongoods.com).

Mast General Stores,even Walmart carry a few green items now. The list is endless! Also, try to wrap your gifts with recycled wrapping paper or just put your gift in a reusable shopping bag. It's two gifts in one!

The gift of giving is greater than any material gift one can receive. A few websites to check that do wonderful work for mankind, and donate in your own name or in the name of a family member or friend, [www.heifer.org](http://www.heifer.org): Heifer International is an organization that helps bring hope to millions of impoverished families worldwide. You can give the gift of livestock, honeybees, plants, education, etc. [WWW.redfeather.org](http://WWW.redfeather.org) - Red Feather Development Group is an organization that partners with American Indian communities to address the severe housing crisis within the nations. Many Tribes still live at or below the poverty level. You can joint he cause, volunteer or donate. Hope these ideas bring more meaning to your Holiday and make it just a little bit greener.

Now back to business. As native people, I feel like we should be setting the standard for personal wellness and a connection with the earth. This holiday season give yourself the gift of wellness. you deserve it! The key is complete and total prevention. Some peopel have accepted a life of being overweight and all the negative side effects as their destiny. If you find that this describes you, don't stand for it! There are other options out there. I have read many articles about people having great success losing weight and stopping diabetic medication by using Almased, [www.almased.com](http://www.almased.com). Also, in a recent article of Natural Health magazine, natural enzymes were recommended to aid in digestion. One satisfied customer wrote, "The weight loss was just a bonus!" Some recommended enzymes are Shaklee EZ-Gest and Houston Enzymes HN-Zyme Prime.

The human body is not designed to process all the toxins it is bombarded with on a daily basis. it doesn't recognize synthetic chemicals and additives as food and so it doesn't know what to do with them during the digestive process. As a result, your internal system is clogged resulting in a wide array of problems ranging form small things like dandruff or acne to more serious things like diabetes and cancer. The immune system can't function at normal capacity and it is very easy for disease to find a home. The best thing to do is eat clean, pure food and stay away from toxins. i read two articles recently in different publications about people who were diagnosed with full blown cancer, they refused standard treatment and instead completely changed their lifestyle and diets. They are both still here to tell their stories years later.

Since living toxin-free is almost impossible to do in today's world, you can help you body by periodically cleansing and/ or using the digestive enzymes in combination with your new clean diet. that way you make sure you body is getting everything it needs from you new food choices.

Go Ahead and start thinking New Years Resolution!

## 4 Steps to Control Your Diabetes For Life!

Submitted by Cherokee Indian Hospital

(National Diabetes Education Program)

**1. Learn about diabetes. Types:** There are three main types of diabetes: Type 1 diabetes is when the body does not make insulin. People with type 1 diabetes need to take insulin every day. Insulin is needed for the body to use glucose (sugar) for energy. Type 2 diabetes is when the body makes some insulin, but not enough. Type 2 diabetes is most common in people who are overweight. Gestational diabetes may occur during pregnancy. **Symptoms:** Tired all the time, always thirsty, always hungry, frequent urination, blurred vision, and sudden weight loss. **Complications:** If blood glucose (sugar) is not controlled it can lead to problems such as heart attack and stroke, eye disease, kidney disease, nerve disease, infections, gum disease, loss of teeth and problems with your legs and feet.

**2. Know you ABCs.** A is for the A1C test. It is a blood test that averages your blood glucose (sugar) for the past three months. An A1C goal for most people is less than 7. B is for blood pressure. The goal for most people with diabetes is below 130/80. C is for cholesterol. The LDL goal for most people is below 100. **3. Manage your diabetes.** Use the following list as a guide to improving your health. Focus on one or two suggestions at a time. Consult your health care provider or registered dietitian for strategies in managing your diabetes. -Stay at a healthy weight by monitoring portions and moving more. -Eat healthy foods such as fruits, vegetables, whole-grain cereals and breads, lean meats, poultry without the skin, fish and low fat dairy products. -Read food labels. -Eat foods that have less fat (< 5 grams fat/serving). -Eat foods that have less salt (< 400 mg sodium/serving). -Eat foods that have less sugar (< 5 grams sugar/serving). -Drink water or zero calorie beverages. -Work towards getting 150 minutes of physical activity/week. **4. Get routine care.** See your health care team at least twice a year.

For more information contact your health care provider. To learn about diabetes and healthy eating, contact Nilofer Couture, RD, CDE or Linda Johnson, RD, Nutrition Department, Cherokee Indian Hospital – 497-9163 X 6459.

## Hand Washing Directions

Submitted by Manuel Hernandez Healthy Cherokee

1. Be sure that you have clean, disposable paper towels and antibacterial liquid or bar soap.  
2. Use warm Water ( 90- 110\* F in NC)  
3. Wet hands and apply soap.  
4. Rub and scrub hands vigorously and remember to wash all surfaces, including:  
• Back of hands  
• Wrist  
• Between fingers  
• Under fingernails  
5. Wash hands for at least 10-15 seconds.  
6. Rinse hands under running water for at least 10 seconds.  
7. Dry hands with paper towel.  
8. Turn off water by using paper towel instead of your hands.  
9. Dispose of all paper towels  
Remember it takes less than a minute to reduce the risk of catching a disease or infections. Talk to your child about the proper way of hand washing. For more information about Hand-Washing please contact Healthy Cherokee 497-7460.

## National Family Caregivers Month

National Family Caregivers Month (November) is a time to thank, support, educate, and advocate for the more than 50 million family caregivers across the country. During National Family Caregivers Month and every day encourage family caregivers to take four steps every day to empower family caregivers to act on behalf of themselves and their loved ones, and to remove barriers to health and well being:  
**Believe in Yourself. Protect Your Health. Reach Out for Help. Speak Up for your Rights.**  
Think of a family caregiver you know and celebrate this special month by reaching out and offering them a helping hand. Bring them dinner, offer transportation. Do something to help. For more information, please call the Tsaligi Caregivers Program and speak with Tavish Panozzo, Caregiver Case Manager, at 828-554-6872 or Terri Welch, Outreach Worker II, at 828-554-6860.

### Recipes by Keahana...



Keahana Lambert-Sluder is the Administrative Program Coordinator for the EBCI Health and Medical Division.

#### Roasted Beet Crostini

**Serves16**  
Tip: Look for bunches of beets with 2 to 3 medium-to-large beets for this recipe. If you have trouble finding beets with greens still attached, use loose beets plus 3 cups finely chopped chard greens and thinly sliced stems.  
**Ingredients**  
\* 1 bunch beets with greens attached, (see Tip)  
\* 16 1/2-inch-thick slices baguette, preferably whole-grain, cut on the diagonal  
\* 2 tablespoons extra-virgin olive oil, divided  
\* 6 cloves garlic, minced  
\* 1 tablespoon sherry vinegar, or red-wine vinegar  
\* 2 tablespoons water  
\* 1/4 teaspoon salt  
\* 4 ounces creamy goat cheese  
\* 1/4 teaspoon freshly ground pepper

**Preparation**  
1. Preheat oven to 400°F.  
2. Trim greens from beets, reserving stems and greens. Place the beets in a baking pan, cover with foil and roast until very tender when pierced with a knife, 45 minutes to 1 1/2 hours, depending on the size of the beets. Uncover and let cool. Reduce oven temperature to 350°.  
3. While the beets cool, arrange baguette slices in a single layer on a large baking sheet. Bake, turning the slices over once halfway through, until toasted but not browned, about 14 minutes.  
4. Thinly slice the beet green stems and finely chop the leaves; keep stems and leaves separate. Heat 1 tablespoon oil in a large skillet over medium heat. Add the stems and cook, stirring occasionally, until tender, about 3 minutes. Add the remaining 1 tablespoon oil and garlic and cook, stirring, until fragrant, about 15 seconds. Add the greens, vinegar and water and cook, stirring occasionally, until the greens are tender and the liquid has evaporated, 4 to 5 minutes. Stir in salt and remove from the heat.  
5. Peel the cooled beets and cut into 1-inch pieces. Place 3/4 cup beet pieces, goat cheese and pepper in a food processor and puree until smooth (reserve the remaining beets for another use).  
6. To assemble crostini, spread about 2 teaspoons beet-cheese spread on each slice of toasted baguette and top with sautéed greens.  
**Nutrition Facts**  
82 calories  
3 mg cholesterol  
4 g protein  
181 mg sodium  
4 g fat (1 g sat, 2 g mono)  
10 g carbohydrates  
2 g fiber  
224 mg potassium

#### Roasted Carrots with Cardamom Butter

Roasting these carrots with only a bit of butter and some cardamom gives them a rich, nutty flavor that belies how healthy they are. A single serving gives you over 600 percent of the daily recommendation for vitamin A!  
4 servings, about 2/3 cup each  
**Ingredients**  
\* 4 teaspoons butter, melted  
\* 2 teaspoons canola oil  
\* 1 teaspoon ground cardamom  
\* 1/2 teaspoon salt  
\* 2 pounds carrots, peeled and cut diagonally into 1/4-inch-thick slices

**Preparation**  
1. Position rack in lower third of oven; preheat to 450°F.  
2. Combine butter, oil, cardamom and salt in a medium bowl. Add carrots and toss well to coat. Spread evenly on a rimmed baking sheet. Roast the carrots, stirring twice, until tender and golden, about 30 minutes. Serve immediately.  
**Nutrition Facts**  
138 calories  
10 mg cholesterol  
2 g protein  
430 mg sodium  
7 g fat (3 g sat, 2 g mono)  
20 g carbohydrates  
6 g fiber  
652 mg potassium

#### Deep-Dish Apple Pie

Ingredient Note: Whole-wheat pastry flour, lower in protein than regular whole-wheat flour, has less gluten-forming potential, making it a better choice for tender baked goods. You can find it in the natural-foods section of large super markets and natural-foods stores. Store in the freezer. 10 servings  
**Ingredients**  
**Crust**  
\* 1 1/4 cups whole-wheat pastry flour, (see Ingredient Note)  
\* 1 1/4 cups all-purpose flour  
\* 2 tablespoons granulated sugar  
\* 1/2 teaspoon salt  
\* 4 tablespoons cold unsalted butter  
\* 1/4 cup reduced-fat sour cream  
\* 3 tablespoons canola oil  
\* 4 tablespoons ice water  
**Filling**  
\* 6 cups thinly sliced peeled McIntosh apples, (about 2 pounds)  
\* 6 cups thinly sliced peeled Granny Smith apples, (about 2 pounds)  
\* 2/3 cup packed light brown sugar  
\* 1 tablespoon lemon juice  
\* 1 1/4 teaspoons ground cinnamon, divided  
\* 1/8 teaspoon ground nutmeg  
\* Pinch of ground allspice  
\* Pinch of salt  
\* 2 tablespoons all-purpose flour  
\* 1 teaspoon granulated sugar  
\* 1 large egg white, lightly beaten, for brushing

**Preparation**



# 4-H Kids are Cleaning up the Earth

Text and photos by  
Heather James  
4H Ext. Agent

Youth from the 4-H Cloverbud Club, which is a group for 5-8 year olds, have been making their community a better place to live. This club is a joint venture with youth from Bryson City and Cherokee. The Cloverbud Club was honored by being selected to participate in the 2009 Youth Service Challenge. This endeavor is sponsored by Cherokee Reservation Cooperative Extension and funded by the Cherokee Preservation Foundation.

The youth began by getting together and brainstorming what they wanted their world to look like. They came up with some great ideas and decided that they could make a difference!

These passionate youth have been cleaning up your community parks and planting trees. Three trees were planted at the Acquoni Family Park in Cherokee, and then three more at the Swain County Recreation baseball



Winston Welch learns how to plant a tree.

fields. Youth and parents alike cleaned up both of these parks, separating trash and recycling.

The trees that the kids have planted are also a part of the “4-H Million Trees” project to help combat global climate change. This is an effort to help reduce atmospheric CO2. This project was created by a California 4-H’er, and she has set a goal of planting one million trees across the continent. So far with the help of 4-Hers in clubs worldwide, over 72,000 trees have been planted.

But wait the kids aren’t done yet..... Keep posted for upcoming news on visits to nursing homes and recycled bird feeders!



Cloverbud parents and youth



Cloverbud youth learn about planting white oak trees in the two photos above and the photo at left.



Travis Franklin plants a tree.

## Western Carolina University-Cherokee Center Update

Submitted by **Roseanna Belt**  
**Western Carolina Univ.**

On Saturday, Nov. 14, WCU will be hosting an Open House and the Native Students have planned a tour of Judaculla House and free lunch for interested potential students and their parents. Please contact the Cherokee Center for information on how to register for this Saturday event. See attached photo.

In recognition of Native American Heritage Month, Multicultural Affairs, the Cherokee Center and Digali i I

have planned a Native American Expo to be held November 16-19 on campus at the University Center Grand Room. Exhibits, presentations and performance will make up the 4 day celebration. Contact the WCU-Cherokee Center for a complete agenda of events. **Local students attending WCU will present examples of their work that reflect Native culture and interests.**

- Native American Women in Society
- Chiefing: Past and Present
- Native American Images in Advertising

- Indian in the Cupboard: Native Americans in Children’s Books
- Native American Mascots in Sports
- Promoting Travel to the Qualla Boundary—Homeland of the Cherokees
- Special guests will be presenting on**
- History of the Lumbee Tribe
- The Impact of Diabetes among the Pima
- Barriers to Nursing Education for Native American High School Students



### New BOOKS at the Library:

- *Bed of Roses* – Nora Roberts
- *God don’t like ugly* – Mary Monroe
- *True Blue* – David Baldacci
- *Michael Jackson: for the record* – Chris Cadman

### Genealogy Night

This Thursday’s class was a great success we had seven new people to start researching their family. We meet every Thursday from 5pm-7pm. If you are interested in researching your family tree stop by on Thursday and we can get you started. We will be looking for you. Genealogy class began Nov. 1.



QUALLA LIBRARY/Courtesy Photos

**CAUGHT READING:** Caden and his dad Jake Stephens stopped by the library and were “CAUGHT READING”. Bring your favorite big or little person in and take a moment to share a book, it will put a smile on your face and theirs. You might get “CAUGHT READING”.

Qualla Boundary Public Library is looking for Used DVD’s. If you have any to donate or just want to clean out your shelves at home, please feel free to drop them off,

**Monday** is movie Day at library starting at 3pm stop by and see what’s showing.

**Tuesday** is Story time from 10am - 11am

**Wednesday** is craft time at 1pm – 2pm

### Library Hours

Monday, Tuesday and Thursday 7:45 am - 7pm. Wednesdays till 5 and Friday’s from 7:45 – 4:30pm.

GET CAUGHT READING  
Hi-go-li-ye-s-gv Gv-wa-dv-na



**PUMPKIN COOKIES:** Agelink storytime kids celebrate halloween decorating pumpkin cookies. Instead of story time this past week I made cookies and took them over to the children who come to storytime in the library. It was raining and cold outside and they couldn’t come to me so went to them. We all had fun talking about what we were going to dress up as, for halloween. The children got to save their cookies for snack time. Pictured above (left-right) Little Shawn, Bell, and Big Shawn.

## Cherokee School Menu

**Tuesday, Nov 10**  
Oatmeal, Raisins, Sliced Apples, Granola Bar lunch Chicken Taco, Spanish Rice, Whole Kernel Corn, Lettuce/Tomato/Salsa/Cheese, Mandarin Oranges, Option 2 PB& J

**Wednesday, Nov 11**  
No School  
Veterans Day

**Thursday, Nov 12**  
Biscuits & Gravy, Sausage Patty, Apple Sauce lunch Oven Roasted Turkey Breast, Mashed Potatoes & Gravy, Green Peas, Sliced Pears, Roll, Option 2 PB& J

**Friday, Nov 13**  
Scrambled Eggs, Canadian Bacon, English Muffin /Jelly, Juice lunch Pizza, Corn on the Cob, Tossed Salad, Fruit Cocktail

## UT Officials to meet with High School Seniors

Submitted by  
**EBCI Education Department**

A Recruitment meeting with University of Tennessee officials has been scheduled for all high school seniors on Thursday, Dec. 3 from 11am - 12:30pm in the Ginger Lynn Welch Complex Large Conference Room. Lunch will be provided.

Parents are welcome to attend. The University of Tennessee Office of Undergraduate Admissions will be in Cherokee, NC to speak with Seniors interested in attending UT-Knoxville next Fall. If you are a high school senior and have listed Tennessee as one of your college choices, if you have already applied to Tennessee or if you are simply interested in seeing what the Knoxville area has to offer you in terms of education, you are cordially invited to attend this event. Video Presentation of UT-Knoxville Offerings, Question and Answer with Mr. Eric Stokes of the Office of Undergraduate Admissions. EBCI Education and training staff will be on hand to answer questions regarding school funding.


Please call Tosh Welch or Sandi Owle at 828-497-7485 or email [toshwelc@nc-cherokee.com](mailto:toshwelc@nc-cherokee.com) to confirm your attendance.

[www.nc-cherokee.com/onefeather](http://www.nc-cherokee.com/onefeather)



# U L I H L I S D I

Happy Birthday



To My Dad

Love, Ally

Happy Birthday



To our precious grand-daughters/ Nieces

Chloe Cooper 11/5/08

Audrina Cooper 11/24/07

We love you!  
Granny, Papaw, Uncle Chad, Auntie Dusty, Uncle Eddie, Auntie Wannie & Nana Cooper

Happy Birthday



AUDRINA COOPER 11/24/07

We love you,  
Your Sisters,  
Elsie, Chloe & Sophie

Happy 5th Birthday



DARIUS

We love you so much Mom & Dad

Happy 4th Birthday




Kennedy Cooper

11/7/08

Cousin Elsie, Sophie, Chloe & Addie


Happy 18th Birthday AJ



November 11, 2009

We are very proud of you  
We love you,  
Grandma, Danny, Bunsey and Families

Happy 18th Birthday



Christian Owle

Love, Mom & Dad

One Feather ad deadline

Thursdays at 3pm

Wade - Long Wedding Announcement




Corporal Nicholas Wade  
PFC Carrie L. Long

Sharon S. Wade and Nancy R. Long are proud to announce that United States Marine Corp Corporal Nicholas Wade and Army National Guard PFC Carrie L. Long were united in Marriage in a Civil ceremony at the Cherokee Court house on October 22, 2009.

Corporal Wade, has served two previous tours of duty in the Middle East and has reported back to his duty station in preparation for a third tour. He will return home next Fall. PFC Carrie. L. Wade, recently completed her basic training, plus 10 weeks of MP training at Fort Leonard Wood, MO. She now serves with the ANG for 210 MP BN, Vet 1 of Sylva, NC. She hopes to continue her medical training and become a medical corpsman for the AGN.

When Corporal Wade returns the couple plan to have a church wedding for family and friends to attend.



Bill/ Daddy,

Thank you for being our Hero.  
We are so proud of you. We love you.  
U-li-he-li-s-di A-ni-yo-s-gi I-ga!

Flo, Shawn, Monique, William, Wyattte, Buck, Reeses, Sidney and Thumper

In Loving Memory Of

Will Lambert  
9/ 6/67 – 11/9/06

Heaven called upon you today,  
Leaving so many words left to say.  
But now's it's too late, your time has come,  
Words unspoken, I'm sure everyone has some.  
Regrets and wishes are there too,  
But lasting forever are memories of you.  
I was there when you wanted a place to stay,  
Just like you were there for me night or day.  
There were many times we disagreed,  
But we were there for each other in time of need. I miss you all the time, so many things I want to say.  
I wish you were here Will, I wish it every day.

Love, Denise

Birth Announcements

BRADY

Kaleighla Ray Brady born on October 26 to Bobby Brady and Leighann McCoy of Cherokee in Swain County, weighing 6 pounds, 9 ounces.

WALKINGSTICK

Madison Hope Walkingstick born on October 31 to Norman Walkingstick and Brittney King of Cherokee in Swain County, weighing 5 pounds, 4 ounces.

TAYLOR

Jesse John Taylor born on November 1 to Vincent Taylor and Victoria Toineeta of Cherokee in Jackson County, weighing 8 pounds, 6 ounces.

RECIPES, from B6

1. To prepare crust: Whisk whole-wheat flour, 1 1/4 cups all-purpose flour, 2 tablespoons sugar and 1/2 teaspoon salt in a large bowl. Cut butter into small pieces and, with your fingers, quickly rub them into the dry ingredients until the pieces are smaller but still visible. Add sour cream and oil; toss with a fork to combine with the dry ingredients. Sprinkle water over the mixture. Toss with a fork until evenly moist. Knead the dough with your hands in the bowl a few times; the mixture will still be a little crumbly. Turn out onto a clean surface and knead a few more times, until the dough just holds together. Divide the dough in half and shape into 5-inch-wide disks. Wrap the dough in plastic and refrigerate for at least 1 hour.

2. Meanwhile, make filling: Combine apples, brown sugar, lemon juice, 1 teaspoon cinnamon, nutmeg, allspice and pinch of salt in a large bowl. Reserving 4 cups, transfer the rest of the apple mixture to a Dutch oven. Cook over medium heat, stirring, until the apples are tender and beginning to break down, about 10 minutes. Remove from the heat, stir in the reserved apples and 2 tablespoons flour; let cool for about 30 minutes.

3. To assemble & bake pie: Position a rack in lower third of oven; preheat to 425°F.

4. Remove the dough from the refrigerator; let stand for 5 minutes to warm slightly. Roll one portion between sheets of parchment or wax paper into a 13-inch circle. Peel off the top sheet and invert the dough into a 9 1/2-inch deep-dish pie pan. Peel off the remaining paper. Scrape the filling into the crust. Roll the remaining portion of dough between sheets of parchment or wax paper into another 13-inch circle. Peel off the top sheet of paper and invert the dough onto the fruit. Peel off the remaining paper. Trim the crust so it overhangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a plump edge. Flute the edge with your fingers. Combine 1 teaspoon granulated sugar and the remaining 1/4 teaspoon cinnamon in a small bowl. Brush the crust with egg white and sprinkle with the cinnamon-sugar. Cut 6 steam vents in the top crust.

5. Bake the pie on the bottom rack for 20 minutes. Reduce the oven temperature to 375° and continue baking until the crust is golden brown and the filling is bubbling, 25 to 35 minutes more. Let cool on a wire rack for about 1 1/2 hours before serving.

Nutrition Facts

344 calories

14 mg cholesterol

4 g protein

143 mg sodium

10 g fat (4 g sat, 3 g mono)

62 g carbohydrates

5 g fiber

212 mg potassium

Happy Birthday



to my Big Brother Christian Owle

Brett




HAPPY VETERANS DAY

U.S. NAVY VIETNAM

To our Favorite Veteran

We love you Lou & Gili



Good Luck Braves Cheerleaders

Chief Michell Hicks

MARSHA HICKS/Courtesy Photo

Principal Chief Michell Hicks (2nd row far left) was on hand to give support and wish good luck to the Cherokee High School Varsity Cheerleaders as they competed at the NCHSAA State Cheerleading Competition in Raleigh on Saturday, Nov. 7.



## CLASSIFIEDS

### SERVICES

**Cherokee Auto Accessories & Pressure Washing,** Radiators, Bumpers, grills, step bars, XM & Sirius Radios, tires, wheels, oil change, brakes. Detail trucks, cars, pressure wash decks, trailers, heavy equipment. TERO Certified. Free pick-up & delivery. We are NOW doing Window Tint, call for an appointment 506-0825. **5/2010 pd**

**J.W. Builders, Inc.,** Building quality custom homes and log homes. Conventional stick built, any floor plan, very affordable. Also offering remodeling and additions. NC licensed contractor, TERO certified, residential/commercial. Many references and fully insured. 828-736-2018. **2/25/10 pd**

**Oxford's Hardware** - Diamond dog food \$19.50. Save money this winter! Buy your insulation - now. Stove pipe and fittings are in, we rent the Rug Doctor come by or call 828-497-4488 **12/16pd**

**Cherokee Plumbing & Drain Cleaning:** 27 year experience all work guaranteed. Kitchen & Bath Remodeling. One can do all your plumbing and drain problems. 828-497-9863 or 828-788-0732. **12/16 pd.**

**Mi Hair Cottage** - Bianca Shook, Stylist/ Manager Open Mon - Fri 10:00am - 5:00pm (later appointments available on request) call 828-736-6282 Bring this ad in for \$2.00 off. **11/24pd**

**DK Welding, LLC:** Welding services and metal fabrication. Ph 828-497-4049, cell 788-3413. **11/17pd.**

**Honey Do Services:** 20% off decks-porches-paint-power wash, 736-4437. **12/9 pd**

### FOR RENT

**For Rent:** Trailer, 1 mile from Casino, 2 bedroom, singlewide, 506-0825. **11/18 pd**

**For Rent:** One bedroom Park Mobiles, nice, clean, quiet. Completely furnished with utilities included in rent. Queen bed plus sofa sleeper. 200 channels on dish, wireless internet, central air & heat included! Move in today. Located 9miles from Harrah's Casino off Old Hwy. 19 on Huskey Rd., 3 miles from 1st Red light in Bryson Ccity. \$650 month one person, \$750 month two people, \$300 security deposit. Call Linda 828-788-0323. **12/1 pd.**

**For Rent:** 2 bedroom, 1 bath mobile, quite park in Ela. No Pets. References/background check required. 425 month, 300 deposit, 488-8752. **12/1 pd.**

### FOR SALE



**For Sale:** Mountain Cur/Leopard Cur pups: buy a pair (male/female) Cost: \$100, Single: \$75 each, Wormed and First shots given ready to Go! 497-9605. **11/10 pd**

**For Sale** - Fully beaded moccasins. Size 11. Lakota made. Beautiful. Tried on, never worn. \$275.00 OBO. Also 3 pairs UNC basketball shorts. Never worn. Different prices. Call Ethan at 828-399-9368 to view. **11/10pd**

**For Sale:** Firewood, cut, split, and delivered, all seasoned – all hardwood, 788-0097 or 497-6257. **11/25 pd.**

**Save BIG on your heating Costs,** up to 50%off heating bills. Edenpure GEN3 Portable Heaters \$397 everyday. Free of fumes and carbon monoxide, 3 year warranty, heats up to 1,000 sq ft. Oxford's Hardware, Whittier, Exit 72 off HWY 74 828-497-4488 **12/16pd**

**For Sale:** 1989 Wilderness camper \$2,200.00 - 26ft, sleeps six, electric front hoist, new water pump, good tires, kept invery good condition 828-736-7351 **11/10pd.**

**For Sale:** Firewood, cut, split, and delivered, all hardwood, call John Smith 497-7679 or 488-2888. **12/22 pd.**

**For Sale:** Potatoes contact Sam Watty. **11/10 pd**

**For Sale:** Good as new, Tal lamans Troybuilt weedeater (gas only), paid \$229 want \$150. leaf blower 1/2 price. 250' 5' chainlink - 2 gates all rails, hardware posts everything \$900. call 736-4437 **11/10pd.**

### WANTED

**Wanting To Buy:** Land or house and land call 508-1781. **11/17 pd.**

### FOUND

**FOUND:** A lost grey/white Husky was found last week near the Whittier/Cherokee border. Call 736-1621 for information.

### YARD SALE

**Huge yard Sale:** 50 Bryson St, Bryson City, 500 ft past Joe Laundry Mat Thur - Saturday 8:30am - 2:30pm, Keen Kutter, Griswold, Tools, Guns, Chainsaws, Knives, Backpack blowers, something for everyone also we buy good used items and silver coins 488-8951 **11/17pd.**

## Photo of the Week



TAYLOR FAMILY/Courtesy Photo

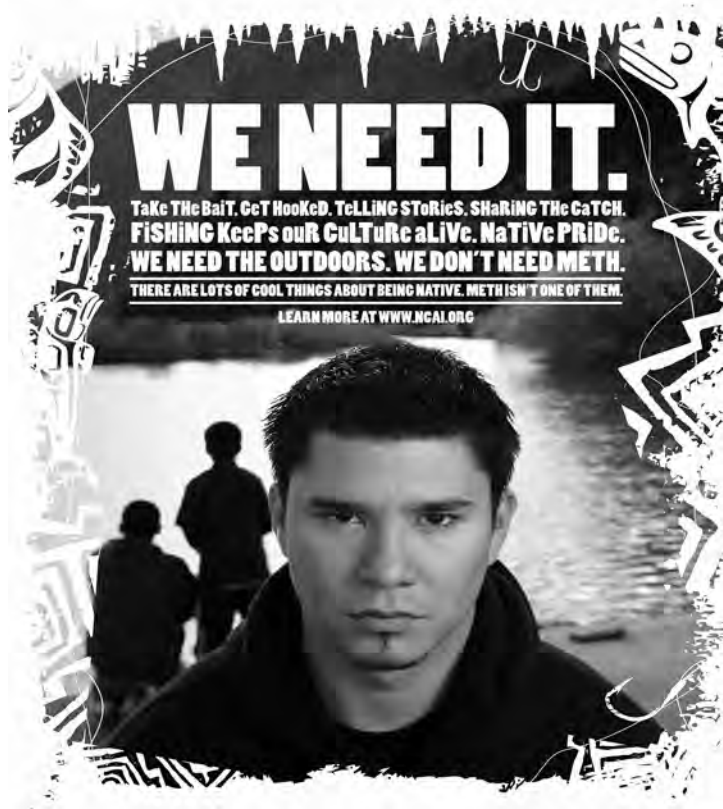
**OZ:** The Lion and Dorothy are the daughters of Lori Taylor Rogers and the Tin Man and Scarecrow are the sons of Tony Taylor.

### Free Solid (Sludge) Compost

The Composting Program has free unscreened bio solid (sludge) compost to give away. This is on a first come, first serve basis. We will NOT be delivering. The program will load your truck. Please call 497.4519 if you have any questions. **11/17**

### Enrollment Fact

**Did you know?** 293 people became enrolled members of the Eastern Band of Cherokee Indians in the 2009 fiscal year. Two hundred and seventy six (276) of these were under the age of 18 and seventeen (17) were over the age of 18.



## "Learning Full-Immersion Teaching Methods for the Cherokee Language."

SPONSORED BY THE KITUWAH PRESERVATION & EDUCATION PROGRAM

November 17th, 18th, and 19th

This is an introductory teaching methods course for the Cherokee language that stresses the importance of creating a Language Nest for Cherokee and teaching in a Full-Immersion fashion. A variety of teaching methods will be covered, including Total Physical Response (TPR), songs, storytelling, literacy, writing, art, and Skill Sets developed by Stephen Greymoring, University of Montana. Participants will have an opportunity to immerse themselves in discussing and practicing new and different ways to teach the Cherokee language that are fun and enjoyable.

People wishing to more effectively teach Cherokee language would find this course most beneficial.

The course will be taught by Zalmai "Zeke" Zahir. Mr. Zahir has been working with the Puget Sound Salish language (Lushootseed) and culture for over 35 years. He lives in Western Washington, where he teaches, studies and researches Lushootseed. He has authored many publications, including beginning and advanced Lushootseed text books, songs, and a series of interactive CD-ROMs. He does consulting work with several tribes and indigenous language programs through his own company, Zahir Consulting Services. His main goal is to see indigenous languages revitalized through full immersion language programs.



For more information  
or to register,  
contact Cynthia Grant at

(828)-554-6403

or email:

[cynthgran@nc-chokeee.com](mailto:cynthgran@nc-chokeee.com)

Reserve your seat now; slots are limited.



# Jobs



Don't leave your career at the crossroads...

## Eastern Band of Cherokee Indians

### Positions Open



For Deadlines and applications please **call 497-8131**.  
A current job application must be submitted.

**Closing November 20, 2009 @ 4 pm**


1. Utility Worker- Transfer Station (\$22,000-\$27,500)
2. GIS Lands Records Technician- GIS (\$28,790-\$36,710)
3. Manager- Travel & Promotion (\$42,300-\$53,930)
4. Temp Utility Worker- Tribal Construction (\$18,140-\$22,680)
5. Student Coordinator- Tribal Education (\$34,900-\$44,500)
6. Recreation Supervisor- Cherokee Life(Snowbird) (\$26,140-\$33,340)

**Open Until Filled**

1. Teacher – Tribal Child Care
2. Teacher Assistant – Tribal Child Care
3. EMT-P (Part-time) – EMS
4. Temp Workers- Travel & Promotion

## Eastern Band of Cherokee Indians

### Health & Medical Positions



For Deadlines and applications please **call 497-8131**.  
Indian Preference does apply A current job application must be submitted. Resumes will not be accepted in lieu of a Tribal application.

**Open until Filled**

1. C.N.A.– Tsali Care Center
2. Community Health Representative- CHR
3. LPN- Tsali Care Center
4. Quality Improvement Coord RN- Home Health
5. LPN- Qualla Youth Health Center
6. Clinical Psychologist- Analenisgi

[www.nc-choerokee.com/onefeather](http://www.nc-choerokee.com/onefeather)

### Cherokee Central School Positions

The Cherokee School System is accepting applications for the following positions:

**Speech Pathologist**  
**H-VAC**  
**Woodcarving Instructor**

All teachers and teacher assistance must satisfy the requirements of the "No Child Left Behind" Laws

- New applicants should submit a Professional Personnel Application, a letter of interest, transcript, resume, and a one page explanation of what you will contribute.
- Active applicants should submit a letter of interest, resume, and a one page explanation of what you will contribute.
- Current employees should submit a letter of interest, resume, and a one page explanation of what you will contribute.

Applications are available at the Cherokee Central Schools – Central Office

Submit Applications to:Gwen Hammonds Human Resources Department Cherokee Central Schools P.O. Box 134 Cherokee, NC 28719828-554-5093 To request or submit an application online email: [ghammonds@bia.edu](mailto:ghammonds@bia.edu) 11/10

### Thinkers and Doer's Needed

Caring for the Little Tennessee River Watershed takes thinkers and doers from all of the communities it serves. That's why the Little Tennessee Watershed Association (LTWA) needs you on its board of directors! To be considered, please send your resume to [info@ltwa.org](mailto:info@ltwa.org) or call 828-369-6402 for more information. People interested in the rich history and culture of the Little Tennessee River Valley encouraged to apply. This is a volunteer position."

11/10pd

# Support the Cherokee Braves

# 100% Tobacco Free Schools

*No tobacco use anytime, anywhere on school grounds, by anyone!*











# Legals & Bids

## Legal Notice

Pulaski County Circuit Court  
Before The Clerk  
Somerset, Kentucky  
Estate File No. 09-P-00459

### Notice to Creditors and Debtors Of

Gladys A. Craig Wright

All persons, firms, and corporations, having claims against, this estate are notified to exhibit them to the fiduciary(s) listed on or before the date listed or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the appointed fiduciary(s) listed below:  
Deadline to submit claims: **January, 2010**

This is the **15th** day of **October 2009.**     **11/10pd**

Kathryn Susan Jasper, 92 N Linwood Dr, Somerset, KY. 42501

## Advertisement for Bids

Cherokee Enterprises, Inc. an Equal Opportunity Employer, is soliciting subcontractor and material quotes for the **Old Soco Road Paving project** from TERO vendors. The project generally consists of asphalt paving and related work. All quotes should be in our office by Monday, November 16, 2009 at 2pm.  
Quotes can be mailed or faxed to our office, 828-497-5566. Project plans and specifications can be viewed at the TERO Office or in our office located at 1371 Acquoni Road in Cherokee, NC with prior appointment. Workers compensation, auto, general liability are required from all subcontractors as well as performances and payment bonds. Please contact our office at 828-497-5617 with questions or for additional information. **11/10**

## Advertisement for Bids

Cherokee Enterprises, Inc., an Equal Opportunity Employer, is soliciting subcontractor and material quotes for the **Cherokee High School Parking Lot Project** from TERO and other interested vendors. The project generally consists of asphalt paving, pipe work, curb and gutter and related work. All quotes should be in our office by Monday, November 16, 2009 by 2pm.  
Quotes can be mailed or faxed to our office, 828-497-5566. Project plans and specifications can be viewed at the TERO Office or in our office located at 1371 Acquoni Road in Cherokee, NC with prior appointment. Workers compensation, auto and general liability insurance are required from all subcontractors as well as any required performance and payment bonds. Please contact our office at 828-497-5617 with questions or for additional information. **11/10**

## Advertisement for Bids

Cherokee Enterprises, Inc., an Equal Opportunity Employer, is soliciting subcontractor and material quotes for the **Cherokee Elementary School Demolition project** from TERO and other interested vendors. The project generally consists of removal of cooling system refrigerant, removal and disposal of asbestos containing material, and demolition and removal of buildings, foundations, sidewalks and parking areas. All quotes should be in our office by Monday, November 16, 2009 at 2pm.  
Quotes can be mailed or faxed to our office, 828-497-5566. Project plans and specifications can be viewed at the TERO Office or in our office located at 1371 Acquoni Road in Cherokee, NC with prior appointment. Workers compensation, auto and general liability insurance are required from all subcontractors as well as any required performance and payment bonds. Please contact our office at 828-497-5617 with questions or for additional information. **11/10**

## Request for Bids

### Demolition Of Old Cherokee Elementary School Campus

Approximately 109,000 square feet, for S.O.W. Package. Contact: Tony Cabe, BIA (828) 497-3374 or Hilda Queen, CCS (828) 554-5086. Deadline for Bid November 19, 2009 at 4 p.m.     **11/17**

### Notice to All Parties in Possession of Harrah's Cherokee Casino and Hotel \$1 and \$5 tokens

Due to the upgrade of the \$1 and \$5 gaming machines to the cashless ticketing system, Harrah's Cherokee Casino & Hotel will redeem all outstanding \$1 and \$5 tokens from any persons/parties possessing such until November 30th. All outstanding Harrah's Cherokee Casino & Hotel \$1 and \$5 tokens will be deemed to be of no value, and will no longer be accepted or redeemed after midnight on November 30th, 2009.  
The above mentioned tokens can be redeemed for cash at Harrah's Cherokee Casino Hotel Cashier Cages.  
Harrah's Cherokee Casino & Hotel thanks all of its customers for your continued patronage.     **11/18**

## NEW TRIBAL ROAD REQUESTS AS OF: October 30, 2009

Rosetta Dr- Starts at 232 Standingdeer Rd  
Chief Youngdeer Rd- Starts at 33 Goose Creek Rd  
Queen Bee Ln - Starts at 10930 Big Cove Rd  
**11/10**

## Legal Notice

Eastern Band of Cherokee Indians  
Cherokee Tribal Court  
Before The Clerk  
Cherokee, North Carolina  
Estate File No. 09-EST-54

### Notice to Creditors and Debtors Of

Robert Bruce Arch

All persons, firms, and corporations, having claims against, this estate are notified to exhibit them to the fiduciary(s) listed on or before the date listed or be barred from their recovery. Debtors of the decedent are asked to make immediate payment to the appointed fiduciary(s) listed below:  
Deadline to submit claims: **February 24, 2010**

This is the **26th** day of **October 2009.**     **11/24**

Errol Preston Arch, P.O. Box 706, Cherokee, NC 28719

## Legal Notice

Eastern Band Of Cherokee Indians  
Cherokee Tribal Court  
Cherokee, North Carolina  
File Number: CV 09-512

### Notice Of Service Of Process By Publication

**Coastal Federal Credit Union,**  
**Plaintiff,**  
**V.**  
**John Wesley Wolfe, Defendant.**

To: John Wesley Wolfe

Take notice that a pleading seeking relief against you has been filed in the above entitled action. The nature of the relief being sought is as follows:  
**Civil action involving a debt owed by you to Coastal Federal Credit Union.**  
You are required to make defense to such pleading no later than December 21, 2008 and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.  
This **11th** day of **November, 2009.**     **11/24**  
  
Michael W. McConnell; Melrose, Seago & Lay, P.A.; Attorney for Plaintiff; P.O. Box 1011; Sylva, NC 28779; 828-586-3200

## Legal Notice

Eastern Band Of Cherokee Indians  
Cherokee Tribal Court  
File Number: CV 09-552

### NOTICE

**Green tree Servicing, LLC,**  
**Plaintiff,**  
**V.**  
**Peggy Saunooke Bradley, Defendant.**

To:  
**Peggy Saunooke Bradley, 11 Saunooke Drive, P.O. Box 301, Cherokee, NC 28719**

Please take notice that a trial will be held on December 7, 2009 at 9:30 a.m. before the Cherokee Court located on Acquoni Road, Cherokee, North Carolina on the Repossession Complaint filed by the Plaintiff for title and possession of a 1999 Redman So. Showcase 14x70 mobile home, Serial No. 13842565, with accessories.  
Should the defendant fail to appear and defend against the proof offered, the Court may enter a judgment for possession.  
This **27th** day of **October, 2009.**     **11/24**

Paul T. Flick, Jordan Price Wall Gray Jones & Carlton, 1951 Clark Avenue, Raleigh, NC 27605, (919) 828-2501

SUBSCRIBE TO

The Cherokee One Feather

\$52 - 1yr.

\$26 - 6mos.

\$40 - 1yr. PDF version

\$20 - 6 mos. PDF version

Send check, cashiers check, or money order to:

The Cherokee One Feather

P.O. Box 501

Cherokee, NC 28719

Info:


Dawn Arneach

(828) 497-1754

dawnarne@nc-chokeee.com



Covering the Eastern Band of Cherokee Nation




Two Worlds.  
One Me.


*Who am I? Am I Native? Sometimes it's tempting to try it - escape with meth. But then I think about my little brother, My beadwork, My poetry. ♡*

*There are lots of cool things about being who I am. And meth isn't one of them.*

*Learn more at ncnai.org*



The Partnership for a Drug-Free America®





# ADAMS CREEK RESIDENTS HALLOWEEN PARTY



On Saturday, October 31, 2009 Qualla Housing Authority hosted their 2nd Annual "Drug Free" Halloween cookout and activities. Qualla Housing Authority has implemented a "Community Watch" program in the Adams Creek project. Upcoming activities are project clean up and quarterly resident meetings. If you have any questions or to report any criminal activity, you may contact Carolyn Panther at 497-9161.

