




CANDY ROASTERS!

Sarah McClellan Welch explains all about the cooking and preparation of this very unique vegetable. C4

END of '09

North Duplin Rebels end Braves Season with 14-7 victory in first round of 1A Playoffs. SPORTS/B1



The Cherokee One Feather

Cherokee's Community Newspaper since 1966

TUESDAY, NOVEMBER 17, 2009

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SCOTT MCKIE B.P./One Feather

TORCH: EBCI Tribal Elder Jerry Wolfe holds a torch that was passed from the Great Smoky Mountains National Park to the Blue Ridge Parkway at a celebration on Friday, Nov. 13 in honor of the Parkway's 75th Anniversary.

The Torch is passed

Blue Ridge Parkway begins 75th Anniv. Celebrations

By Scott McKie B.P.
One Feather staff

With the simple passing of a torch, one historic unit of the National Park Service ended their 75th Anniversary year and another began. Dale Ditmanson, superintendent, Great Smoky Mountains National Park, passed a symbolic torch to Phil Francis, superintendent, Blue Ridge Parkway during a special 75th Anniversary Opening Ceremony for the Parkway on Friday, Nov. 13 at Ravensford Overlook at milepost 467.

Dan Brown, Blue

Ridge Parkway 75, Inc. president, commented, "It is really exciting that after more than a year of planning we are finally kicking off the anniversary year with the event this weekend here in Cherokee and Asheville."

He continued, "On this week of Veterans Day, as we look out over the Great Smoky Mountains National Park, from this lofty vista on the Blue Ridge Parkway, we should be reminded what a great country we all live in."

Superintendent Francis thanked Dan Brown and commented, "He has done more than anyone could reasonably expect. He has been a tremendous leader." He further stated, "The Parkway didn't happen without a lot of sacrifice by a lot of people."

Following the posting of the colors by the Cherokee

see PARKWAY page A3

TOP Building construction started



SCOTT MCKIE B.P./One Feather

GROUNDBREAKING: An official groundbreaking ceremony was held for the new TOP (Tribal Operations) Building on Monday, Nov. 16. Shown (left-right) are Principal Chief Mitchell Hicks, Birdtown Rep. Tunney Crowe, Painttown Rep. Tommye Saunooke, Vice Chairman B. Ensley, Cherokee County - Snowbird Rep. Adam Wachacha, Wolftown Rep. Bill Taylor, and Big Cove Rep. Perry Shell. The new building will replace, and be located in the same location, as the previous TOP Building that was destroyed in a fire on Dec. 20, 2008.

A day for Veterans



SCOTT MCKIE B.P./One Feather photos

AWARD: Veterans Ray West (left) and Glenn Ladd (2nd from left) stand at attention as Commander Lew Harding, Steve Youngdeer American Legion Post 143, reads their American Legion Leadership Award citations for being named "Legionnaires of the Year" during a Veteran's Day Celebration held on Wednesday, Nov. 11 at the Cherokee Indian Fairgrounds. Also shown in the photo is Col. Bob Blankenship (2nd from right), a U.S. Army Vietnam veteran.

Cherokee honors Veterans with Celebration and Parade

By Scott McKie B.P.
One Feather staff

"It's a very special day for those of us who have served our country in uniform and for our families who served along with us," said Lew Harding, Commander of Steve Youngdeer American Legion Post 143 as he opened a Veteran's Day Celebration held Wednesday, Nov. 11 at the Cherokee Indian Fairgrounds.

The event, which was organized by Post 143, was dedicated to the memory of Col. Tom Johnson, a U.S. Army Veteran and Silver Star Recipient who previously worked at Cherokee High School.

"When America is looking for heroes, all you have to do is look around," said Big Cove Rep. Perry Shell who is a veteran. "They are right here. I applaud all of you who served. I wished we had more that were willing to step up and serve in this day."

American Legion Post 143 honored several



PARADE: Veterans ride on a float during a parade held through the streets of Cherokee on Wednesday.

people during the event including TCGE chairperson Norma Moss who received the American Legion Distinguished Service Award as "Tribal Leader of the Year". Veterans Ray West and Glenn Ladd both received the American Legion Leadership Award as they were named "Legionnaires of the Year".

Several patriotic musical presentations were a part of the event including: Miss Cherokee Rachel Hicks singing "My Country Tis of Thee" in the Cherokee language and in English and Phyllis Shell, a U.S. Army veteran, singing "An Honor

to Serve".

Steve Kiba, a U.S. Air Force veteran of the Korean War and former P.O.W., was the keynote speaker. He told of his time spent in a Chinese prison following his capture after his plane was shot down in frigid conditions in Korea.

Following Kiba's speech, a wreath was placed to honor fallen comrades by

MORE COVERAGE

See more photos and video of these two events at nc-chokeee.com/onefeather

to Serve".

Steve Kiba, a U.S. Air Force veteran of the Korean War and former P.O.W., was the keynote speaker. He told of his time spent in a Chinese prison following his capture after his plane was shot down in frigid conditions in Korea.

Following Kiba's speech, a wreath was placed to honor fallen comrades by

Col. Bob Blankenship, U.S. Army veteran; Sgt. Joe Castorena, U.S. Army veteran; and Maj. William Underwood, U.S. Army veteran. Members of the Cherokee High School JROTC Honor Guard fired a 21-gun salute after the wreath was placed and "Taps" was played as everyone stood in silent reverence.

Later in the day, a parade was held through the streets of Cherokee to honor veterans. Organized by EBCI tribal member Dave Jumper, the parade was reported to be the first of its kind held in Cherokee.

Salt has become a way of life

Belinda Wilson, RN, with EBCI Community Health, tells how to avoid the pitfalls of hidden sodium in food. **HEALTH/B4**

Cherokee Basket Book

A new book entitled "Cherokee Basketry: From the Hands of Our Elders", by Anna Fariello, examines Cherokee Basketry of the first half of the 20th Century. **NEWS/A8**



Saunooke Bridge officially opens

The bridge connecting Big Cove Road and Newfound Gap officially re-opens after being rebuilt. **NEWS/A2**



WCU plans Native American Expo

Western Carolina University is hosting a Native American Expo this week in University Center. **YOUTH/B5**

OPINIONS.....A4
COMMUNITY.....A5
SPORTS.....B1-2

HEALTH.....B4
YOUTH.....B5
CELEBRATIONS.....B6

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



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3rd Place General Excellence
2009 NAJA Media Awards



CONTENTS © 2009
The Cherokee
One Feather
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Saunooke Bridge officially opens



OPEN: Tribal officials and leaders cut the ribbon to officially open the Saunooke Bridge, which connects Big Cove Road and Newfound Gap Road (US 441), on Monday, Nov. 9. Shown (left-right) - Damon Lambert, CDOT; Painttown Rep. Tommye Saunooke; Vice Chairman B. Ensley; Principal Chief Michell Hicks; and Barak Myers, CDOT.

By Scott McKie B.P.
One Feather staff

The Saunooke Bridge that connects Big Cove Road with Newfound Gap Road (U.S. 441) was officially opened with a ribbon-cutting ceremony on Monday, Nov. 9. The \$1.75 million bridge replaces one that had fallen into disrepair and was built using funds from the Federal Highway Commission and the Bureau of Indian Affairs according to Barak Myers,

CDOT official. “Through a collaborative effort, we were able to get this bridge built,” said Myers who related that the bridge should help alleviate traffic problems on Big Cove Road as a result of the new school. Ray Kinsland, Cherokee Boys Club executive director, gave a brief history of the bridge and related, “No one’s more happy to see this bridge open than I am.” The Boys Club runs buses for the

Cherokee Central Schools each school day. Principal Chief Michell Hicks commented, “As we’re progressing in Cherokee, we’re seeing a lot of the old renewed. This project is for the good of the people and the safety of the people.” He continued, “Sometimes we don’t think these projects are important, but they’re very important. It’s good to see the progress.”

Miss Cherokee honors Veterans



HONORING: Miss Cherokee Rachel Hicks leads out the Cherokee Veteran’s Day Parade on Wednesday, Nov. 11. Earlier in the day, she participated in the Veteran’s Day Celebration held at the Cherokee Indian Fairgrounds by singing “My Country Tis of Thee” in the Cherokee language and in English. After the celebration, she visited with veterans before heading to the parade.

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 from 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



Twilight Night

Family Movie Night

Tuesday, November 17, 2009

7:00pm

Cherokee Fair Grounds Exhibit Hall

FREE Admission
Refreshments provided

Twilight/New Moon Door prizes,
wear your favorite Twilight/New Moon apparel

Sponsored by: Healthy Cherokee/Injury Prevention

11/17

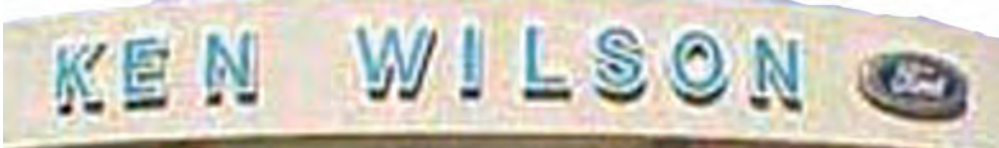
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PASSING: Dale Ditmanson (right), Great Smoky Mountains National Park superintendent, passed a torch to Phil Francis (left), Blue Ridge Parkway superintendent during Friday’s event.

PARKWAY,

from front page

High School JROTC Color Guard, EBCI tribal elder Jerry Wolfe offered an opening prayer and smudged the grounds where the celebration was held. Wolfe told the crowd he was born in a cabin that sat right where the Parkway road now runs.

Ray Kinsland, Cherokee Boys Club executive director, gave a brief history and an historical reflection on the Blue Ridge Parkway. “The Eastern Band of Cherokee Indians, and the Blue Ridge Parkway, and the Great Smoky Mountains National Park, have, I’m going to be honest, we have suffered from time to time with turf battles. We have had differences of opinion, but all three have worked together for the good of all, and I sincerely believe that each of those three entities is stronger because the other exists. I think its win, win, win.”

Big Cove Rep. Perry Shell said, “Our DNA runs deep here. Right below us is the new school, and when they did

MORE COVERAGE

For more photos and video of this event, please visit nc-chokeee.com/onefeather

the archaeological excavations over there, they found evidence of continuous habitation for 11,000 years, and hopefully our people will be here for another 11,000 years.”

He went on to say, “I hope that this Blue Ridge Parkway is here for generations to come so that kid, our grandkids and those generations can enjoy the power and beauty that these mountains provide.”

State Rep. Ray Rapp, North Carolina General Assembly, acknowledged the Parkway’s economic impact to the area and said that conservation must be continued, “How do we protect this treasure – this national treasure we have here – for future generations?”

Lynn Minges, assistant secretary for Tourism, Marketing, and Global Branding with the N.C. Department of Commerce, said the Blue Ridge Parkway is one of the centerpieces of tourism in the state. She spoke of the economic impact

as well stating that the Parkway is responsible for bringing \$2.4 billion into the state and helping to create over 27,000 jobs for North Carolinians.

Minges told the crowd that the official North Carolina Travel Guide for 2010 will feature the Blue Ridge Parkway on the cover.

Alisa Bailey, president and CEO of Virginia Tourism Corporation, said of the Parkway, “To me, it is a ribbon of a road that ties us all together. It is a ribbon of friendship.” She unveiled the new Virginia Travel Guide cover which also features the Parkway.

During the closing, Superintendent Ditmanson related, “Our year is truly indeed, winding down.”

He continued, “On this day, as I look at the Blue Ridge Parkway and you look at the Great Smoky Mountains National Park with the Qualla Boundary in the middle, we can all be thankful for these three treasured landscapes of America.”

The Warriors of Anikituwah performed the Warrior Dance and the Friendship Dance during Friday’s event.

Chief’s Community Report

By Principal Chief
Michell Hicks

Doyu ulihelisdodi agi-wonihisdi hi gvnigesv igvndii.

The past few weeks have been a busy time for me, my staff and the Tribe as a whole. At the end of October we enjoyed the United South and Eastern Tribes 40th Anniversary Meeting. And it really gave me the opportunity to reflect on what really matters to this Tribe and to all Native Americans. It’s about working together and respecting our past. These are things that we sometimes lose sight of in our quest to get things done, to provide for our people and to move this Tribe forward. This USET meeting reset my thinking and I believe poised us to have a productive remainder of the year.

And things have already started to roll. Since the beginning of the month we have celebrated the 75th Anniversary of the Blue Ridge Parkway, the dedication of the Saunooke’s Bridge, and we have also recognized our Veterans and our caregivers.

The Month of November has been declared National Caregivers Month and the Eastern Band has taken this opportunity to recognize and honor those that take it upon themselves to care for our elderly and disabled. These caregivers tirelessly care for the most respected members of our community, our elders. I would like to thank all those people out there that take care of our enrolled members and want you to know that we ap-



preciate all you do for our elders.

Additionally, during the month of November we are blessed to be able to recognize and honor our Veterans. November 11th was Veteran’s Day and we celebrated with a wonderful parade. I would like to thank those that sponsored this parade, and would like to remind everyone to continually recognize our veterans. Their sacrifice is unparalleled and they deserve respect and recognition every day of the year. Thank you Veterans!

Finally, I would like to congratulate the Blue Ridge Parkway on celebrating their 75th Anniversary. The Parkway held two special ceremonies in Cherokee this past week. Thursday evening there was a special event at Cherokee Central Schools where many of our youth were recognized. Additionally there was a ceremony at the Ravensford Overlook on the Parkway Friday morning. I look forward to a special year with the Parkway and cannot wait to see the events that come of this special anniversary.

Unelanv adatolosdi nihi.

TRIBAL LAND REQUEST

If your name is on the list at BIA for tribal land and you want to remain on the list or you want to have your name removed please call Housing and Community Development at 554-6900. The deadline is December 4th 2009. If you do not call HCD then your name will be removed from the list.

- 2000**
Ricky Benny Jumper, Pamela Lillard, Albert Teesateskie, Franklin George Hornbuckle, Normal Driver, Tracie R. Ensley, Sherry C. Murphy, Jessie Smith
- 2001**
Daniel Lee Reed, Jacqueline Sneed Loch, James Teesateskie, Lloyd Baker, Tonya Sherrill, Jean Arlena Chapa, Sandra G. Wilson, Sarah Taylor Bernhisel, Becky Harwood, Jenny Rana Jenkins Smith, Carol M. Otter, Starline Wolfe, Remy Catt, Teresa French, Cynthia Long Saturday, Phoenix Johnson, Amanda Michelle Saturday, Shannon M. Saturday Rajkovic, Sharon R. Braswell, Catherine Braswell, Julia Christine Bradley, Deborah Resendiz, Michael Jason Lequire, James Willard Lequire, Clarence James Deck, Carolyn Owle George, Gola Crowe, Teresa A. Catolster, Dolly Reed Tchakirides, Jessica Burnett, Nancy Walk, Doris Howard, Jeffrey Frady, Victor Dean Dyer, Rena Renae Huske, Beverly R. Bushyhead, Brenda Fisher, Scott B. Moore, Joe Oocumma, Donna Messer, Ruby Price Endros, Michael Lambert, Betty Sue Feather Durrance, Christopher M. Arch, Mary K. Lossiah, Sandra Elizabeth Smith, Scott Price, Anita A. Teesateskie, Shanna L. Keeswood, Nancy Driver Cox, Jefferson D. Buck, Sally Price Allison, Valerie M. Arch, Debbie Taylor, Benny Winchester
- 2002**
Mable Irene Herzmark, Ruth Patterson, Mary Lambert Luff, Randall L. Sampson, Janice G. Wilnoty, Malinda Driver Mahan, Joy A. Wilkerson, Eli George, Scottie Andrew Thompson, Tracey E. Reed, Kevin George, Stephanie Jeannine Pine, Erme Linda Montelongo, Dwayne D. Reed, Carlos Curz, Jr., Kimmy Jackson, Elizabeth B. Jackson, John Julius Wilnoty,III, Patrick Lee, Frank James Locust, Margie Lynn Taylor, Keith Owle, Brenda F. Monceaux, Galen Keith Maness, Bruce Moses, Tammy Davis Lunsford, Amber Sneed, Welch Lee Teesateskie, Monaka Bird, Julia Alford, Leslie Clement Ensley, Pearl Wolfe
- 2003**
Carla Teesateskie, Sarah Katherine Taylor Bernhisel, Joseph Bradley, Jean Nichole Hornbuckle Dosier, Lechay Arch, John Stephan Crowe, Daphne Cogdill-Blount, Kelly Cleona Huskey, Bonnie Leassey, Tarella Huskey, Heather Arch Lambert, Bruce Moses, Melonie Bradley, Walter Charles Bernhisel, Enoch N. R. Climbingbear, Trudy Maureen Smith Nuckles, Grady A. Lambert, Matthew Otter, Donna Kim Hawkins, Samona Lea Barnell Mejig, Heather D. Bird, Carolyn B. Rossiter, Thomas J. Smith, Janice Moles Sutton, Laurie Beth Taylor, David Parker, Jerney Parker, Dolly Wachacha Castillo, Kim Sadangi, Rebecca Leah Reed Bates

- 2004**
John W. Shelton, Christy Kay Cole, Don Michael Moore, Kenneth Tramper, Rena Huskey, Danny Reed, Nicholas D. Bird, Teresa P. Collins Gibson, Benjamin Andrew Kirkland, Jennifer Dawn Dugan, Jill Rebecca Dugan Sain, Paul W. Abney, Daniel Lee Maney, Sr., Tracy L. Wolfe, William Russell Locust, Jr., Allen McCoy, Dortha P. McClellen, Ronald W. McClellen, Marieanne Thompson Canales, Michelle D. Taylor, Joanne Marie Phillips, Summer D. Adams, Dorothy Ledford Wood, Robert Teesateskie, Tonya Ledford Harding, Carlos Cruz, James Michael Owle, Michael Shane Owle, Erick Neil Owle, William C. West, Dana Fischer, Kimberly D. Fischer, Kelly Oats Dills
- 2005**
Bobbie Jean Smith Bradley, Donna Sue Smith Stephens, Carmelita Claire Smith Budd, Randalene Pheasant, Jordan Oocumma, Herman Murphy, Laura Lett Walkingstick, Heather Sexton, Brandon Lee, Katherine Marie Davis, Walter Gerald Dixon, Juanita Adams Lambert, Pamela Jane Potts Ryan, Ronald R. Potts, Charles R. Potts, Sarah Bradley, Mary Caley, Tina Walkingstick Frizzell, Sharon Hobbs, Daniel J. Long, Pamula Driver Henderson, Michael James Hunter Reed, Chrismon Todd Smith, Robert M. Lassiter Jr.
- 2006**
Lea Jean Wolfe Lambert, Twila J. Reed, Angela Teesateskie, Richard D. Wahnetah, Sr., Matthew Grownwold, Eric Wolfe, Lena Queen Sequoyah, Tasheena Martin, Corina Lynn Otter, Christopher Paul Lequire, Mary R. Lambert, Melva J. Huskey Shultz, Carrie Lee Huskey Simmons, Jonah Teesatuskie
- 2007**
Hazel Marie Nations, Mona Ammons, Connie Palmer Peels, Jessica Leigh Frady, Brian Littlejohn, Shawn David Calhoun, Jr., Jacqueline Lynn Jumpis Hayes
- 2008**
John Frederick Squirrel, Lita R. Calhoun
- 2009**
Heather Sexton, Lindsay Lambert, Marrlyn Chastain, Charles Smith, Monica Marie Lambert, Monica Lambert, Renee Ledford, Minda Derreberry Daniels, Michael Ray Watty, Marisela Correa, Crystal Watty, Teresa Gibson, Billy Bennett, Renata Maney
Barbara Waldroup Miller, Chad George, Heather Lee George, McKinley E. Watty, Jr., Renee Ledford, McKinley Watty, Freelin L. Welch, Brent Ledford Watty, Samantha Driver, Johnny Walker

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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.

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Down from the summit: What now?

As I read accounts of the now-historic Nations-to-Nation Summit I can't even imagine the excitement and power that filled the air at the meeting. With the gala opening of NCAI's new embassy, and separate tribal consultation meetings in all the Departments, the town had likely not seen such an array of tribal leaders since the opening of the National Museum of the American Indian.

But I feel somewhat of a let-down – something akin to that described by Kris Kristopherson in his hit song, "Sunday Morning Coming Down." What a high it has been, but there is a downside in the challenge to Indian Country on how to best take advantage of the opening in the President's executive memorandum for improved consultation.

The President's speech was not disappointing. Considering the massive chal-

lenges he faces, he could make no substantial promises. But his statement on the poverty, health and education needs, and law and order problems in Indian communities, was encouraging, reflecting both a good personal understanding of Indian Country and a sincere desire to do something to help address the problems. And it reflected the excellent work of his Native American staff in the White House.

The absence of any promises, especially for any initiatives that would require new outlays or increases in the budget, was realistic and honorable on his part, because for reasons I noted in a previous column about the Summit, he would not be able to deliver.

But the President's lone promise was significant: for improved consultation with the tribes in formulating policy and programs, adjusting rules and regulations, and perhaps more funding in the



Charles Trimble
GUEST COLUMN

future. Effective and sincere consultation with the federal trustee has been a demand of the tribal leaders over many years. In an executive memorandum, dramatically signed in the presence of the entire Summit, he directed the heads of the various Departments to give him, within 90 days, a detailed plan on how they will consult and collaborate with Tribes in the future. These will be interesting.

One thing, of course, that casts doubt on the permanence of any federal-tribal consultation process was his recalling that President Clinton had issued an executive order establishing regular and

meaningful consultation and collaboration between tribes and the federal government. That order was not effected in the waning days of the Clinton Administration, and was totally ignored, as far as I know, in the Bush Administration.

The big question now is how the tribes will respond. What would be the best way to take advantage of the new consultation process?

By the very nature of the Federal-Tribal relationship, any consultation process is that of Trustee consulting with the beneficiary of the trust – the tribes, or more specifically the tribal leaders as agents of their respective nations. Although it should warm up attitudes in the bureaucracy, this new consultation process probably won't be an invitation to meet with a Department Secretary or agency head for most problems that any individual tribe may have with federal programs or policy. It certainly

isn't a promise of ongoing consultation with the President, "Yo, Barrak; I'm coming into DC next week, how about a heads of state summit between you and me over lunch?"

And although the government-to-government relationship is between the Federal government and each of the individual tribal nations, not any collective group of those nations, the sheer number of the sovereign tribal entities probably demands some sort of alliance or collective entity representing the tribes. This is important for avoiding conflicting requests for policy changes, and for keeping some semblance of unity in the causes.

This issue was taken up in 1993, when NCAI leaders urged the Congress and Administration to authorize the study of arrangements that would improve tribal consul-

see SUMMIT page A5

Letters to the Editor

Clarification from Judo Club

The Yellowhill Judo club mistakenly thanked the wrong program. Please accept our apologies. We should have published:

Thank You TGC
The Yellowhill Judo Club would like to thank Tribal Gaming Commission for their donations. We really appreciate all the support TGC had given to our club.

Attention: Thieves!

How does it make you feel to break into someone's home taking things that don't belong to you? On April 17, you broke in my home taking an Xbox 360 and a Play Station and all the games! But, you still weren't happy with that. You came back again. This time taking a lap-top with baby pictures on it.

Did you laugh all the way to the pawn shop? But, you still weren't satisfied. You came back on Thursday the 12th a third time. This time your friend came with you - breaking windows and trashing up the place.

Why did you have to break a window you already knew how to get in – did it make you feel like a man to trash up the place? Well, this time you got what you came back for - that 42" platinum plasma flat screen TV. Are you happy now? It's a shame you have to break into someone's home and take their belongings, because you are too lazy to go get a real job!

Signed,
Penny Bird

Thank You

Jimmy "Bo" & Norma Craig would like to thank everyone who helped make his benefit a success. Thank you to everyone who donated and cooked. Your support was overwhelming. There are too many people to name, I am afraid of leaving someone out & I don't want to hurt anyone's feelings. May God bless each & everyone of you Please keep us in your prayers.

Thank you,
Bo, Norma and
Jaikab Craig

Dear Parents:

We are pleased that you support our center with donations and gifts, but we ask that the proper procedure be followed on drop-off and delivery of the donations.

Please make Amanda Bradley aware of any donations that are to be made so that she can meet you at the time of delivery.

In these times of threats and terrorism we live in, and with the potential threat to the children at the center, any package left sitting at the front door or at the front office puts our staff in a state of alarm. It is our intention to protect these children at all cost. According to the Emergency Management Center, when we observe a package that has been left, without our knowledge, we should treat this as a threat to the safety of the children. Procedures call for evacuation of the facility, calling the police and sometimes the bomb squad to investigate.

Hopefully, as parents, you can understand the severity of this type of incident. We ask that you let Amanda know ahead of delivery and she can fill out the proper donation form with you.

Thank you for your cooperation in this matter.

Cherokee Tribal Child Care
Staff
Dora Reed and Big
Cove Centers

Thanks

I would like to thank all the guys at Tribal Construction, Water Department, Motor Pool, Uncle Peanut, Barak, Lana, Mr. Locklear and Sunshine and Bruce for purchasing tickets to help with my Outer Banks Trip.

Lil' Jesse Toineeta

A Special Thank You from the Wallace Family

Thank you to everyone for your thoughtfulness in sending the lovely flowers and generous donation in Earl Wallace's honor. Your kind thoughts are greatly appreciated.

Thank you for sending the beautiful floral arrangement. This is a difficult time for all of us. We appreciate your kind support and beautiful symbol of remembrance to Earl Wallace.

Thank you everyone who helped with food, guests, and Gospel singers thoughtfulness at the services. We are so grateful for your helping hand in time of need. Thanks again for attendance, flowers, of closer family and friends.

Thank you for attending the services. We appreciate you taking the time to come and share in the remembrance of Earl Wallace. Although, this is a sad time for all of us, we find comfort in knowing how fortunate, he has been to know you all.

Thank you to all the pallbearers for your contribution. You are a reliable and dear friend. Your contributions to the services were a tremendous comfort. We will be eternally grateful.

Thank you!

Sincerely from,
The Wallace Family: Rita,
Charles Lee, Earlene, Monica, Conan, Gage and Siya

Veteran's Day Parade Thank You

I would like to thank the following for donations and time for participating in the Veteran's Day Parade: Lee and Walker for filming; Radonna Crowe and Healthy Cherokee for flag's; Cherokee Mechanical for the driver, truck and trailer; Facilities Mgt. for chairs (thanks fella's for time on a tribal holiday); Painttown Rep. Terri Henry for donation and participation; Wolfetown Community Club thanks Tuff and Dinah; everyone that brought food and helped serve; Mollie grant for helping with the set up and

signs; Police and Fire Department; The High School JROTC; Princess and Miss Cherokee; Anikituwah Warriors; Brothers in the Wind Motorcycle Club; All other riders that rode (appreciate you); Tribal Dynasty Kennel (TDK) and their Award Winning Dog's; Goodlow Bark and the End of the Trail Riding Stable; Last but not least Menoch Grant thanks for handing out flags and to big Pun for being the pooper scooper.

I would like to give a special thank you to the veteran's and the family's that showed pride, appreciation, in the parade, I want you to know that the pride appreciation and respect still goes out to you.

We will be doing this annually so we hope to see you on the float or in your own vehicle next year.

Sgi,
Thanks and appreciate all that participated
David Jumper

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Cherokee One Feather

1/2 Display Ad SALE!
for the Nov. 24 issue

Full page - \$300
1/2 page - \$150
1/4 page - \$75

Deadline - Thursday, Nov. 19 at 3pm
Get your ads in before Thanksgiving!

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.

New Book takes Closer Look at Cherokee Baskets

By Jill Ingram
Western Carolina Univ.

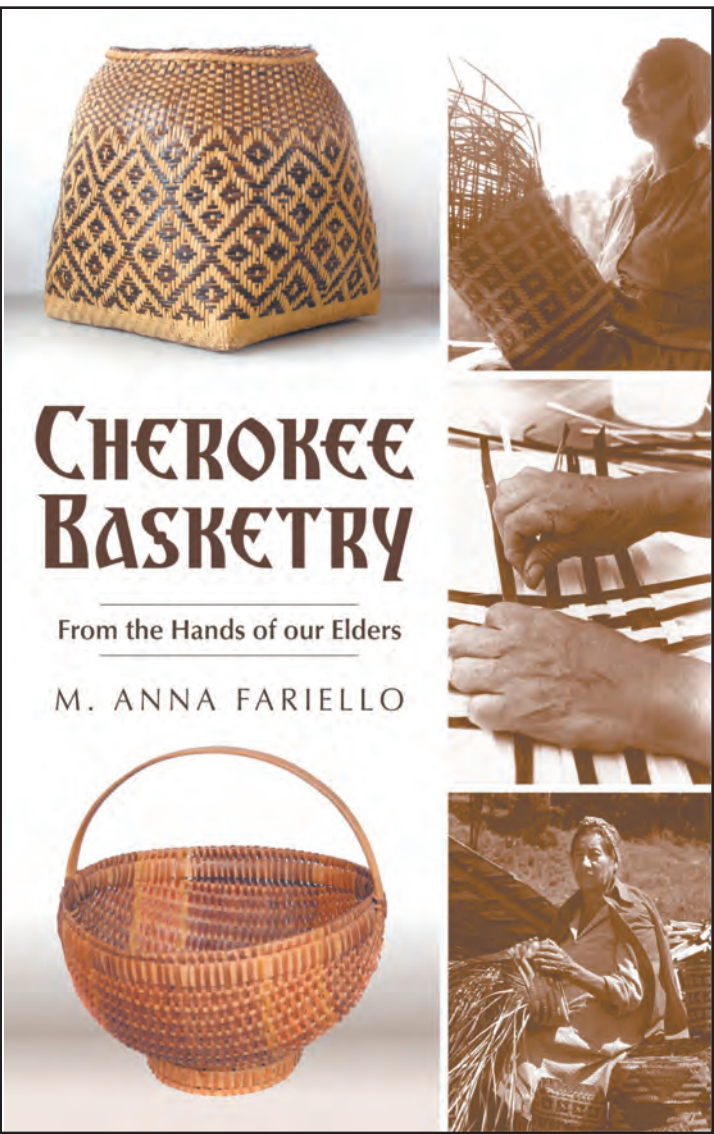
CULLOWHEE – Anna Fariello believes that artifacts – somewhat like windows – can act as passageways to a culture’s soul.

“Material culture can be a window onto the changes that occur in social and cultural history,” said Fariello, an associate professor and chief architect of the Craft Revival Project at Western Carolina University’s Hunter Library.

An author, editor and former research fellow at the Smithsonian Museum of American Art, Fariello most recently turned her attention to Cherokee basketry, a thousands-year-old tradition, passed from mother to daughter, that she believes is integral to Cherokee culture. Fariello’s new book, titled “Cherokee Basketry: From the Hands of our Elders,” studies Cherokee baskets and basket-makers who lived during the first half of the 20th century.

The project reinforced Fariello’s understanding that for Cherokee people, “the making of things is significant to their culture and their identity,” a concept foreign to many people in contemporary, mainstream culture, she said. The Cherokees’ use of natural resources as basket materials gave Fariello an appreciation of the environmental sustainability and ecological balance also inherent in the culture.

The Eastern Band of Cherokee Indians played a significant role in the craft revival, a regional movement in the late 19th and early 20th centuries that produced a wealth of objects, identified traditional skills, and revitalized handwork production in Western North Carolina. With a grant from the State Library of North Carolina, Fariello originally set out to expand the information available on the project’s site,



BASKET BOOK: Cherokee Basketry: From the Hands of our Elders” by WCU Associate Professor Anna Fariello was recently released by The History Press of Charleston, S.C.

which chronicles the movement and its impact on Western North Carolina through text and images. Fariello worked with the Qualla Arts and Crafts Mutual and the Museum of the Cherokee Indian in Cherokee with the purpose of making their collections available online. A grant of \$47,000 from the Cherokee Preservation Foundation added a second element to the project: to research and more fully document basketry in those collections.

While the project did not start out as a book, Fariello said it seemed the logical conclusion. “The book

takes scattered elements and arranges them for a more complete picture,” she said. “Cherokee Basketry” examines specifics about basket-makers themselves, how baskets were made, and what they were used for. Archival photographs illustrate “Cherokee Basketry,” published by The History Press of Charleston, S.C.

“I hope that this book has a broad audience,” Fariello said. “I think it can serve as a classroom text for Cherokee studies or the visual arts, and I also think it will have a broad public appeal for anyone interested in regional culture, especially the

MEET THE AUTHOR

Author Anna Fariello will hold two book signings Saturday, Nov. 21, in honor of her new book, “Cherokee Basketry: From the Hands of our Elders.” The events will be at 11 a.m.-1 p.m. at Osondu Booksellers, 184 N. Main St., Waynesville; and 3 to 5 p.m. at the Asheville Art Museum, 2 S. Pack Square, Asheville.

influence of the Cherokees on Western North Carolina.” Earlier this month, Fariello presented books to Eastern Band of Cherokee Indians Chief Michell Hicks and the Tribal Council. Later this month, Fariello will give 200 copies of the book to Cherokee School Superintendent Joyce Dugan for teachers to use in the Eastern Band’s new K-12 school.

The project was a great service to the Qualla Arts and Crafts Mutual, whose permanent collection has more than 100 baskets and continues to grow. “Before the archive organization, the only recorded information in our permanent collection was a handwritten line about each item,” said Vicki Cruz, manager of the Qualla Arts and Crafts Mutual. Now the co-op’s archives are digitized and include contemporary photos, as well as information about dimensions, materials and patterns, and the artists themselves. Fariello also worked with co-op employees on the care and display of the baskets, and about record-keeping when a new piece enters the collections.

Cruz said she eventually plans to use her new knowledge to document the work of contemporary basket-makers. “The daughters of basket-makers Agnes Welch and Eva Wolfe, they’re basket-makers too, and now their daughters are starting to weave,” she said.

The basketry book is the first in the “From the Hands of our Elders” series, a three-year project to document Cherokee arts. The next book, funded with \$87,770 from the Cherokee Preservation Foundation, will focus on Cherokee potters and pottery during the first part of the 20th century. A book on Cherokee woodcarving and mask making is scheduled to follow.

For more information about the “From the Hands of our Elders” series or the Craft Revival Web site, contact Fariello at (828) 227-2499 or fariello@wcu.edu.



Qualla Arts and Crafts Mutual/Courtesy Photo
A singleweave rivercane storage basket made by Lottie Stamper (1907-1987).

Cherokee & Area Events

Big Cove Community Dinner

Thanksgiving Dinner will be held on Thursday, Nov. 19 at 6 p.m. at Big Cove Rec. Center. Everyone please bring a covered dish. Everyone welcome!

Fry Bread/Chili Lunch

Swain/Qualla SAFE will be hosting a benefit Fry Bread/Chili lunch on Thursday, Nov. 19 at the Bryson City Methodist Church Fellowship Hall from 11 a.m.to 2 p.m. All proceeds will go to help one of co-workers, Sharon (Sha) Driver with medical expenses. She had to have emergency surgery and will be out of work for several weeks. Delivery and pickup are available. Cost will be \$6 and includes Fry Bread (prepared by Arthur Wade) chili, drink, and dessert. For more info, please call Lisa Barker or one of the SAFE staff at 488-9038 or 342-5098. We are trying to pre-sell as many dinners as possible so please call or fax your order by Wednesday, Nov. 18 at 4 p.m. for delivery orders. The fax number is 488-1620.

Benefit

For infant son of Jeremiah Locust Jr. and Nikki Jo Bradley. Indian Tacos w/ dessert and drink, Friday, Nov. 20 at 11am at the Big Cove Recreation Center Jeremiah Locust III is the newborn son of Jeremiah Locust Jr. and Nikki Jo Bradley. He was born 15 weeks prematurely, weighing only 1 lb. 15 oz. He is currently in the Neonatal Intensive Care Unit at Memorial Mission. The parents need assistance with travel to and from the hospital each day since there was no room in the available housing units. To make donations or place orders, please call Sadie at 828-269-8568.

Benefit Dinner/Yard Sale

Bill Killian at the Birdtown Community Club Building from 8 – 2 on Saturday, Nov. 21. Will be serving Fry Bread and Chili cost is \$6, drinks and coffee 50¢; side dishes \$1 a piece will be hominy and beans, and hominy, bean and black walnut. We will need volunteers to make fry bread. The ladies will be having a Yard Sale they will be selling coffee and doughnuts.

Birdtown Community Club Scrapbooking

Scrapbooking event on Saturday, Nov. 21 from 2:00pm-midnight; bring a snack.

Benefit for Bill Reed

Will be held at the Cherokee Pentecostal Holiness Church on Saturday, Nov. 21. Potluck starts at 5 p.m. – 6:45 p.m. Singing at 7 p.m.

Benefit

Rock Hill Baptist Church will be having a benefit for the Rock Table Outreach on Saturday, Nov. 21. Dinners will start at 12:00 and includes Frybread & Chilli, Dessert and Drink For take out orders please call Red Woodard at 736-6334 or Larry Ward at 788-3397 There will be singing and all Singers are welcomed.

Silent Auction Fundraiser

A Silent Auction fundraiser is being held in the Ginger Lynn Welch Lobby through Friday, Dec. 4. Lots of items to bid on. Christmas is almost here. The proceeds will go to the Bill and Frances Reed family. Bill has been diagnosed with Brain Cancer. He will be receiving Chemo and radiation treatments. The Family appreciates all bids and support.

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.

Yellowhill Judo Club Fundraiser

A yard sale, bake sale and 50/50 raffle will be held by the Yellowhill Judo Club at the Birdtown Recreation Center on Saturday, Dec. 5 from 8am – 1pm. To reserve a table for \$5.00 each call Mary Wolfe-Lambert (828)788-0312. For 50/50 tickets, see one of the following: Mary Lambert at CIPC, Mary Wolfe-Lambert at EBCI Water Dept., Sarah McClellan Welch at Cooperative Extension or any Judo Club member.

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

Big Cove Community Meeting

Will be held on Tuesday, Dec. 8 at 7 p.m. at Big Cove Rec Center.

New Beginnings Independent Baptist Church

New location: 1629 Painttown Rd, next to Whitetree’s Grocery. Sunday School 10am, Sunday Service 11am, Sunday Evening 6pm, Tuesday Bible Study 6pm, Wed. Service 6pm.

Events Elsewhere

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 Administra-

tive 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

You are invited to apply for the Family Support Christmas Store

Applications for the Family Support Services Christmas Store are available now until Monday, Nov. 30 at 4:30 pm.

Applications may be picked up and returned to the Family Support Office at 508 Goose Creek Road.

Applications in the Snowbird Community may be picked up and returned to Kathy Holloway at the Family Support Office in the Snowbird Complex.

The Christmas Store provides services for children from birth to 13 years of age.

B

SPORTS

TUESDAY, NOVEMBER 17, 2009



GARY LEDFORD/Courtesy Photos

DRIVING: Darius Thompson (right) drives the ball upfield for the Tsa la gi Flames soccer team in their match against Asheville 2 on Saturday, Nov. 7.

One Day, Two Matches, Two Wins, 16 goals

Flames burn out of control

By Gary Ledford

In a soccer double-header on Saturday, Nov. 7, a dry field and two matches were all that was needed to set the Enka fields ablaze. The Tsa La Gi Flames soccer team, from Cherokee, in near flawless fashion, roasted Asheville 2 and ABYSA North.

In the first game against Asheville 2, the Flames attackers went wild and scorched Asheville’s net for seven goals, while allowing none. A combination of crisp passing and relentless rushing to the front of the Asheville

goal resulted in numerous scoring opportunities, on which the Flames capitalized.

Backing up the offense, Flames defenders and goalies clamped down on the opponent’s offensive front line and eliminated any threat on goal. Scoring for the Flames were Jeremy Parker and Chayton Thompson with a deuce each. Russell Bigmeat, Storm Ledford, and Chris Queen each scored a goal in support. Kenzie Garcia and Darius Thompson provided the strong shut-out goalie effort.

The second game, on paper, appeared to be a much stronger challenge, as ABYSA North fielded a bigger, faster, and a more rested team. The Flames thrive on competition, though, and as they’ve done all season, they responded with overpowering effort and supe-



GOAL: Jeremy Parker shoots one of his four goals on the day.

rior skill.

The first minute of the game would set the tone for the rest of the match, as Darius Thompson drove on left wing and fired a blistering shot into the back of North’s net. North could not recover and withered under the ferocious nine goal Flame assault. Posting goals

for the Flames were Darius Thompson, Jeremy Parker, and Russell Bigmeat with two each. Rounding it out were Chris Queen, Tommy Lossiah, and Chayton Thompson with one apiece. Goalies for the game were Kenzie Garcia and Dylan Thompson. The final was 9-3.

SPORTS NEWS

Asheville Recreation League Holiday Basketball Tournament

Dec. 26-29
\$90.00 Entry Fee
Guaranteed 4 Games
Scheduled
Grade Based Teams
Boys and Girls Divisions of Play
K - 2nd
3rd – 4th
5th – 6th
7th – 9th**
Entry Deadline 12/19/08
Go to: www.ladyroyals.org
Click on ‘News’ Tab
Download: Team Application
Call 230-3914 or 251-5107 for more information.
** 9th Grade players cannot be playing school ball, JV nor varsity

Seeking Coaches

Birdtown Youth Basketball is seeking Coaches for Termite Boys and Girls, Mite Boys and Midget Boys; if you are interested please contact Mark Reed at 497-8998 after 5:00pm.

Got Sports News?
497-1752
or fax to
497-1753

Rebels end Braves Season



SCOTT MCKIE B.P./One Feather

TOO QUICK: Braves RB William Carmichael (#3), scoots past a North Duplin defender during Friday’s game. Carmichael passed for 117 yard and ran for 107 yards on the night, but the Rebels took the game 14-7 ending the Braves season at 6-6.

4th Quarter TD lifts North Duplin over Cherokee

By Scott McKie B.P.
One Feather staff

William Carmichael and Storm Sequoyah combined for more total yards than the entire North Duplin team on Friday night, but the Rebels were able to squeak out a 14-7 win over the Braves on a 4th quarter touchdown in the first round of the 1A State playoffs at home on Friday, Nov. 13.

On the night, Carmichael completed 3 of 8 passes for 117 yards, 1 TD and 1 INT and rushed 22 times for 107 while Sequoyah caught 4 passes for 131 yards and 1 TD.

North Duplin got the ball first in this contest starting out in great field position at the Cherokee 46 yard line. Six plays later, they had driven down to the Cherokee 10 yard line, but on first and goal from just inside the 10, the Rebels fumbled the ball which was recovered by an alert Cherokee defenseman Christian Crowe.

Cherokee drove down the field on a 13-play drive, but stalled at the Rebels 36 yard line and turned it over on downs.

North Duplin punted on their next possession, and following a fumble on the punt return, they recovered the ball at the Cherokee 33 yard line.

see BRAVES page B2

Three from CHS 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.



EDDIE SWIMMER/Courtesy Photo

STATE: Jordan Thompson (2nd from right), a freshman member of the CHS girls cross country team, takes 22nd place at the NC State Meet on Saturday, Nov. 7 with a time of 22:04.05.

BRAVES,

from B1

Two plays later and following a five-yard penalty, they were in the end zone as Shayne Deaver caught a 38-yard touchdown pass from Alan Schilling. Nicholas Torres added the extra point and the Rebels led 7-0 with 1:24 left in the first quarter.

That was the end of scoring for the first half as neither team was able to get a sustained drive going.

Cherokee got the ball first in the second half. Following a pooch kick, Cherokee set up shop at their own 40 yard line. Five plays later, Cherokee would equalize the game as Carmichael his Sequoyah on a 56-yard touchdown strike. Sequoyah added the extra point and the game was tied at 9:49 in the third quarter.

Following several punts by both teams, the Braves found themselves 1st and 10 from their own 34 yard line as the quarter was winding down. Carmichael took the ball to the 45 yard line on first down, and following an incidental facemask call, Cherokee had a 1st and 5 from midfield. On the next play, Carmichael would seemingly break the game wide open as he jaunted 50 yards for a Braves score. But, it was not to be as a block in the back penalty would bring it all the way back and take the points off the board. Cherokee's drive stalled and they were forced to punt to start the fourth quarter.

Carmichael was back to punt for the Braves and was knocked down while kicking, injuring his leg. A penalty was not called for roughing the kicker, and the Braves would be without their top offensive producer for most of the final quarter.

The Rebels started at the Cherokee 47 yard line, and on first down, Devin Oliver took the ball to the house on a 47 yard run. But, again, it was not to be as a holding penalty brought that touchdown back. However, five plays later, Oliver did get into the end zone on a 34 yard run with 8:52 left in the game. Torres added the extra point and North Duplin led 14-7.

Cherokee turned the ball over on an interception on their next possession and North Duplin set up shop at the Cherokee 44 yard line. On second down, Oliver ran 34 yards for what would appear to be the clinching touchdown, but another holding penalty brought that one back as well.

Two plays later, the Rebels fumbled the ball which was recovered by the Braves J.T. Wildcatt and Cherokee started from their own 28 yard line.

They were unable to move the ball and turned it over on downs and North Duplin ran out the clock from that point.



SCOTT MCKIE B.P./One Feather photos

LIFT: Sophomore LB Forrest Stamper (#56) and an unidentified Brave lift the Rebels RB Devin Oliver off the ground during a tackle in the first half.



GOTCHA: Cherokee's J.T. Wildcatt (#23) tackles Oliver (#24) with some help from Storm Sequoyah (#2) during Friday's game.

CHEROKEE BRAVES 2009 RESULTS



AUG. 21
Cherokee 19
Smoky Mtn. 12
Record: 1-0



AUG. 28
Cherokee 30
Andrews 0
Record: 2-0



SEPT. 4
Cherokee 56
North Cobb 28
Record: 3-0



SEPT. 11
Choctaw 37
Cherokee 8
Record: 3-1



SEPT. 18
Cherokee 47
Highland Tech 13
Record: 4-1



SEPT. 25
Hayesville 33
Cherokee 26
Record: 4-2



OCT. 2
Murphy 55
Cherokee 0
Record: 4-3



OCT. 16
Swain 49
Cherokee 6
Record: 4-4



OCT. 23
Cherokee 49
Rosman 25
Record: 5-4



OCT. 30
Cherokee 21
Andrews 14
Record: 6-4



NOV. 6
Robbinsville 56
Cherokee 12
Record: 6-5

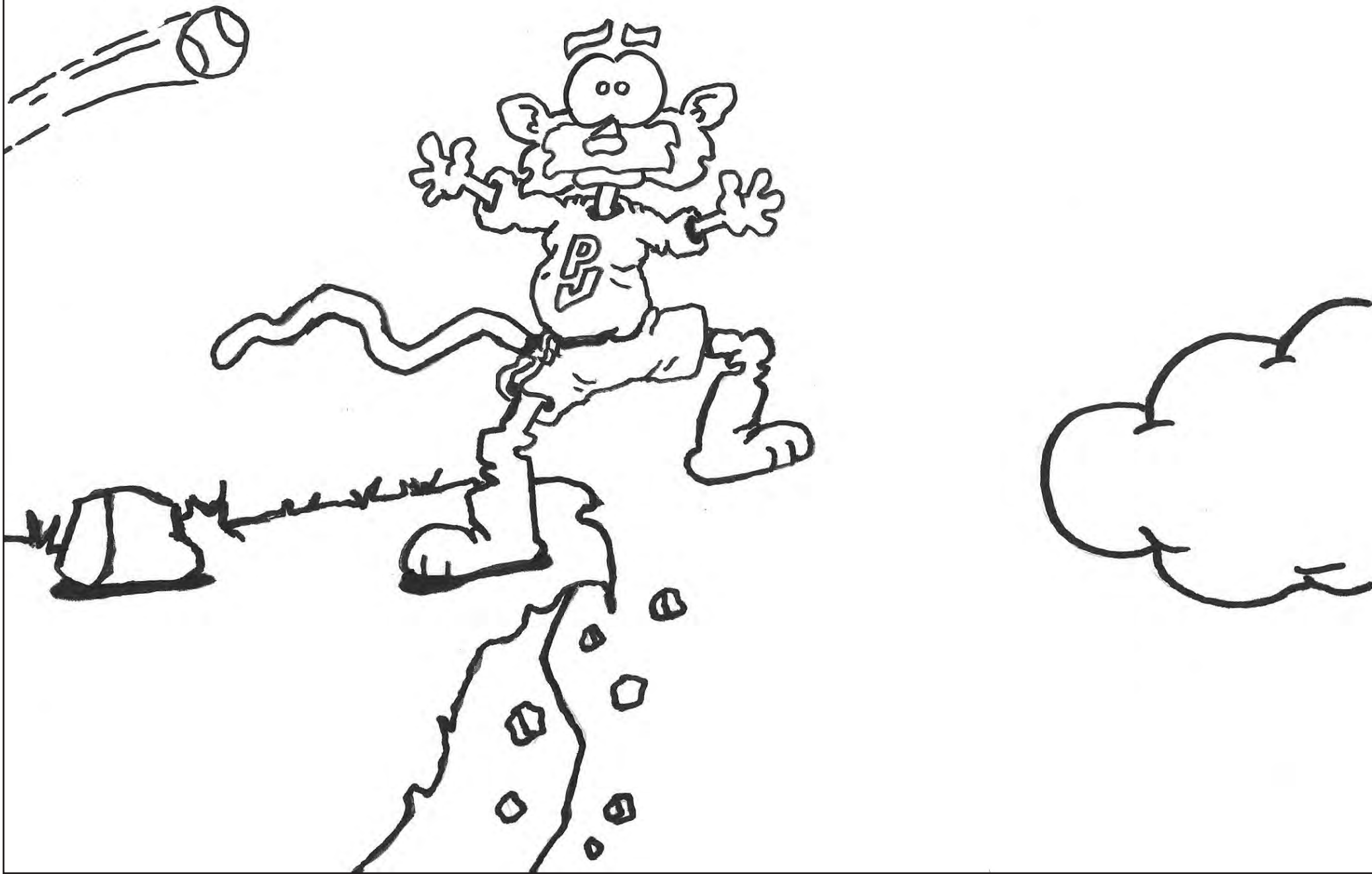


NOV. 13
North Duplin 14
Cherokee 7
Record: 6-6

www.nc-cherokee.com/onefeather

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Salt has become a Way of Life

Submitted by Belinda Wilson, RN
EBCI Community Health Nursing

According to the American Heart Association, a normal diet should contain no more than 2300 milligrams of salt (sodium). Typical Americans consume 3400 mgs. each day. People on salt restricted diets need 1500 mgs. a day. Many people with elevated blood pressure benefit from salt restriction. Try these helpful tips to control your salt intake.

1. When cooking, reduce the amount of sodium in the recipe by ½. Once you get used to the taste of the reduced salt flavor, reduce it by ½ again.
2. Buy low sodium canned vegetables and

soups. Only purchase soups with sodium less than 500 milligrams per serving. Do not let the label trick you, many cans are two servings. Rinse your canned vegetables before serving.

3. Don't assume that only salty tasting foods contain salt (sodium).
4. Remember monosodium glutamate and sodium citrate are salt, among others.
5. Certain toothpastes, aspirin, laxatives, sleeping aids, Ibuprofen and other medications contain sodium, as do some antacids.
6. Condiments such as ketchup, mustard, meat tenderizer, steak sauce, and soy sauce are loaded with sodium. Eliminate processed, cured or pickled foods, such as

hotdogs and bologna.

7. THINK FRESH! Low sodium foods include most fruits and vegetables, fresh meats and poultry, some cereals and grains.
8. Limit the sauces you put on your foods. Always order sauces on the side so you don't consume as much.
9. Watch the deli meats. In some instances, just 4oz of meat can contain 800mg of sodium.
10. Soups are extremely high in sodium., Fast food is also very high in sodium. One double cheeseburger can contain nearly an entire day's worth of sodium.

News from Cherokee Indian Hospital

Submitted by Cherokee Indian Hospital

Dental Staff recognized

Dr. Leroy Crapanzano, D.D.S. received the Indian Health Service 2009 Nashville Area Outstanding Dentist Award. The award recognizes an outstanding dentist for improving services to patients and continued high level of productivity.

Dr. Crapanzano came to Cherokee Indian Hospital in 2003 with 35 years of experience. Known throughout the hospital as someone that deeply cares for his patients, Dr. C's service and "number of patients served" rank as one of the highest in the Nashville Area and he consistently exceeds chart review standards.

"One of the most remarkable things about Dr. Crapanzano is that, in addition to high levels of productivity, he is also known for his compassion and caring," said Michael Toedt, Clinical Director of Cherokee Indian Hospital.

The Nashville Area recognized Dr. Leroy Crapanzano, Dr. Ronald Cox, Dr. Joyce Biberica and Dr. Michael J. Strohecker, for Outstanding Achievement in in-

creasing productivity, improving efficiency, and increasing Quality Improvement activities.

CIHA now providing the latest in Bone Health Assessment

Cherokee Indian Hospital has expanded its health and wellness services available to men and women with the addition of the Discovery™ QDR bone densitometry system from Hologic®.

Osteoporosis is a growing healthcare crisis affecting millions of women and men worldwide. The healthcare costs associated with osteoporosis are staggering, and the effect on your patient's quality of life can be devastating. Only about 10% of women over the age of 65 have normal bone mass. Seventy-seven percent of American women with osteoporosis are undiagnosed (and therefore untreated). Fortunately, osteoporosis is detectable and treatable and testing is safe and non-invasive.

The imaging technology of the Discovery provides



CIHA/Courtesy Photo

SPOOKY: Ghosts and ghouls walked the halls of Cherokee Indian Hospital on Halloween as CIH celebrated Halloween at the Hospital. The staff welcomed over 100 children and guests to the building as part of their "community hospital" promotion. The Beverly Hillbilies won the staff contest while the Case Management staff dazzled children and staff alike.

superb image quality incorporating computer-aided fracture assessment, to quantify and display the degree of vertebral compression, the best diagnostic tool to support early detection and treatment of osteoporosis. Discovery is the single platform to support a broad spectrum of patients over a lifetime of care. Discovery enables new dimensions in care, including greater insights into biomechanical strength, visualization of calcification in the abdominal aorta that can indicate heart disease, lumbar

spine and proximal femur studies, BMD measurements of the entire skeleton, and many other clinical applications.

CIHA officials related, "Cherokee Indian Hospital provides a comprehensive scope of services addressing the physical, emotional, and educational needs of our clients. Each and every patient receives personalized care designed to meet his or her individual needs. Our staff is committed to providing exceptional care to the people in our community."

Recipes by Keahana...

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



10 Toast Toppers

Step 1: Slice 1 to 2 loaves of French bread into ¼-inch-thick rounds.
Step 2: Brush each slice with olive oil or melted butter.
Step 3: Place the rounds on baking sheets and bake at 350 degrees until crisp throughout and lightly golden around the edges, about 15 minutes.

Top This...

1. Spread with hummus; top with olive tapenade.
2. Mash avocado with salt and lime juice; spread on toasts; top with shrimp.
3. Spread with ricotta cheese; top with chopped roasted red peppers; sprinkle with salt and pepper.
4. Toss canned tuna with lemon juice and zest, olive oil, chopped parsley and salt; spread on toasts.
5. Top with pesto, crumbled bacon and chopped tomatoes.
6. Chop rotisserie chicken meat and toss with barbecue sauce; spoon onto toasts; top with chopped pickles.
7. Sauté finely chopped mushrooms in butter and season with salt and thyme; spread on toasts; top with shaved parmesan cheese.
8. Spread with cranberry sauce; top with thinly sliced turkey; sprinkle with sea salt and pepper.
9. Spread with creamy peanut butter; top with thinly sliced bananas; drizzle with honey.
10. Whip peanut butter and marshmallow fluff; spread on toasts; top with shaved chocolate.

Stuffed Mushrooms

Ingredients

- * 1/2 cup Italian-style dried bread crumbs
- * 1/2 cup grated Pecorino Romano
- * 2 garlic cloves, peeled and minced
- * 2 tablespoons chopped fresh Italian parsley leaves
- * 1 tablespoon chopped fresh mint leaves
- * Salt and freshly ground black pepper
- * 1/3 cup extra-virgin olive oil
- * 28 large (2 1/2-inch-diameter) white mushrooms, stemmed

Directions

Preheat the oven to 400 degrees F.
Stir the bread crumbs, Pecorino Romano, garlic, parsley, mint, salt and pepper, to taste, and 2 tablespoons olive oil in a medium bowl to blend.
Drizzle a heavy large baking sheet with about 1 tablespoon olive oil, to coat. Spoon the filling into the mushroom cavities and arrange on the baking sheet, cavity side up. Drizzle remaining oil over the filling in each mushroom. Bake until the mushrooms are tender and the filling is heated through and golden on top, about 25 minutes.
Serve.

Lemon-Garlic Chick Pea Dip with Veggies and Chips

Ingredients

- * 1 (15-ounce) can chick peas, drained
- * 1 clove garlic, cracked from skin
- * 1 lemon, zested and juiced
- * 4 to 5 sprigs fresh thyme leaves, stripped from stems
- * Coarse salt and pepper
- * A few drops hot sauce, to taste
- * 1/4 cup extra-virgin olive oil eyeball it
- * 4 ribs celery from the heart cut into dipping sticks, 4 inches long
- * 1/2 seedless cucumber, cut into sticks
- * 1 red bell pepper, trimmed and cut into sticks
- * 1/2 pint grape tomatoes
- * 1 sack reduced fat gourmet chips

Directions

Combine the chick peas, garlic, lemon zest and juice, thyme, salt and pepper and hot sauce in food processor. Turn processor on and stream in the extra-virgin olive oil. Transfer the dip to a dish and surround with veggies and chips. That'll keep the munching going on until dinner!

November is National Family Caregivers Month

Submitted by Terri Welch, Outreach Worker II

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. Think of a family caregiver you know and celebrate this special month by reaching out and offering them a helping hand.

Ten Tips for Family Caregivers

1. Choose to take charge of your life, and don't let your loved one's illness or disability always take center stage.
2. Remember to be good to your-

self. Love, honor and value yourself. You're doing a very hard job and you deserve some quality time, just for you.

3. Watch out for signs of depression, and don't delay in getting professional help when you need it.
4. When people offer to help, accept the offer and suggest specific things that they can do.
5. Educate yourself about your loved one's condition. Information is empowering.
6. There's a difference between caring and doing. Be open to technologies and ideas that promote your loved one's independence.

7. Trust your instincts. Most of the time they'll lead you in the right direction.
8. Grieve for your losses, and then allow yourself to dream new dreams.
9. Stand up for your rights as a caregiver and a citizen.
10. Seek support from other caregivers. There is great strength in knowing you are not alone.

For more information feel free to contact the Tsaligi Caregivers Program: Tavish Panozzo, Case Care Manager, at (828) 554-6872 or Terri Welch, Outreach Worker II, at (828) 554-6860. 11/24

Great American Smokeout week at Cherokee Elem.

Submitted by Healthy Cherokee

Tobacco contains thousands of chemicals as well as cancer causing chemicals that effect the body. Every year the percentage rate of people that have health issues due to smoking are rising. The American Cancer Society developed a national known event called the Great American Smokeout which is the third full week in November.

This year, the Great American Smokeout will be on Monday, Nov. 16 – Friday, Nov. 20. This event helps tobacco users quit smoking and dipping, which ever tobacco habit a person may have. Quitting the use of tobacco is not easy, but to quit the health issue habit is a reward.

This year, Healthy Cherokee and the Cherokee El

ementary are teaming up together to show the community how proud they are of being tobacco free. "We encourage each child and adult to participate in this event and to show their support in being 'Tobacco Free'," said Healthy Cherokee staff.

The Great American Smokeout Week schedule is as follows:
Monday, Nov. 16 – "Black Out Tobacco" – wear black
Tuesday, Nov. 17 – "Hide from Tobacco" – wear camouflage
Wednesday, Nov. 18 – "Team Up Against Tobacco" – wear favorite sports team jersey or t-shirt
Thursday, Nov. 19 – "Put a Cap on Tobacco" – wear a cap
Friday, Nov. 20 – "Be a Brave, Be Tobacco-Free" – wear Maroon and Gold

The Power to Prevent Diabetes

(A message from the National Diabetes Education Program)
Adapted by Linda Johnson, RD
Cherokee Indian Hospital

Native Americans have the power to prevent type 2 diabetes. Science has proven that one can prevent diabetes if he/she loses as little as 10 pounds by walking 30 minutes 5 days a week and making healthy food choices.

Here are 7 powerful steps to get started today:

1. Move More. Get up, get out, and get moving. Try walking, dancing, bike riding, swimming, or playing ball with your friends or family. It doesn't matter what you do as long as you enjoy it.
2. Eat Healthy. Focus on eating less and making healthy food choices. Try to eat more fruits and vegetables (5 to 9 servings a day), dried beans and whole grains. Cut down on fatty and fried foods. You still can eat the foods you enjoy, just eat less.
3. Take Off Some Weight. Once you start eating less and moving more, you will lose weight. By losing even 10 pounds, you can cut your chances of getting diabetes.
4. Set Goals You Can Meet. Start by making small changes. Try being active for 10 minutes a day this week. Then each week add 5 minutes until you build up to 30 minutes 5 days a week. Try to cut 100 calories out of your diet each day (that is one can of soda). Slowly reduce your calories over time. Talk to your healthy care team about your goals.
5. Record Your Progress. Write down all the things you eat and drink and the number of minutes you are active. Keeping a diary is one of the best ways to lose weight and keep it off.
6. Get Help. You don't have to prevent diabetes alone. Ask your family and friends to help you out. There are groups in your area that can help.
7. Keep At It. Making even small changes is hard in the beginning. Try adding one new change a week. If you get off track, start again and keep at it.

For more information contact your health care provider or the Nutrition Department at Cherokee Indian Hospital – 497-9163 ext. 6459.

Diabetes BINGO

November is National Diabetes Awareness Month! To celebrate the Cherokee Diabetes Program presents; Diabetes Bingo. Join us for a morning of games, prizes and fun, all while boosting your knowledge of successful diabetes self-care! Prizes include: \$25 gift cards for food lion (just in time for Thanksgiving dinner), exercise kits, water bottles, coffee mugs, kitchen utensils and door prizes.

Healthy snacks and drinks will be provided.

Also, free health screenings for blood pressure, blood sugar, weight, BMI and body fat.

Diabetes Bingo Schedule

Nov 23 Cherokee Co Comm Center 9am - 1pm
Nov 24 Snowbird Rec Center 9am - 1pm
Nov 25 Cherokee Ceremonial Grounds 9am - 1pm

Patty Iron Cloud National Native American Youth Initiative to be held

Submitted by Association of American Indian Physicians

The Association of American Indian Physicians (AAIP) is now accepting applications for the 13th annual Patty Iron Cloud National Native American Youth Initiative (NNAYI), which will be held in our nation’s capitol, June 19 – 27, 2010. Native American high school students, ages 16 – 18, who have an interest in the health profession or biomedical research are encouraged to apply.

The NNAYI Program is designed to educate high school students about the various careers in the health profession and biomedical research. “Exploring the health field through NNAYI is a tremendous opportunity for Native high school students interested in pursuing a health career,” says Margaret Knight, AAIP’s Executive Director. “NNAYI’s curriculum is strategically designed to prepare students for admission to college and professional schools, as well as for careers in health and biomedical research.”

During interactive workshops, students increase their skills in leadership; communication, studying and testing, networking, professional behavior, interactive learning, and time management. AAIP member physicians and health professionals serve as role models for the students and offer insights into their respective health fields, including: medicine; pharmacy; dentistry; public and allied health; biomedical research; health policy development; and more. Students also learn about opportunities for mentoring and shadowing with AAIP member physicians.

To accompany the students during the program, NNAYI is currently accepting application for counselors to serve as chaperones and role models. Native American college students in health programs are encouraged to apply. Counselors receive all expenses paid, as well as a stipend at the end of the program.

Application deadline for high school students is April 16, 2010 and for counselor application is March 5, 2010. For more information, contact Lucinda Myers, MSW, at the Association of American Indian Physicians at (405) 946-7072, or e-mail lmyers@aaip.org. Applications may be downloaded from the AAIP web site at <http://www.aaip.org/?page=AAIPStudents>.

Sacred Path Honorees at Cherokee Elem.

Submitted by Ed Peavler

The following Cherokee Elementary School students were honored at a Sacred Path assemblies on Thursday, Oct. 15. In grades K-2 two students were chosen from each class who exemplified the Sacred Path walk for the first nine weeks.

Kindergarten
Lucian Davis, Luther Standingdeer, Donald Bradley, Jolie Locust, Connor Pheasant, Carys Graves, Jamice Mora, Brandon Martin, Joshua Smith, Vivian Ross

First Grade
Destiny Mills, Deante Toineeta, Anthony Allison, Maya Cruz, Richard Welch, Mat-tie Maney, Nacoma Driver, Zoey Walkingstick, Marcus Armachain, Billy Smith

Second Grade
Laila Locust, Rider Sneed, Brian Bigmeat, Jeffrey Bradley, Shiah Pheasant, Ashton Younce, Jade Ledford, Brandon Wolfe, Khylan

Pheasant, Mykel Lossiah
Listed below are the officer for the 3-5th Grade Sacred Path groups.

Third Grade
Jake Sneed, Tay Lambert, Emma Stamper, Jaron Lossiah, Emily Bernhisel, Devy George, Trey Wolfe, Levi Calhoun, Dani Swaney, Stacy Armachain, Jaia Watty, Seth Ledford, Josiah Lossiah, Jaime Garcia, Tiffany Walkingstick

Fourth Grade
Josilynn Driver, Jonah Bernhisel, Riley Crowe, Ayla Cruz, Lizandra Colindres, Wren Gunter, Mystical Armachain, Robin Reed, Adelia Crowe, William Davis, Shanenon Wolfe

Fifth Grade
Anthony Toineeta, Jr. Robles, Madison McCoy, Andrew Griffin, Whitney West, Jeffrey Girty, Jayce Watty, Jacob Smith, Xavier Locust, Aracelli Garcilita, K-Lynn Jackson, Menoch Grant, Lou Montelongo, Gulana Johnson

Cherokee Elementary School November Happenings

Submitted by Cherokee Elem. School

Nov 16-20 - Jr 1st & 1st grade Healthy Cherokee Great American Smoke Out with Paige
Nov 17 - 2nd grade, Donner - Family invitation for Thanksgiving Social Studies 1:40 - 2:10pm Students readings on “I am Thankful”
Nov 18 - Devotional time 7:15 am & 3:15pm at Sacred Path Room, **Nurse** Fluoride Clinic, **Hope Center** (location) Cherokee Interagency Coordinating Council 12pm, **CES Chorus rehearsal** 3-4pm (rehearsal room downstairs)
Nov 18 - 20 4th grade Manuel Hernandez discusses short and long term effects of tobacco.
Nov 19 - Stars swimming at complex 9:45 - 11:30am, **Rehearsal** for Jackson County Children’s Choir at Cullowhee Valley Elem school 3-4pm (future rehearsals 12/2, 12/3, 12/6 from 3-4pm)

Nov 20 - 2nd grade Herbert 2nd Annual Thanksgiving Program and lunch in the 2nd floor Cultural Center 1pm, **Keepers of the Fire** staff sacred path meeting in sacred path room after buses.
Nov 22 - Huskey making butter & corn muffins for Thanksgiving (study of Native Americans and Pilgrims)
Nov 23 - CES Chorus rehearsal 3-4pm rehearsal room downstairs, **PTO** tentative meeting
Nov 25 - Early Release Elem school at 11:30am, **Devotional Time** 7:15am Sacred Path room, **No Chorus Rehearsal.**
Nov 26 - Holiday Thanksgiving Day
Nov 27 - Holiday Tsali Day
Nov 30 - CES Chorus Rehearsal 3-4pm rehearsal room downstairs

ESS Parent Support Group meeting to be held

The ESS Parent Support Group, Di Ni Sde Da Li Yv Sgvi (Those who change things) will hold a meeting on Tuesday, Nov. 17 at 5:30pm in the Cherokee Elementary School Hope Center Area. The group would like to invite everyone to their monthly parent support meeting for parents

of children with special needs and their teachers. There will be a dinner and informational meeting. Please bring one salad dish to share. Chicken, drinks, plates, utensils and dessert provided. Child care (ages 3-10) will be available if children are registered by 11/16, appropriate age activi-

ties with supervision will be provided for older children. The meeting’s topic will be: Continuing SPED Law - What do I need to know? Park in Elementary school parking lot, staff will be available to guide you to the Hope Center. Future meetings: Jan. 26, Feb.23, Mar. 23 and April 20.

Western Carolina University-Cherokee Center Update

Submitted by Roseanna Belt Western Carolina Univ.

The Multicultural Affairs Office, the WCU-Cherokee Center, and the Native student organization at Western, Digali’i, is sponsoring a NATIVE AMERICAN EXPO in Cullowhee this week, November 16-19 in the Grand Room in the University Center. Please consider attending some of the events listed here:

Monday, 1:00 pm Native Women in Society-WCU students
5:00 pm Chiefing:

Past and Present-WCU students
Tuesday, 11:00 am History of Lumbee Tribe-Ms. Rosa Winfree, Educator
5:00 pm Native American Images in Advertising-WCU students
Wednesday, 1:00 pm Indian in the Cupboard: Native Americans in Children’s Books -WCU students
3:00 pm Native Americans and Diabetes-UNC-Asheville students
4:00 pm Native American Mascots in Sports-WCU students

Thursday, 4:00 pm Promoting Travel to the Qualla Boundary-Homeland of the Cherokees-WCU students
6:30 pm Barriers to Nursing Education for Native American High School Students-Ed.D. RN ABSN Coordinator, Sheila Chapman
7:30 pm Reception to pay tribute to leaders and supporters of Native American students at Western Carolina University. Special Performance by Hawk Brown
Call the WCU-Cherokee Center for more information at 497-7920.



Qualla Library News

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
Genealogy Night

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.

Library Hours
Monday, Tuesday and Thrusday 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

Smokey Mountain Elementary Honor Rolls

The following students have made the “A” Honor Roll at Smokey Mountain Elementary for the first nine weeks of school.
3rd Grade: Jake Jacobs
4th Grade: Nolan Arkansas
5th Grade: Matthew Climbingbear
6th Grade: Brandi Lambert
7th Grade: Samuel Arneach, Kirkland Bradley, Samantha Brooks, John Cooper, Emily Miller
8th Grade: Keanu Crowe, Jonah Lossiah, Faith Sullivan

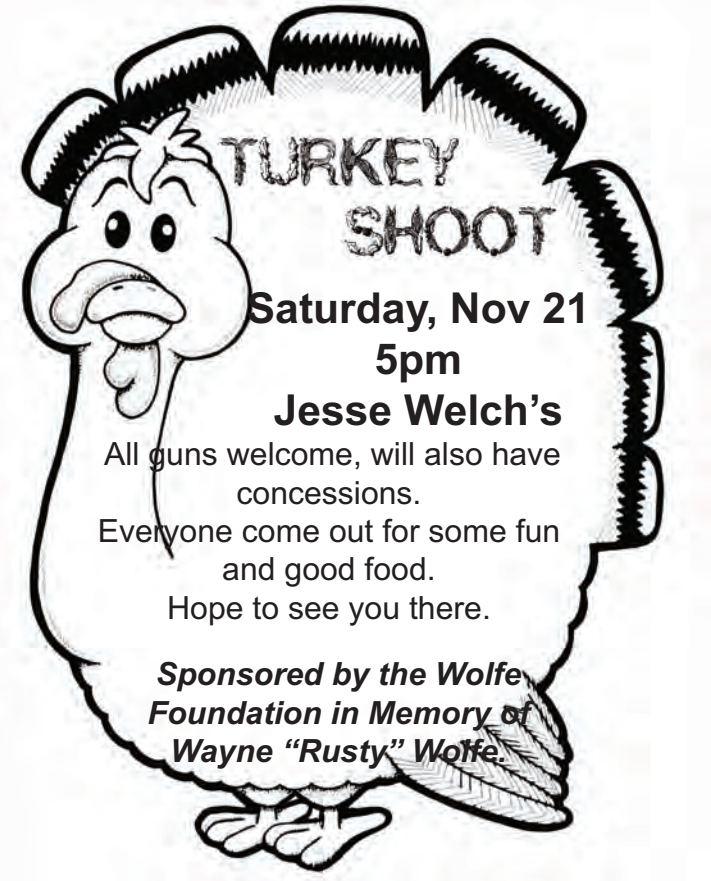
The following students have made the “A/B” Honor Roll at Smokey Mountain Elementary for the first nine weeks of school.
3rd Grade: Jessica Allen, Isaac Arellano, Conner Barnes, Evan Blankenship, Hailie Bradley, David Chiltoskie, Grayson Cotes, Autumn Crisp, Isaiah Evans, MaKayla George, Moira George, Danicka Huskey, Olivia Jackson, Camryn Kazhe, Malia Little, Lucy Miller, Craig Pyle, Ethan Reed, Angela Reyes, Owen Taylor, Wesley Wildcatt

4th Grade: Aimee Abbott, Daniel Baldwin, Glenn Bumgarner, Nathaniel Evans, Scarlett Guy, Nataya Huskey, Karen Reddish, Zachary Wood
5th Grade: Matilin Boyd, Nathan Brown, Raven Cole, Isabel Driver, Haleigh Price, Bryce Reagan, Austin Smith, Chance Tharpe, Matthew Toedt
6th Grade: Katie Jacobs, Ryan Long, Dayini Lossie, Estella Millsaps, Bradley Parker, Joely Queen, Halie Settlemyre, Rachel Sullivan, Jayce Wolfe
7th Grade: Jessica Buchanan, Kaniah James, Bailey Littlejohn, Levi Mathis, Davan Fourkiller, Dylan Gahagan, Zane Huskey, Tyra

Maney, Nichole Pelkey, Kayla Wright

8th Grade: Nick Barnes, Evan Howard, Jennie Junaluska, Jeremy Parker, Adam Powell, Shannon Rich, Abbygayle Swayney, Mykayla Thomasson, Zachary Moody
We are also proud of the following students for earning a “Mystery Trip” for demonstrating excellent behavior during the first nine weeks of school:

6th Grade: Erin Bales, Tohisgi Climbingbear, Jaylen Evans, Katie Jacobs, Emily Kayonnie, Brandi Lambert, Ryan Long, Dayini Lossie, Joseph, Luker, Estella Mellsaps, Bradley Parker, Haley Price, Halie Settlemyre, Rachel Sullivan, Greg Bradley, Jesse Crowe, Aaron Fortner, Angel Garrison, Autumn Gibson, Brittany Gunter, David Romero, Justice Taylor, Rachel Williams, Jayce Wolfe
7th Grade: Sam Arneach, Kirkland Bradley, Samantha Brooks, John Cooper, Davan Fourkiller, Zane Huskey, Tyra Maney, Emily Miller, Christopher Owenby, Phillip Owle, Nichole Pelkey, Haven Sawyer, Cody Thompson , Ethan Wickle, Kayla Wright, Chasity Bark, Logan Braswell, Jessica Buchanan, Maria Kirkland, Bailey Littlejohn, Levi Mathis, Becca Parris, Donaven Revis, Drew Rice, Sascha Young
8th Grade: Justin Ball, Nick Barnes, Reva Bradley, Dylan Brady, Jacob Brinley, Keanu Crowe, Evan Howard, McKinley Hoyle, Jennie Junaluska, Jonah Lossiah, Joey Mathis, Adam Powell, Shannon Rich, Devan Sherrill, Faith Sullivan, Mykayla Thomasson, Sierra Gunter, Justin Ledford, Jasmina Wittman



TURKEY SHOOT

Saturday, Nov 21 5pm
Jesse Welch’s
All guns welcome, will also have concessions.
Everyone come out for some fun and good food.
Hope to see you there.

Sponsored by the Wolfe Foundation in Memory of Wayne “Rusty” Wolfe.

6th Annual Native American Student Artist Competition

Bringing Honor Through Education
The 6th Annual Native American Student Artist Competition is now open, and the deadline to submit an entry is Jan. 29, 2010. Winners will be announced in March 2010.
Categories: Painting, Drawing, Printmaking, Mixed Media, Photography, Computer ART for Grades Pre-K through 12, plus Writing for grades 6 through 12.
Open to American Indian and Alaska Native Students
All interested are asked to pre-register online at www.indianeducation.org or call toll free 1-866-259-0060 BEFORE submitting entry. You can also visit the site for rules, guidelines and applications at <http://kids.indianeducation.org/> click on artist circle.
The competition is sponsored by the U.S. Department of Education, Office of Indian Education.

OICA Students learn from Shan Goshorn



LUZENE HILL/Courtesy Photo
WORKSHOP: Renowned Cherokee artist and activist, Shan Goshorn (right), conducted a workshop on the technique of hand tinting black and white photographs at the Oconaluftee Institute for Cultural Arts recently. Shown in the photo with Goshorn are Nikki Nations (standing) and Kristy Maney.

NOV DA DE GWA

U LI H LI S DI

Happy 23rd Anniversary

To my Wife

Sherry Crowe

Love Always

Eddie Crowe

CONGRATS



T

On helping win the Cracker Bowl 2009!

We're very proud of you.

We love you,

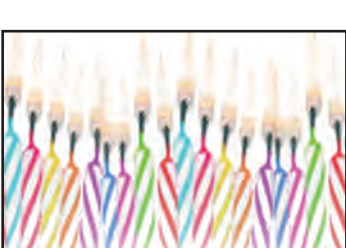
Grannie Catt, Paps & D.J.



HAPPY 5TH BIRTHDAY

BIG BROTHER

LOVE ALEX & ALEXIS



Happy Birthday

Aunt Bubba

Love, Heather, Aaron & Boys



Happy 21st Birthday

Mama

Love, Addy & Baby Za



HAPPY 4TH BIRTHDAY

MALLEY

Nov. 15 2005

We love you! Hope you have a wonderful day!

Grannie Catt, Paps "Lil" Bill & D.J.




HAPPY 5TH BIRTHDAY

JALEN

LOVE, G-MA TIL AND GMA CHRIS

In Memory of

Jesse James Lossiah Jr.



It's been a year since you've been gone

Each and every day for you I long.

I miss your hugs, kisses and smiles

Your being with me for such a long while.

We have many adventures, triumphs and trials

But our faith in God saw us through all the while.

I love you and miss you and this I'll say

That reunited in Heaven we'll meet again someday.


Your loving wife, Kasha



Happy 5th Birthday

JALEN

Love Grandma Gil



Happy 21st Birthday

Aunt Sissy

Love, Aaron, Heather & Boys

Happy 21st Birthday

Missy

Love RU & Family

HAPPY 5TH BIRTHDAY



JALEN

LOVE YOU VERY MUCH MOM



HAPPY BIRTHDAY

KI

LOVE DAD THOMAS DUSTY JERICO

In Loving Memory of

Oosti

March 3, 1973

November 15, 2008

One year has passed and gone and we still miss your beautiful smile and the special love that you had for us. We will miss you always.

Rachel Babe, & Family

HAPPY 5TH BIRTHDAY



JALEN

LOVE YOUR DUKE CRANNY TUE

One Feather Office will be closed Thursday, Nov. 26 and Friday, Nov. 27 for the Thanksgiving Holidays

Please get all submissions and/or ads into the office by Noon on Wednesday, Nov. 25

HAPPY BIRTHDAY



LOVE MOM GRANDMA

Lordy Lordy



our co-worker is 40

Happy Birthday

Louise M.

Maney

November 20

Got ads?

497-1751

Birth Announcements

SOLIS

Roxy Jean Solis born on November 5 to Joseph Solis and Christian Davis of Cherokee in Swain County, weighing 7 pounds, 8 ounces.

PARKER

Delilah Holly-Star Parker born on November 6 to Dwight Parker and Bianca Donaldson of Cherokee in Swain County, weighing 6 pounds, 9 ounces.

AGUILERA

Delilah Drew Aguilera born on November 10 to Andrew Aguilera and Cassandra Washington of Cherokee in Jackson County, weighing 7 pounds, 10 ounces.

DRIVER

Shawn Elliot Driver born on November 9 to Bobby Dean Driver and Indica Climbingbear of Cherokee in Jackson County, weighing 8 pounds, 7 ounces.



Happy 5th Birthday

JALEN

Love Grandma Pat

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**

Control Diabetes nutritionally, (828) 506-5165. **12/8pd.**

FOR RENT

For Rent: Trailer, 1 mile from Casino, 2 bedroom, singlewide, 506-0825. **12/22 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 9 miles from Harrah's Casino off Old Hwy. 19 on Huskey Rd., 3 miles from 1st Red light in Bryson City. \$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: Taters, call Frank West at 497-9665. **11/24 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 Harware, Whittier, Exit 72 off HWY 74 828-497-4488 **12/16pd**

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

For Sale: 2006 Honda crf 150. Has barely been rode. Bought new from Waynesville Cycle Center, have all original paper work. Has been kept under shed. With a deposit will hold until Dec. 2nd. 828-736-5248. **11/17 pd.**

For Sale: Michelin LTX M/S P26 75 R16, 828-497-7590, tire/wheel combo. **11/17 pd.**

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

For Sale: 18 Acres for sale on 3200 Acre Tract. All or part \$1,000 an acre. Plus, 13 acres for sale on 3200 Acre Tract. Ridge top, beautiful views. \$20,000 (obo). 788-0781 or 788-0642. **11/24 pd.**

WANTED

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

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.**

Huge 3-Family Moving/Yard Sale: Saturday, November 21st, 9am to 1pm at Cherokee Homes, next door to Food Lion. Electronics, clothes, shoes, office furniture, and appliances, kitchen cabinets, entertainment center, etc. **11/17 pd.**

FREE

Free Puppies to Good home, 5 pups call 788-1259

Control your diabetes for future generations.



The future of American Indians is threatened by diabetes. But we can fight it by controlling our blood sugar. We can work to keep our blood sugar close to normal by choosing healthy foods, staying physically active, taking our diabetes medication, and testing our blood sugar. We need to control our diabetes because our young ones look up to us. We must take charge of diabetes – for future generations.

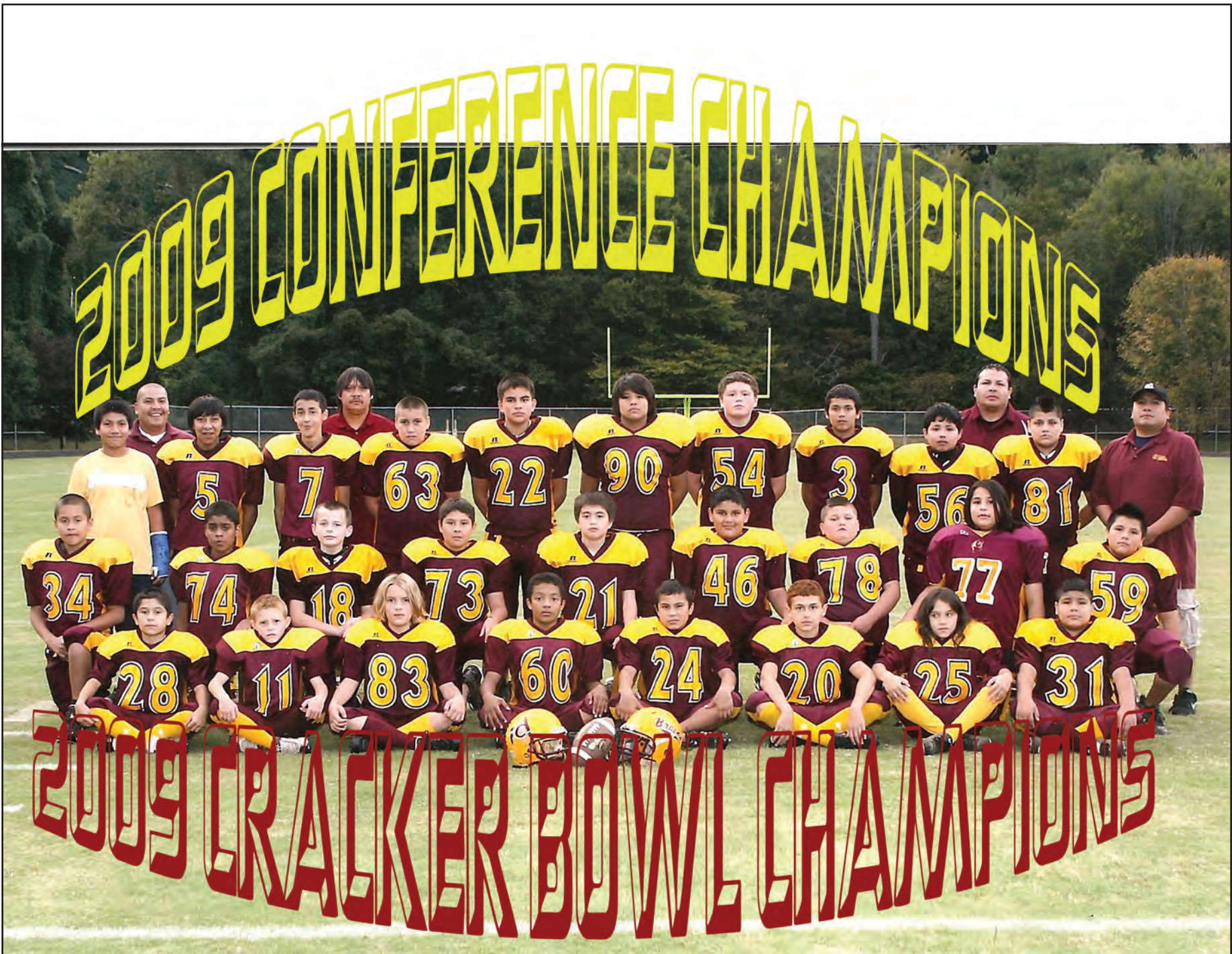


Photo of the Week



SCOTTMCKIE B.P./One Feather

SINGING: Bo Taylor, a member of the Warriors of Anikituwah, sings a traditional Cherokee song during the Blue Ridge Parkway 75th Anniversary kickoff celebration on Friday, Nov. 13.



Congratulations to the
2009 Cherokee Midgets
9-0

Clint & Dianna Brady

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

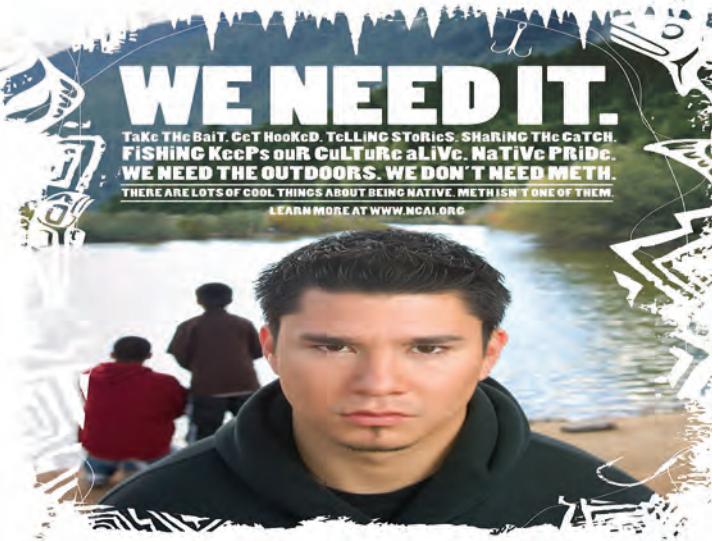
1. C.N.A.– Tsali Care Center
2. Community Health Representative- CHR
3. LPN- Tsali Care Center
4. Quality Improvement Coord RN- Home Health
5. LPN- Qualla Youth Health Center
6. Clinical Psychologist- Analenisgi

Floor Attendant (Part Time)

Tribal Bingo Enterprise Job Announcement
Announcement Date: Nov. 17
Closing Date: Nov. 23 at 4pm
Name of Position: Floor Attendant (Part Time)
Number of Positions: 1
Shift: Evening

SUMMARY OF JOB: Presents a professional appearance. Proven communication and interpersonal skills. Enjoys working around people. Strong communication skills. Ability to coordinate multiple tasks simultaneously. Most importantly, demonstrate confidentiality. One year experience preferred. Must obtain a valid NC Drivers License and High School Diploma or GED. Application and a complete job description may be picked up at the Tribal Bingo Hall and returned to April Taylor.

The Tribal Bingo Enterprise, and Enterprise created by the Eastern Band of Cherokee Indians, reserves the right to reject any and all application and employment is subject to those terms which the Tribal Bingo Enterprise deem appropriate. Preference will be given to qualified members of the Eastern Band of Cherokee Indians. 11/17



nc-cherokee.com/onefeather

Support the Cherokee Braves

100% Tobacco Free Schools

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





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



Candy Roasters: How sweet it is!

Submitted by Sarah McClellan Welch
Cherokee Cooperative Extension Office

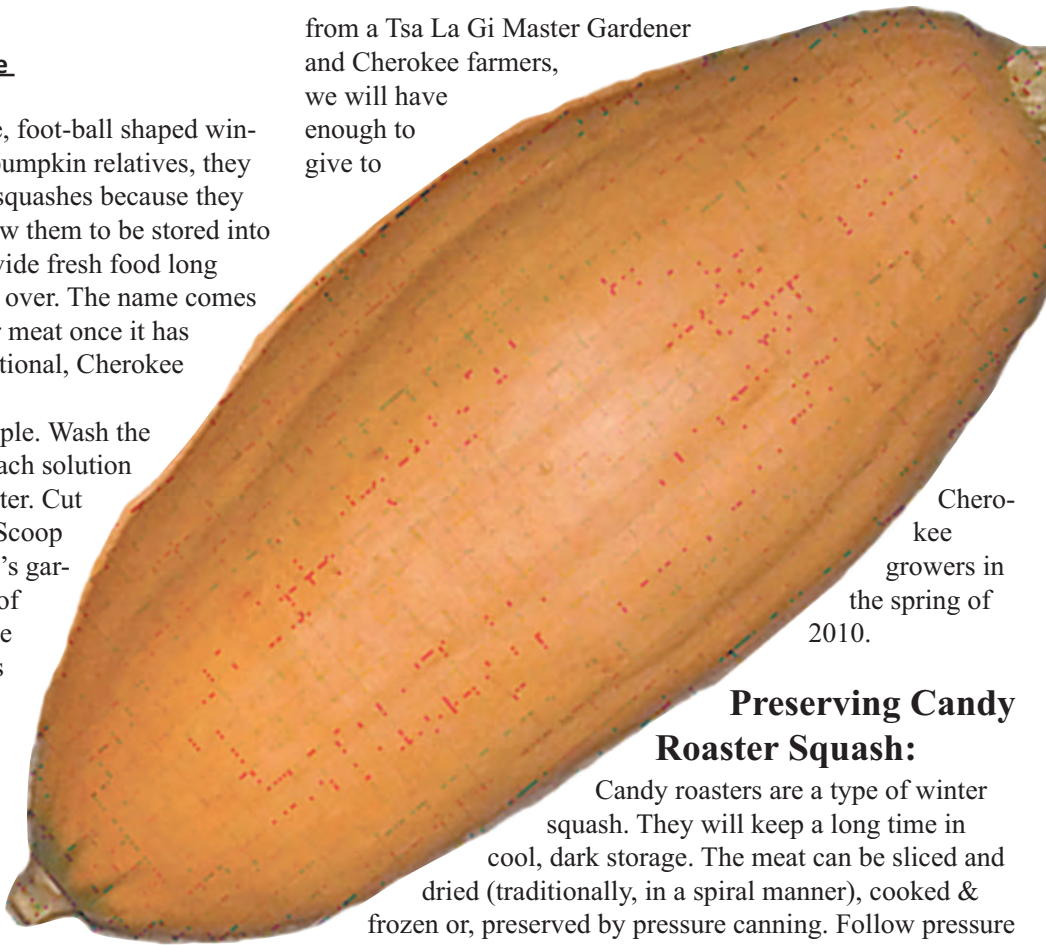
Candy Roasters are unique, foot-ball shaped winter squashes. Like their pumpkin relatives, they are considered “winter” squashes because they have hard shells that allow them to be stored into the cold months and provide fresh food long after gardening season is over. The name comes from the sweetness of the candy roaster meat once it has been cooked. Candy roasters are a traditional, Cherokee vegetable, known as a-gv-se-s-tsi.

Cooking a candy roaster is simple. Wash the outside with a warm water & dilute bleach solution of 1 teaspoon bleach per 1 gallon of water. Cut the squash up into manageable pieces. Scoop out the seeds – save a few for next year’s garden and roast the rest. Place the pieces of squash on a cookie sheet and bake in the oven at 300 degrees until tender. This is all it takes to prepare a healthy & delicious dish! This cooked meat can be blended into soup, bread mix, muffins, pies & pancakes. The seeds can be roasted and eaten as a traditional, healthy snack. The meat turns bright yellow once its cooked due to the high amount of beta-carotene, or Vitamin A, contained. Vitamin A assists the function of our eyes and is a health promoting antioxidant. Even the flowers of this squash are edible. You can substitute candy roaster squash for any recipe for pumpkin, butternut squash and sweet potatoes.

In addition to being a healthy & delicious food, candy roasters are a good crop for in our humid, mountain climate. In the garden, a single plant can vine across 50’ of ground and yield 20 or more squashes. Weighing in at over 20 pounds each, that’s nearly 500 pounds of healthy food from one plant!

Despite all this plant has going for it, the seeds have become very rare and difficult to find. Our Center for Cherokee Plants raised candy roasters this year in order to increase the seed supply for Cherokee growers. With the addition of seeds

from a Tsa La Gi Master Gardener and Cherokee farmers, we will have enough to give to



Preserving Candy Roaster Squash:

Candy roasters are a type of winter squash. They will keep a long time in cool, dark storage. The meat can be sliced and dried (traditionally, in a spiral manner), cooked & frozen or, preserved by pressure canning. Follow pressure canning directions for pumpkin – canning 1” cubes of meat, do not pressure can the pureed meat.

Roasting Seeds:

Remove the seeds from the Candy Roaster. Toss them in a bowl with a little melted butter and salt. Spread the seeds in a single layer on a baking sheet and bake for about 45 minutes in a 300 degree oven until golden brown; stir occasionally.

Energize Class learns about Candy Roasters

Cherokee Choices’ recent Energize! class invited Cooperative Extension’s Center for Cherokee Plants staff to lead a pro-



SARAH MCCLELLAN WELCH/Courtesy Photo
BIG ROASTER: Kevin and Winston Welch are shown with Roy Lambert’s Prize Winning Candy Roaster.

gram on traditional gardening. Candy roaster squash became the theme with activities that included “The Bees Knees” pollination game lead by Extension Agent Sarah McClellan-Welch. Center for Cherokee Plants Coordinator, Kevin Welch taught everyone how to cut and clean the squashes so the seeds can be saved for planting next year. Everyone got to share in Roy Lambert’s donation of his Fair prize-winning “Largest Candy Roaster”. Participants each got several pounds of candy roaster meat to cook at home. Tinker Jenks organized this class for the Cherokee Choices program.

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