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# POW WOW



Contest Results  
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SARAH CROW/One Feather contributor  
Shannon Ross, an EBCI tribal member, competes in the Men's Grass Dance contest during the Cherokee July Pow Wow on Sunday, July 4 at the old Cherokee High School.



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The Cherokee  
One Feather  
Year 45, No. 27



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# Chief's Community Report

Doyu ulihelisdodi agiwonihisdi hi gvnigesv igvndii.

I hope everyone enjoyed the July 4th Holiday, and took the opportunity to give thanks to those that have fought and continue to fight for our freedom. Additionally, I hope you were able to enjoy the wonderful Powwow put on this past weekend.

The Annual Report committee has begun their process to produce the 2010 EBCI Annual Report. This report will give enrolled members information about the Tribe's financial position as well as the key projects that have been completed and in planning. I am very concerned about keeping enrolled members informed about the position the Tribe is in, and what projects our tribal programs are working on.

I was recently granted the opportunity to present to the Governor's Economic Development Task Force at Western Carolina University. My presentation covered the Tribe's financial situation, including an update on Harrah's Cherokee Casino and projects the Tribe has completed and is currently planning for the near future. The Task Force was particularly interested in the impact the Casino has on the region. Harrah's Cherokee Casino has been an economic force in Western North Carolina, providing jobs to an area that has historically seen severe unemployment rates. Approximately 39% of the workforce at Harrah's is from Jackson County and 36% is from Swain County and all profits from the Casino are re-invested in the community and the region.

The EBCI Jail Committee met recently to discuss the progress being made on the jail project and to work through potential roadblocks to our success. The Tribal Construction department has been working through the permitting and planning of the construction of the jail while

the Jail Committee has been working to choose a firm to complete the architecture and engineering for the facility. The committee has chosen Dewberry & Davis, who are based in Raleigh, NC to work with the Tribe on this jail. At this time this facility will only include a tribal jail but the drug treatment program and the police department are writing justifications to the US Department of Justice to be placed in the facility.

As work progresses I will keep enrolled members informed on the Jail committee's advancement of this project.

I recently had a meeting with the Golf Course Committee members to discuss their financial situation and how things are progressing on the course. The overall drop in the economy has affected Sequoyah National just as it has affected all other businesses. However, they are still doing well despite any problems experienced. If you have not done so recently please visit the Golf Course, if not for a round of golf then to see the excellent views and visit the pro shop.

I hope everyone enjoyed the Tribal picnic last week. Every year the Picnic Committee works to make this time fun and exciting. They have outdone themselves this year. I would like to thank the committee members for their hard work on this project and I hope everyone enjoyed the picnic. I would also like to thank Jeremy Hyatt and his band Big House Radio for performing at this year's picnic.

Unelanv adatolosdi nihi.



**Principal Chief  
Michell Hicks**

## One Feather deadline

## Tuesday at 12noon



# Alzheimer's help coming to Cherokee



SCOTT MCKIE B.P./One Feather

A new Alzheimer's Association office is set to open in the EBCI Health & Medical offices in Cherokee. Shown (left-right) – Trina Owle, EBCI Health and Medical; Teresa Hoover, senior director of programs and family services for the Alzheimer's Association; Adam Fisher; Vickie Bradley, EBCI Deputy Health Officer; and Lori Walker, MSW, executive director of the Western Carolina Chapter of the Alzheimer's Association.

## Office will be first of its kind in Indian Country

By SCOTT MCKIE B.P.  
ONE FEATHER STAFF

Alzheimer's disease affects around 5.3 million people and is the 7th leading cause of death in the United States according to the Alzheimer's Association. New reports estimate that American Indians suffer from the disease at a rate 1.5 times that of the Caucasian population.

The Alzheimer's Association defines the disease as "the most common cause of dementia, the progressive loss of cognitive and intellectual ability so severe that it impacts daily functioning."

A new partnership between the Eastern Band of Cherokee Indians and the Alzheimer's Association will put an office and a liaison dealing with the disease on the reservation. The office, the first of its kind on an American Indian reservation, will be housed in the EBCI Health & Medical Division offices and will be manned by a program associate with the Western North Carolina Chapter of the Alzheimer's Association.

Vickie Bradley, EBCI Deputy Health Officer, stated the purpose of the position is "to support the efforts of families that have patients or family members with dementia or Alzheimer's and to provide a network or support system for them here."

The EBCI will be providing in-kind expenses for the position which will be funded by the Alzheimer's Association.

"It's the first time that we're actually provided this type of service in our community," said Bradley.

Teresa Hoover, senior director of programs and family services for the Alzheimer's Association, said, "This is going to be a huge help in us covering the western North Carolina area. We are pleased that we are able to work with the Eastern Band, and not just the Eastern Band but the entire area."

She said that the Western Carolina Chapter of the Alzheimer's Association covers a 49-county area and the office in Cherokee will cover the six westernmost counties.

Lori Walker, MSW, executive director of the Western Carolina Chapter, related, "We realized immediately that there was a need here on the Boundary. It's really a struggle and these families need help."

Hoover added that it is the hope of the Alzheimer's Association to remove the fear associated with the disease. "We hope to remove the stigma attached so that there's no shame involved in seeking treatment."

Applications are currently being accepted for the program associate position. To apply, contact Hoover at (704) 277-9036 or Teresa.hoover@alz.org.

To learn more about Alzheimer's disease, contact the Western Carolina Chapter of the Alzheimer's Association 1-800-272-3900 or www.alzwno.org.



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NEWS ka-no-he-da

## CHEROKEE NEW BRIEFS

### KPEP wins Award of Merit

The Kituwah Preservation and Education Program (KPEP), along with several other university and governmental agencies, are the recipient of an Award of Merit from the AASLH Leadership in History Awards for the project, "Discovery, Education, and Heritage Tourism of the Old Federal Road in Georgia". Award winners will be honored at a special banquet in Oklahoma City, Okla. in September.

- Source: AASLH

### Men's Seminar to be held at Acquoni Baptist

A Men's Seminar entitled "War Weary Warriors" will be held on July 12-July 15 (Monday-Thursday) from 6:30-8:30pm nightly at the Acquoni Baptist Chapel. The seminar will be lead by Pastor Steve Jones who is the pastor of Westminster Presbyterian Church PCA in Paxton, Illinois. He and his wife, Lani, have six children whose ages range from 27 down to 9 years old. Steve, originally from Franklin, Tenn., received his Master of Divinity degree from Covenant Theological Seminary in St. Louis, Missouri and is currently working on his Doctor of Ministry degree from the same institution. He will combine

his Biblical knowledge with his years of pastoral experience to lead everyone in seeing our Biblical responsibilities as Godly men in planning, preparation and encouragement for the daily battles to be faced. Info: Pastor Kilgore 497-7106 (church) or 788-0643 (cell).

- Source: Acquoni Baptist  
Church release

### Sequoyah National to offer Adult Golf Clinics

Sequoyah National Golf Club is offering golf clinics to adults starting in mid-July. The Ladies clinics are scheduled for July 20, Aug. 2, and Aug. 23 at 5:30pm. The Adult clinics are scheduled for July 22, Aug. 4, and Aug. 25 at 5:30pm. The cost for each clinic is \$20/person. Info: 497-3000.

- Source: Sequoyah National

### Trout Derby needs Volunteers

The 9th Annual Talking Trees Children's Trout Derby scheduled for Saturday, Aug. 7 is seeking volunteers. If you are interested, please contact Yolanda Saunooke at yolasaun@nc-chokeee.com or 828-554-6854.



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# Obituaries

## Sybil Marie Wahnetah Starlin

Sybil Marie Wahnetah Starlin, 71, of the Birdtown Community passed away Monday June 28th, 2010 in Tsali Care Center in Cherokee. A native of Cherokee, she was the daughter of the late Samuel Wahnetah and Cora Arch Wahnetah and wife of the late Charles T. Starlin. She was a member of Yellow Hill Baptist Church and a member of the Co-Op. She enjoyed Bead work, Word search, Bingo and spending time with family. She was also preceded in death by three sisters; Jean Wahnetah Bernhisel, Betty Jo Wahnetah Taylor, and Patty Sue Wahnetah Monreal, and one brother; William J. Wahnetah.

She is survived by one son; Rodney Charles Starlin, one daughter; Cora Lee Starlin Altman, one granddaughter; Kelsey Simons Altman, one Grandson Matthew Starlin, one Great Grandson; Dillon Charles Samuel Beam, and three sisters; Charlotte Wahnetah Maney, Margaret Wahnetah French, and Lois Wahnetah.

Funeral Services were held 11:00 AM Thursday at Yellow Hill Baptist Church. Rev. James (Bo) Parris and Foreman Bradley officiated with burial in Starlin Family Cemetery.

Pallbearers were Sam Maney, Greg French, Dustin French, Johnson Arch, William Arch, Tom Wahnetah, Shane Sneed, Matthew Beam, and Abe Queen.

An online register is available at [www.crispfuneralhome.org](http://www.crispfuneralhome.org)

## Cherokee Pageants deadline extended to July 30

The Pageant Board, which oversees the Little Miss, Junior Miss and Teen Miss Cherokees, has decided to extend the deadline to submit applications for these pageants. Applications are now due on Friday, July 30 by close of business and can be turned in at the Cherokee Welcome Center or the Tribal Council House. Additionally the ages for the Junior Miss Cherokee and Teen Miss Cherokee have been adjusted. Any applicants that have already submitted their packets do not have to make any changes at this point.

Pageant Board members will be handing out and receiving applications Saturday, July 10 at Food Lion - Cherokee from 9am-12pm.

Applications are now available for the Teen Miss Cherokee (ages 13-17), Junior Miss Cherokee (ages 10-12) and Little Miss Cherokee (ages 6-9) pageants.

Applications for all pageants can be picked up at the Visitors Center, which is open until 6pm on weekdays, or the Tribal Council House.

Any questions can be directed to Ashleigh Brown (828) 497-7029, Mollie Grant (828) 554-6434 or Lisa Fowler (828) 497-1845.

- Source: Pageant Board

## Stay informed on D.C.

- Stay current with the White House Blog, which is updated throughout the day: <http://www.whitehouse.gov/blog/>
- You won't want to miss the photos and videos that you can find here: <http://www.whitehouse.gov/video/>
- Learn more about the President's agenda by browsing major issues here: <http://www.whitehouse.gov/issues/>
- Watch the latest weekly address from the President and browse through past ones here: [http://www.whitehouse.gov/weekly\\_address/](http://www.whitehouse.gov/weekly_address/)
- Don't miss the live video of what's happening at the White House: <http://www.whitehouse.gov/live/>

- Source: White House release

### Attention Students

If you were waiting on a GEAR UP book they are available in the Qualla Boundary Public Library for you to pick up.



IN REPLY REFER TO:

### United States Department of the Interior

BUREAU OF INDIAN AFFAIRS

Cherokee Agency  
Cherokee, North Carolina 28719

#### NOTICE OF AVAILABILITY OF THE ENVIRONMENTAL ASSESSMENT AND FINDING OF NO SIGNIFICANT IMPACT

AGENCY: Bureau of Indian Affairs (BIA)

ACTION: Notice of Availability (NOA)

**SUMMARY:** The Bureau of Indian Affairs (BIA), Cherokee Agency, has made a Finding of No Significant Impact (FONSI) for the proposed construction and leasing of 60 apartments at the Soco Creek Apartment Complex, on a 6.36-acre tract off of Highway 19 (Wolfetown Road) on the Eastern Band of Cherokee Indians (EBCI) Reservation in Jackson County, North Carolina.

**NOTICE:** This is a "Notice Of Availability" (NOA), that the Environmental Assessment (EA) and FONSI for the construction and leasing of apartments at the Soco Creek Apartment Complex are available for public review. The BIA has adopted the EA, prepared for the Tribe, entitled "Environmental Assessment, Soco Creek Apartments, Cherokee, North Carolina", dated June, 16, 2010. The FONSI determination was based on review and analysis of the information in the EA. Based on the EA, it has been determined that the action will not result in significant impacts to the quality of the human environment, therefore, an Environmental Impact Statement is not required. This NOA also constitutes a public notice that the decision to proceed has been made. This NOA initiates a 30 day comment and appeal period from the date issued. The EA and FONSI are available at Cherokee Agency, Highway 441 North, P.O. Box 1959, Cherokee, NC 28719.

**APPEALS:** "Any person who may be adversely affected by this decision may appeal the decision to: Regional Director, Bureau of Indian Affairs Eastern Region, 545 Marriott Drive, Suite 700, Nashville TN 37214 in accordance with the regulations set forth at 25 CFR Part 2. The notice of appeal must be signed and mailed within thirty days of the date of this decision. The notice should clearly identify the decision being appealed, and a copy of the decision should be attached to the notice of appeal. Copies of the notice must be sent to the Assistant Secretary for Indian Affairs, MS 4140-MIB, U.S. Department of the Interior, 1849 C Street, N.W., Washington, D.C., 20240, as well as to my office and to all other interested parties known to the person appealing the decision. The notice of appeal to the Regional Director must also certify that the appealing party sent copies to each of these parties. The Regional Director will notify an appealing party of further appeal procedures. If no appeal is timely filed, this decision will become final for the Department of the Interior."

For further information please contact Kurt G. Chandler, Regional Environmental Scientist, Bureau of Indian Affairs, Eastern Regional Office, 545 Marriott Drive, Suite 700, Nashville, TN 37214, telephone (615) 564-6832.

*Darlene W. Hittman, Acting*  
Superintendent, Cherokee Agency  
Bureau of Indian Affairs

Date: 6/25/10

7/29



IN REPLY REFER TO:

### United States Department of the Interior

BUREAU OF INDIAN AFFAIRS  
Cherokee Agency  
Cherokee, North Carolina 28719

#### FINDING OF NO SIGNIFICANT IMPACT FOR THE SOCO CREEK APARTMENT DEVELOPMENT

AGENCY: Bureau of Indian Affairs (BIA)

ACTION: Finding of No Significant Impact (FONSI)

**SUMMARY:** The Bureau of Indian Affairs (BIA), Cherokee Agency, has made a Finding of No Significant Impact (FONSI) for the proposed construction and leasing of 60 apartments at the Soco Creek Apartment Complex, on a 6.36-acre tract off of Highway 19 (Wolfetown Road) on the Eastern Band of Cherokee Indians (EBCI) Reservation in Jackson County, North Carolina.

**FINDING:** The BIA has adopted the Environmental Assessment (EA) prepared for the Eastern Band of Cherokee Indians, entitled "Environmental Assessment, Soco Creek Apartments, Cherokee, North Carolina", dated June, 16, 2010. Based on review and analysis of the EA it has been determined that the construction and leasing of apartments at this site will not have a significant impact on the quality of the human environment within the meaning of Section 102(2)(C) of the National Environmental Policy Act of 1969. Therefore an Environmental Impact Statement is not required and the BIA is issuing this FONSI.

*Darlene W. Hittman, Acting*  
Superintendent, Cherokee Agency  
Bureau of Indian Affairs

Date: 6/25/10

7/29

### Cherokee Marketing & Promotions Request for Proposals - Travel & Tourism Cherokee, North Carolina

#### Scope of Proposal

Cherokee Travel & Tourism Requests for Proposals, to identify qualified professional service providers in the areas listed below. Travel & Tourism will accept any proposals submitted by qualified individuals or firms, whom can adequately perform any or all of the services represented.

#### Provide Exhibition Stickball on (2) separate occasion during the 98<sup>th</sup> Cherokee Indian Fair

Deadline for Proposal Submissions will be July 16, 2010 @ 3:30pm EST.

For a full Request of Proposal please contact: Heather J. Byfield, Cherokee Travel & Tourism, 828-497-8125 or Suite 500 of Ginger Lynn Welch Complex office 505.





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(shift varies) \$14.41-\$22.12

**Cleaning Specialist** (2nd & 3rd shift) \$8.50

**Game Technician 1** (shift varies) \$11.92

**Beverage Server** (all shifts) \$5.95 + tips

**Barhelpers** (all shifts) \$8.00 + tips

**Heavy Duty Cleaner** (3rd shift) \$9.50

**Administrative Coordinator** (3rd shift) \$10.00

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## The Cherokee One Feather

P.O. Box 501, Cherokee, N.C. 28719

Located in Ginger Lynn Welch Complex, Room 149

Phone: (828) 497-1751, FAX: (828) 497-1753

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

#### Staff

**Reporter** - Scott M. Brings Plenty - 497-1752

**Subscription Clerk** - Dawn Arneach- 497-1754 - [dawnarne@nc-cherokee.com](mailto:dawnarne@nc-cherokee.com)

Send submissions/inquiries to:

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# Art Exchange

## EBCI artists to pair with New England Artists in New Program

**SUBMITTED By BETH JOHNSON**

The New England Foundation for the Arts' Native Arts program has a Native artist-exchange, pairing Native artists from New England with artists from the Eastern Band of Cherokee. This is an opportunity to see how Native American artists balance tribal tradition with artistic growth, and how the exchange of artistic techniques – both contemporary and traditional - honors their tribal origins.

"There is a mindset to keep to our own tradition and region," says NEFA's Native Arts program coordinator (and artist) Dawn Spears (Narragansett). "We need to acknowledge and respect that, and at the same time provide an opportunity for visibility of Native artists from New England and beyond." Another reason for participation is discovering how an artistic tradition has evolved after a population has relocated to a new region, and how the new local materials influence the artwork.

In seeking to grow the Native Artist Exchange, NEFA entered a conversation with the Eastern band of Cherokee in North Carolina about a possible partnership. The Cherokee leadership saw the opportunity for artists in their community, and a formal arrangement was made to match four New England-based Native artists with four Cherokee artists in a series of two exchanges: in Cherokee from July 16 to 20 (during the Cherokee Festival of Native Peoples) and in New England in September 2010. In addition to the artistic exchange itself, the artists will visit Native sites in Cherokee and New England to further deepen the exchange experience.

The four pairs participating this time are textile artists Elizabeth James Perry (Aquinnah, Wampanoag) and Kimberly Bottchenbaugh (EBCI), potters Brenda Hill (Tuscarora) and Darrin Bark (EBCI), musicians Jennifer Kriesberg (Tuscarora) and Paul Nelson (EBCI), and writers Fredda Paul (Pascamaquoddy) and Geri Wolfe Grady (EBCI).

At the end of the first exchange there will be a reception for the artists to talk about their experiences during the weekend and to share what they accomplished. The reception will be Monday, July 19th, at Qualla Arts and Crafts Mutual from 4:30 until 6:00. Anyone interested in the program and especially those interested in participating in the program in the future are invited to attend.

This project has been supported by the Cherokee Preservation Foundation and RTCAR, the Revitalization of Traditional Cherokee Artisan Resources. For more information please call RTCAR at 554-6925.

**Beth is with the Revitalization of Traditional Cherokee Artisan Resources (RTCAR).**

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# Cherokee Youth Council Goes Green



Photo courtesy of Karina Bottchenbaugh

Go Green Youth pick up trash along Acquoni Road.

COLUMN SUBMITTED BY  
**KARINA BOTTCHENBAUGH**

The Cherokee Youth Council (CYC) is a powerful successful youth led organization located in Cherokee that is making a huge impact in its community. The members of the organization are between the ages of 12 – 26 with fifteen youth members, six young adult facilitators, and one program manager. The organization provides an atmosphere for youth to voice their opinion on issues that matter to them. The mission of the Cherokee Youth Council is to bring back the valued voice of the youth that was tradition in the days of the Cherokee Grand Council. Together we are going to strengthen ourselves, community, schools, and future through the practice of traditional values.

One of the Cherokee Youth Council's main focuses is environmental preservation and restoration. The Cherokee Youth Council's Go Green Team was formed to concentrate on this particular area. The CYC's Go Green Team was involved in the 2008 Qualla Environmental Resources Initiative that seeks to promote a healthy, sustainable environment within the Qualla Boundary and throughout the region. This was sponsored by the Cherokee Preservation Foundation to show full support for the Chief's Environmental Proclamation. The youth met for six months and developed four areas of interest which are: recycling, anti-littering, clean energy, and habitat restoration. The Go Green Team has been hard at work with projects in each area for the past year.

The Cherokee Youth Council gave out 1,000 recycling bins to all Tribal

Offices, along with education about what can and cannot be recycled by Tribal Recycling. The youth highly enjoying educating the Tribe about recycling and were excited to get the offices their recycling bins so that they could start recycling.

The CYC partnered with Tribal Housekeeping and Tribal Recycling in order to be able to accomplish this goal. Jennifer Jackson who is over Housekeeping was a tremendous help to the Cherokee Youth Council she had all her employees educated about tribal recycling so that they help educate the Tribal Programs and get the Tribe recycling as soon as possible. T. Trejo, who is over Tribal Recycling, was a major factor in getting this project accomplished. He was in charge of providing offices with the bigger recycling bins and trailers. Chief Michell Hicks was a great supporter and key component in accomplishing this project. The youth would like to thank him for supporting them in their efforts and for his environmental memo that he sent out to all the Tribal Offices. The CYC plans to give recycling bins to Snowbird and Cherokee County Tribal Offices as soon as possible.

The CYC also sponsored a reusable shopping bag giveaway at two events this year. The CYC gave out 600 bags at the Chief's Garden Kit Giveaway and 400 bags to Food Lion Customers in Cherokee. The youth educated individuals about the benefits of using reusable shopping bags by giving handouts out as well as displaying posters with key information to help get the message across. The youth

see GREEN page 8

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**2007 FORD FOCUS SES.** Gray, 4 dr., auto, all power, pw, pdl, ps, pb, alum. whls, air, cruise, tilt, stereo/cass./CD, exc. cond., extra clean, 36K miles. Stk#11936A



**2007 CHEVY HHR 4 DR. LT.** Black, 4 dr., leather, auto, all power, pw, p. seats, pdl, ps, pb, air, cruise, tilt, sunroof, stereo/cass./CD, exc. cond., extra clean, 45K miles. Stk#11707A



**2002 NISSAN XTERRA.** Black, 4 dr., auto, all power, pw, pdl, ps, pb, air, cruise, tilt, CD, excellent condition, extra clean, 118K miles. #K2845A



**2006 KIA OPTIMA LX V6.** Gray, 4 dr., auto, all power, pw, p. seats, pdl, ps, pb, air, cruise, tilt, stereo/cass./CD, exc. cond., extra clean, 78K miles. Stk#11936A



**2006 KIA SORENTO LX.** Silver, 4 dr., auto, all power, pw, p. seats, pdl, ps, pb, air, cruise, tilt, stereo/cass./CD, 80K miles. Stk#11981A



**2009 CHRYSLER PT CRUISER.** Silver, 4 dr., auto, all power, pw, p. seats, pdl, ps, pb, air, cruise, tilt, CD, loaded, exc. cond., extra clean, 48K miles. Stk#12841



**1999 CHEVY TRACKER 2RD 4WD.** Red, 2 dr., 4WD, 5 spd., alum. whls, air, cruise, stereo/cass./CD, exc. cond., extra clean, 130K miles. Stk#K2829A



**2006 KIA RIO LX.** Silver, 4 dr., auto, all power, pw, ps, pb, alum. whls, air, cruise, tilt, CD, exc. cond., extra clean, 70K miles. Stk#11456A



**2004 TOYOTA CELICA GT.** Silver, 2 dr., auto, all power, pw, p. seats, pdl, ps, pb, alum. whls, air, cruise, tilt, stereo/cass./CD, exc. cond., extra clean, 130K miles. Stk#12016A



**2007 MERCURY MILAN PREMIER.** Silver, 4 dr., leather, auto, all power, pw, p. seats, pdl, ps, pb, alum. whls, air, cruise, tilt, stereo/cass./CD, exc. cond., extra clean, 40K miles. Stk#K2863



**2005 DODGE CARAVAN SE.** Blue, 4 dr., auto, all power, pw, p. seats, pdl, ps, pb, alum. whls, air, cruise, tilt, CD, exc. cond., extra clean, 116K miles. Stk#11839A



**2007 TOYOTA F.J. CRUISER LE V6.** Black, 4 dr., auto, all power, pw, p. seats, pdl, ps, pb, alloys, air, cruise, tilt, CD, exc. cond., extra clean, 67K miles.

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# GREEN, from page 7

were very grateful that both Food Lion and the NC Cooperative Extension Office were supportive of these environmental efforts. The CYC were involved in designing of the bags which have the Cherokee Youth Council's Logo and the "ENDLESS" Symbol on the shopping bag. The "ENDLESS" symbol is the official symbol for Cherokee Environmental Sustainability. This was brought before Tribal Council by the Cherokee Youth Council on September 04, 2008 and it passed unanimously. The symbol is also on the recycling bins that were given to the Tribal Offices.

The CYC cleaned up their adopted highway on June 29, 2010. Their adopted highway is located on Acquoni Road starting by the Little Princess Restaurant and ending at the Red Light by Pizza Inn. The Youth Council has a four-year agreement with the NCDOT to oversee the cleanliness of this highly visible stretch of highway. The CYC has gone the extra mile through this project to help maintain the beauty of downtown Cherokee. Please help them in their efforts to keep Cherokee a clean and inviting place for our visitors and members of the community by placing your trash and recyclables into the proper receptacles. The CYC plans to get other organizations and businesses to adopt highways as well as plan annual cleanups.

The Go Green Team's "Natural Habitat Restoration" project has an overall goal of increasing the natural habitat restoration done on the Qualla Boundary with an additional goal of building youth awareness and participation in the work of



Photo courtesy of Karina Bottchenbaugh

Members of the Cherokee Youth Council Go Green team recently handed out reusable grocery bags in front of the Cherokee Food Lion.

dealing with the natural environment. The CYC has been hard at work this summer with this area of focus. The CYC has helped plant oak trees throughout the Qualla Boundary and plans to transplant river cane. Oak trees and river cane are important to the Cherokee Artisans. Another project they have done in this particular area is the Next Generation Kituwah Gardeners where members of the Cherokee Youth Council have been learning about planting, growing, and harvesting tradi-

tional foods. Tony Walkingstick and Kevin Welch have been instrumental in helping the youth with both planting of the oak trees and the youth's garden.

The CYC are planning on preparing a display of green building practices and other methods of energy that are clean for the environment. The youth will be working on the research and design of the display, and the presentations that will be done with the display. The youth will be starting on this project soon.

If you have questions or would like to know more about the Cherokee Youth Council you can contact Karina Bottchenbaugh at the Cherokee Cooperative Extension Center at (828)554-6938 or [Karibott@nc-choerokee.com](mailto:Karibott@nc-choerokee.com).

The Cherokee Youth Council is sponsored in part by the Cherokee Preservation Foundation and housed in the Cherokee Cooperative Extension Center.



## DOMESTIC VIOLENCE & SEXUAL ASSAULT

SEE  
HEAR  
REPORT

IT  
IT  
IT

TOLL FREE  
800-264-9611

24 HR. HOTLINE  
488-5572

EMERGENCY  
Call 911



# The Truth About Back Pain

## Don't Even Think Of Taking Another Pain Pill Until You Read This

### Do You Have Any of the Following Conditions?

- Lower Back Pain
- Muscle spasm or strains
- Bulging lumbar discs
- Numbness or soreness in your legs
- Shooting hip or thigh pain

Having back and leg pain can bring life to a standstill.

You might not be able to play golf, work, or even sit in the car for a 30-minute drive. It's almost impossible for anyone around you to understand how you feel. You can't remember the last time you even had a restful night's sleep.



### Is back pain keeping you from enjoying what you love to do?

You've got too many dreams left undone to let back pain slow you down. Too many special moments waiting to be experienced.

### Life is too short to let pain slow you down.

Pain is your body's warning sign telling you something is wrong. Sure, you can numb the pain if you take enough Vicodin, Soma or some other pain pill.

But if you mask the pain, it can prevent your back from healing – maybe even damage it further.

Not to mention many of the pain medications available are quite addicting and can have devastating side effects.

### Could This Be The Solution To Your Back Pain?

My name is Dr. Guy Karcher, owner of Sylva Chiropractic Center. Over the past 28 years since we've opened the doors, I've seen hundreds of people with back pain leave the office pain free. Because I've seen it with my own eyes, I strongly believe...

### Back pain is NOT "just a part of life" and something you have to live with.

Chiropractic has been around for over a hundred years, and has been used to help everyone from tiny babies to the elderly.

Even top sports stars and entertainers... like Tiger Woods, Emmitt Smith, Tony Robbins, Joe Montana, Lance Armstrong, Gov. Arnold Schwarzenegger and Mel Gibson receive chiropractic care. These professional athletes have the money to hire any kind of doctor they want, yet they choose to have a chiropractor on their team.

Here's what some of the top medical researchers had to say about chiropractic...

"Manipulation [chiropractic adjustments], with or without exercise, improved symptoms more than medical care did after both 3 and 12 months."—**British Medical Journal**

"Chiropractor's manipulation of the spine was more helpful than any of the following: traction, massage, biofeedback, acupuncture, injection of steroids into the spine and back corsets, and ultrasound." -- **Stanley Bigos, MD, Professor of Orthopedic Surgery**

This means in just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

### Have A Professional Evaluation of Your Back For Only \$59

For 10 days only, I'm running a very special offer where you can find out how much this amazing treatment can help your back pain.

What does this offer include? Everything I normally do in my new patient evaluation for only \$59.

Just call before July 16th and here's what you'll get...

An in-depth consultation about your health and well-being where I will listen...really listen...to the details of your case. A complete neuromuscular examination, full set of specialized



### Find peace and comfort in knowing your back is healed without drugs or surgery.

x-rays (if necessary), and a thorough analysis of your exam and x-ray findings so we can start mapping out your plan to being pain free.

You'll get to see everything first hand and find out if this amazing treatment will be *your* back pain solution, like it has been for so many other patients.

The normal price for this type of evaluation including x-rays is \$125, so you're saving a considerable amount by taking me up on this offer.

Chiropractic very well could be the answer you've been looking for.

Call today and we can get started with your consultation, exam and x-rays as soon as there's an opening in the schedule.

Our office is called **Sylva Chiropractic Center** and you can find us at 1635 East Main Street in Sylva. (Between Wal-Mart and Smoky Mountain High School).

Tell the receptionist you'd like to come in for the Back Pain and Sciatica Evaluation before July 16<sup>th</sup> 2010

I look forward to helping you get rid of your pain so you can start living a healthier, more joyful life.

Sincerely,  
Dr. Guy A. Karcher D.C.

### P.S. How many years can your body handle taking pills?

Taking pain medications (even if they're over-the-counter pills) is no way to live. Pills don't "fix" anything, they just numb the pain.

Finding the problem and fixing it has got to be your top priority!

I may be able to help you live a normal, pain-free life again. This offer expires July 16<sup>th</sup>. Call today **828-586-2483**.

If you decide to purchase additional treatment you have the right to change your mind within three days and receive a refund.

PAID AD 7/8



# Cherokee July Pow Wow Results

## Golden Age Men

1st – Royce Kingbird  
2nd – Josiah James Hill II  
3rd – Rick Bottchenbaugh  
4th – Buddy Richards

## Men's Traditional

1st – Will Tushka  
2nd – Anthony Lett  
3rd – Schirra J. Gray  
4th – Victor Wildcatt

## Men's Straight

1st – Robert  
Tramper

2nd – Echohawk Neconie

3rd – Paige Burgess

4th – Aaron Partin

## Men's Grass

1st – Marty Thurman

2nd – Micah Swimmer

3rd – Keith Sharphead

4th – Josh Richardson

## Men's Fancy

1st – Rylan Baker

2nd – Josh Hill

3rd – Eric Bird

4th – Gabe Bullock

## Golden Age Women

1st – Sharon Partin

2nd – Mary Bottchenbaugh

3rd – Sandra Yellowfish Gallegos

4th – Sabrina Jamison

## Women's Buckskin

1st – Misty Blue Mesteth

2nd – Nikki Crisp

3rd – Cyndee Fox-Starr

## Women's Cloth

1st – Sophia Tsosie Thurman

2nd – Dorothy Gray

3rd – Shawndae Dawson-Sharpe

4th – Gina Motah

## Women's Jingle

1st – Keredith Owens

2nd – Dakota Brown

3rd – Tara Blackdeer Swal-  
low

4th – Josee Starr

## Women's Fancy

1st – Patricia Bugg

2nd – Katy Isennock

3rd – Shebabe Hodge

4th – Danielle Haeger

## Teen Boy's Traditional

1st – Teoikey Richardson

## Teen Boy's Grass

1st – Josh Trejo

2nd – Skylar Bottchenbaugh

3rd – Trey Two-Fox Bullock

4th – Alyx Kataquapit

## Teen Boy's Fancy

1st – Angel Bullock

2nd – Tyler Thurman

## Teen Girl's Traditional

1st – Kele Crisp

2nd – Haley Dawsom

3rd – Hannah Sandford

4th – Haley Sandford

## Teen Girl's Jingle

1st – Christen Hignett

2nd – Tiana Hignett

## Teen Girl's Fancy

1st – Taylor Williams

2nd – Wynona Swift

3rd – Angelina Jumper

4th – Shakyra Bottchenbaugh

## Drum Contest

1st - Kingbird

2nd - Sizzortail

3rd - Cedartree

4th - Stoney Creek

5th - Thunder Bear



<<

DAWN ARNEACH/  
One Feather  
Will Tushka, an  
EBCI tribal mem-  
ber, took 1st place  
in the Men's Tra-  
ditional contest at  
the Cherokee July  
Pow Wow this  
past weekend.

Over 300 photos from this  
event at  
[nc-chokeee.com/theonefeather](http://nc-chokeee.com/theonefeather)

21 videos from this event at  
[youtube.com/user/  
CherokeeOneFeather](http://youtube.com/user/CherokeeOneFeather)



# Letters to the Editor

## Thank You TCGE,

On behalf of the Trooper Shawn Blanton Scholarship Fund Board of Directors we would like to thank you for your most recent donation to the Scholarship Fund.

Your contribution helped to make the 2010 Memorial Ride a very successful event and your support and commitment to helping the students in our community is greatly appreciated. Your donation will help to sponsor softball scholarships for deserving high school seniors in the surrounding counties.

Thanks again for your generous support of our efforts to help provide continuing support to students in our area.

**From the Board of Directors for the Shawn Blanton Scholarship Fund**

## Thank You

On behalf of the Daniel French Family, thank you to all the fancy dancers that dance each year and to this years winner Eric “Bubba” Bird and 2nd place winner Josh Hill thanks for dancing the past several years. Thank you to the host drums for the great songs and the other drums that were called upon for the spotlight dance. Thanks to the Pow wow committe for allowing the family to host this special each year. Special thanks to Charlie Wolfe for speaking for the family and to Mr. Jones, Dine’, for speaking as well. Thanks to everyone who bought a raffle ticket: winner of the beaded converse shoes was Sam Thompson and the winner of the Doll was Jo Blaylock. Thanks to Rob Daughtery and Kenny Scabby Robe for MC’ing.

Thanks to everyone,  
**Daniel French Family,**  
**Landon, Randy, Eddie, Tom, Dusty, Jerico, Aiyanna,Lil Ed, Ki-Ree,**  
**Tracy and Patsy**

## Thank You

We would like to thank everyone who came to purchase fireworks from our store over the past few weeks. We haven’t done as well as we had hoped this time, but we are not closing yet. We will be open each Thursday, Friday and Saturday through the end of July and then we will be packing up what is left. Until then we have a lot of great products left and we will continue to earn a percentage of the profits to support the work that we do. We also want to thank Geneva, Cindy, Alice, Pauline and Natasha for all their help when we were setting things up. We have one more set to give away and the drawing will be held on July 30. This has been a good fundraiser for us and we also want to thank TNT representatives for taking this chance on us.

Sincerely,  
**Lester & Lisa Hardesty,**  
**Cherokee Compassionate Ministries Inc.**

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

## Letters Policy

*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, 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.

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

## COMMENTARY

# Hello again, friends and fellow Cherokee

**By WILLIAM J. LEDFORD**

It’s been awhile since my last random rambling was published in the pages, the new expanded pages, of the *Cherokee One Feather*. I keep looking in the paper for someone with the odd but compelling humor that I cherish so much and...I can’t find any. I guess that I’ve missed me so I’m back. It was also very nice to hear that a random selection of our council members missed my work also. Maybe I won’t get censored this time.

By now all of Indian Country has heard the news that the Cobell settlement has been held hostage by the Party of No. The settlement legislature which was approved by the House of Representatives was included in a bill to extend unemployment benefits to Americans that can’t find work yet. These concerned Congressmen, they are apparently concerned with re-election, are worried about the deficit. In their eyes the deficit and economic tailspin magically appeared after Obama was elected. Dubya who? Two classes of Americans are affected by this, people that can’t find work because their jobs went out of the country and them pesky Indians. OK, all you pesky Indians, election time is in November, better start thinking about voting.

I’ve noticed that a seemingly great victory was achieved with Duke Energy backing down from their planed construction of the transmission station near Kituwah to study alternate locations. It seems that congratulations are in order to those citizens that stood up to the 800 lb gorilla that is Duke Energy. But, and yes there is always a but, was a victory won here? From the outside it would seem that there was, but could this be one of those things called a “bait and switch”- a diversion?

Does Duke Energy already have another location chosen, one that they really want to exploit but needed this necessary distraction to deflect concerned citizens away from their true intent? Maybe the minutes of meetings held in Jackson County, attended by parties known, contain discussions of that alternate route. I’m not sayin’, I’m just sayin’. Stay tuned kiddies, I predict another chance for battle.

Speaking of energy, here’s a humorous story from the Gulf Oil Spill Party. President Obama ordered a moratorium on deep-water drilling, but a fed-

eral judge reversed that action saying that our President lacked the authority to order the moratorium. News now trickling out states that the judge involved has extensive stock holdings in oil companies operating in the gulf. Surprised? I wasn’t, I see compelling reasons behind every action made by these people. Thank the gods for instant media access.

By now everyone in America is also aware of Arizona’s immigration law also known as SB 1070. All sides are lining up for or against. I even read an interesting letter in the *One Feather* from a tribal member living in Tennessee trying to support this law coupled with rhetoric practically copied verbatim from the Glen Beck and Bill O’Reilly shows with a dash of Anne Coulter and Michelle Malkin thrown for flavor.

This law...not racial profiling? The criteria detaining suspects being dark skin, dark hair and broken English? From the state whose Republican lawmakers fought Governor Janet Napolitano tooth and nail because she wanted to rename a mountain “Piestewa Peak” after a Native soldier who gave her life in Iraq and to finally get rid of the repulsively obscene, racist, “Squaw Peak”? Please...spare me the hysterics. Some people, including the letter writer may never be affected by this law while visiting Arizona but some of the darker members of the Cherokee would possibly run into the over-zealous gendarmes.

How do I know this? Personal experience with racial profiling. Example? My in-laws are full-blood Native American and have already been accosted by our Border authorities. Why? Because they are elderly and have hearing problems. They smiled and nodded to certain questions like old folks do. We had to extricate them from the clutches of these well-meaning but humorless officials of the American government.

They are American citizens, Natives, and we are already being profiled along with others. I live in the state right next to Arizona and I’m not afraid of Mexican gun-runners and smugglers. Also, I truly doubt that weapons are being smuggled into America as we can go to any pawn shop, gun store or trade show and pick up a couple of assault weapons anytime, we don’t need Mexican weapons. No, those weapons referred to were being sold and transported to

**see LEDFORD page 12**





# Saving Money with a Ceiling Fan

**SUBMITTED BY KATHY DUGAN**

As the summer temperatures begin to heat up so will the inside of our homes. Most of us look forward to any kind of breeze, either inside or out. One means of getting our inside breeze is with a ceiling fan. Ceiling fans not only provide relief from the heat, but can also help homeowners save money and energy all year long. To get the most out of your ceiling fan:

- Make sure that it is installed properly. The UL-listed metal box in the ceiling should be labeled "For use with ceiling fans."
- Ensure that the blades are properly balanced. (A balancing kit may have been included in the original packaging or may be available from the manufacturer without charge.)
- Turn off the fan when not in the room. A ceiling fan does not cool a room; it only gives a "windchill" effect to individuals.
- Use the fan to move cool air in the summer (blades rotate counter-clockwise) and warm air in the winter (reverse the motor so that the blades rotate clockwise). In the summer, the fan creates a "wind-chill" effect, making you feel cooler by 2-4 degrees. This allows you to turn the thermostat up 2-4 degrees. In the winter, the rotation of the blades creates a slight updraft, which moves the warmer air at the ceiling downward to warm the room.

Make sure to purchase the proper size fan for the room you are furnishing. A 36 or 44 inch diameter fan will cool rooms up to 225 square feet, while a fan with a diameter of 52 inches or greater should be used in a larger room. Multiple fans work best in rooms longer than 18 feet. Small and medium sized fans will provide efficient cooling in a 4 to 6 foot diameter area, while larger fans are effective up to 10 feet. Ceiling fans are appropriate for rooms

with 8-foot ceilings or higher. Ideally, the blades would be 7-9 feet above the floor and 10-12 inches below the ceiling. Fans should be installed so that blades are 18 inches from the walls.

## Sealing Ducts

If you have memories of last winter with the thermostat cranked up and still feeling cold, it may be your ducts are not sealed and some of the heated air is escaping prior to getting to the intended room. In houses with forced-air heating and cooling systems, ducts are used to distribute conditioned air throughout the house. In a typical house, however, about 20 percent of the air that moves through the duct system is lost due to leaks and poorly-sealed connections. The result is higher utility bills and difficulty keeping the house comfortable, no matter how the thermostat is set. Because some ducts are concealed in walls and between floors, repairing them can be difficult.

However, exposed ducts in attics, basements, crawlspaces, and garages can be repaired by sealing the leaks with duct sealant (also called duct mastic). In addition, insulating ducts that run through spaces that get hot in summer or cold in winter (like attics, garages, or crawlspaces) can save significant energy. Additionally, if you are replacing your forced-air heating and cooling equipment, make sure your contractor installs the new system according to Energy Star quality installation guidelines. A quality installation will include a thorough inspection of your duct system, including proper sealing and balancing of ductwork, to help ensure that your new system delivers the most comfort and efficiency.

*Partial information source: <http://www.energystar.gov>*

**Kathy is the director for the Cherokee Cooperative Extension Office.**

## LED FORD, from page 11

Mexico by some of America's enterprising capitalists, bless their business oriented hearts. The drug cartel needs guns, we got 'em, not vice-versa. And, that brings me to another point, I'm not afraid of armed Hispanics, Latinos, whatever, I am however, deathly afraid of armed NRA rednecks. Illegal immigrants didn't blow up the federal building in Oklahoma City, armed NRA rednecks did.

But, before people start thinking that I'm pro-illegal, let me set that record straight. I'm not. I am a very pragmatic individual. But here is a little reality; we're not gonna get rid of the immigrants that are already here no matter how many laws get passed. The country will have to create conditions whereby the people that are already here will have to apply for legality, same as anybody else, for citizenship or to earn the right to stay here.

I'm sorry, but amnesty seems to be an answer. But maybe...compulsory service in a combat zone, we got a couple of hot spots right now, yeah, that's the ticket. And, no more catering to Spanish speakers. Gods, that offends me more than anything else. Yes, we need to secure our borders. Here's more irony, we need to secure borders the same way as the Mexicans do to prevent further incursions.

Has anyone seen the Mexican immigration laws? I have. The Mexican laws and authorities are strict, their laws make ours look like a joke, they do keep people out of their country, they just don't try to keep their people in, that's all. Something has to be done but racial profiling just ain't the way to do it, there's more trouble with that policy than we want to imagine. Besides, Mexicans aren't the only border jumpers, we have illegal Asians, Europeans and Africans in America...and would somebody do something about them darned Canadians! They just walk back and forth from their country to our country up there spewing their socialist ideas about government run health care that's basically free for everyone. Gods forbid, the insurance companies would have to go out of business if we all had free access to health-care. Insurance companies don't like sick people ya know, they like selling us insurance and then cutting us off when we get sick. Irony?

Question for you, kiddies. Is there an immigration problem in the USA? Answer, of course there is. Has been since the first hopelessly lost boat people showed up from Viking Country (hint, it ain't Minnesota) and Spain, landed and began their process of defiling people and land. The funniest thing now is that it seems the people screaming the loudest about illegal Mexicans are the

descendants of the first illegals. More irony? Don't cha love it?

There is a reason why I am so against catering to the Spanish-speakers. Now hold on while I climb up on my soapbox, I'm getting older, climbing takes a little longer. OK. I'm ready. The American government embarked upon a tireless crusade to rid this country of Native peoples and their languages, us. The bleeding hearts that tried to save us established boarding schools and Christian churches on every reservation which lead to unspeakable abuses done to our people. All this simply to rid this country of every trace of Nativeness that remained after the massacres (Indian Wars).

There are, or were, we lose a few more with each passing year, a great many non-Native troops in the World Wars and Korea that owed their lives to native speakers, especially the Navajo Code Talkers in the Pacific Theatre. I want to relate to you a funny thing that happened regarding the Code Talkers. In 1982, President Reagan honored the Navajo Code Talkers and in 2000, President Clinton signed a bill into law awarding Congressional Gold Medals to the Code Talkers with President Bush awarding these medals to the Code talkers or their surviving families.

One of the people honored was a man named James Dixon. He was my wife's uncle. His family was invited to Washington for the ceremony but never knew their father was one of the 29 original Navajo Marines selected to be a Code Talker. He and his unit were sworn to secrecy and he never gave up the secret, never. The military showed up with the award and invitation to Washington and the family was totally unaware. And...he was also a guest of the infamous boarding schools that tried beating the Navajo language out of him. More irony. I'm just full of it today. Spanish? Who cares about Spanish? Wanna live in America? Learn a Native language. I have another idea, let's send the illegals to boarding schools, Catholic boarding schools.

Finally, I have another question. For this one I will need our tribal members to speak out here. Should the Principal Chief be the highest paid position in tribal government? I think so. Should any other tribal employee ever make more than the Chief? No way. What do you think out there? News flash, someone already earns more than the Principal Chief. Will he take a pay cut if he ever decides to seek the office?

OK folks, that's all the time we have for today. Have a great week.

**William is an EBCI tribal member living in Albuquerque, NM.**





# Cherokee Boys Club Report

## CLUB JULY SCHEDULE:

**Wednesday, July 14** – Resolution Deadline – 8:00 a.m.  
**Thursday, July 15** – Safety Committee – 11:30 a.m.  
**Monday, July 19** – Health Screen – 8:00 a.m. – 9:00 a.m.  
**Wednesday, July 21** – Board Meeting – 8:00 a.m.  
**July 19 – July 23** – Nominations may be submitted at Club office for Board of Directors' candidates  
**Friday, July 30** – Club Board nominees will be published  
**Thursday, August 26** – Club Board Election; Polls open at Club office 7:00 a.m. to 4:00 p.m.  
**Wednesday, September 1** – Newly elected board meets to select officers, Advisory Committee and General Manager – 8:00 a.m. (Present Board continues to serve through September 30.)  
**Friday, October 1** – New Board and General Manager installed

## AGELINK SCHOOL AGE PROGRAM FUND RAISER

The Agelink School Age Program is having a yard sale, bake sale and car wash on Saturday, July 10 beginning at 8:00 a.m. at the Agelink building. If you have anything you would like to donate for them to sell, please contact Tammy Bradley at 497-6726. The group is raising money for a trip to Dollywood. If you don't have anything to donate, come by and get your car washed!

## CLUB ANNUAL REPORT

The Club is completing our Annual Report for our Fiscal Year 2010 which ended June 30, 2010. The report will be mailed out with the Fall and Winter Club News. Copies of the report will be available at the Club office upon request. We will be publishing sections of the report in our *One Feather* weekly report for the next several weeks.

## CLUB HISTORY

The Cherokee Boys Farm Club was established at the Cherokee Boarding School in 1932. Two years later the Cherokee Motor Club was founded. When the Boarding School closed in 1954, the two Clubs were continued by the Cherokee Day School. The Clubs were combined in 1958 and continued to grow. On May 4, 1964, the Eastern Band of Cherokee Indians incorporated the Cherokee Boys Club as a non-profit self-supporting, Tribal Enterprise.

## CLUB PURPOSES

- (1) To provide educational opportunities, vocational training and leadership experience for Cherokee people, especially youth.
- (2) To provide employment for Tribal Members.
- (3) To provide services for the Tribe, the School, and the communities.
- (4) To provide the Children's Home and services to children and families.
- (5) To assist with recreational activities for Cherokee Youth.

## Mountain Heritage Center camp to focus on Cherokee heritage

**CULLOWHEE** – Middle school students in the area will have an opportunity to learn about Cherokee heritage during a "Mini-Camp for Middle Schoolers" offered by Western Carolina University's Mountain Heritage Center.

Designed for rising sixth-and seventh-graders, the camp will be held from 8:30 a.m. to noon beginning Tuesday, July 20, and continuing through Friday, July 23. The cost is \$35 per child.

With a theme of Cherokee heritage, the camp will allow participants to

explore the history and contributions of the Cherokee people, past and present. Youth attending the camp will spend time with a Cherokee crafter, examine artifacts of historic value and visit significant Cherokee sites in the region.

For more information about the camp, call 828-227-7129. To register, call 828-227-7397 or visit [www.wcu.edu/13177.asp](http://www.wcu.edu/13177.asp).

- Source: WCU release

## Entries sought for Mountain Heritage Day traditional foods contest

**CULLOWHEE** – Residents from throughout the region are invited to enter their canned, dried and baked goods, and their best honey, pumpkins and squash, in the traditional foods contest held annually at Western Carolina University's Mountain Heritage Day festival.

The 2010 Mountain Heritage Day will be held Saturday, Sept. 25, on the WCU campus in Cullowhee.

The foods contest, titled "A Gathering In," is coordinated jointly by the North Carolina Cooperative Extension Service's Jackson County Center and WCU's Mountain Heritage Center. Competitions in honey, pumpkins and squash are new additions to this year's event.

The featured recipe contest, the "Best in the West Honey Recipe," will highlight the importance of bees and beekeeping in the region. "The honey recipe does not have to be original, but the entry must be made from scratch and must include honey," said Peter Koch, education associate at the Mountain Heritage Center.

Another competition will be held for extracted honey with categories in

light, dark and comb, and pumpkin and squash growers are invited to bring in their best whole vegetables for judging. "We hope lots of local residents will plant those squash and pumpkins now and come on over to Mountain Heritage Day," Koch said.

Ribbons will be awarded to the top three entries in youth and adult divisions. A grand champion will be selected from each of the divisions of canned goods, baked goods, heritage foods conservation, honey and vegetables.

Food entries will be accepted at the Mountain Heritage Center at specified times during the week leading up the festival.

For more information about the foods competition or to obtain a contest guideline booklet, call Cheryl Beck at the Jackson County Center at 828-586-4009 or Koch at the Mountain Heritage Center at 828-227-7129, or visit [www.MountainHeritageDay.com](http://www.MountainHeritageDay.com) for a downloadable booklet and entry form.

- Source: WCU release



## DOMESTIC VIOLENCE & SEXUAL ASSAULT

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## Cherokee Youth Olympics

Opening Ceremony July 12th  
beginning at 8: 30 a.m.

Events include

Track & Field, Baseball, Softball, Basketball, Volleyball,  
Cycling/Tricycling, Soccer, Skateboarding, Cheerleading,  
Cherokee Marbles, BlowGun, Archery, Horseshoes,  
Swimming, Triathlon, Arts

Age Groups All Childrent 6 & Under, 7 18 yrs old,  
must be enrolled in school

1st through 6th place prizes will be awarded

To register contact

Birdtown Recreation 554-6891,

Healthy Cherokee 497 7460

Snowbird Recreation 554-6962,

or visit

[www.cherokee.hmd.com/healthy\\_cherokee](http://www.cherokee.hmd.com/healthy_cherokee)

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



## IT'S A SWEET LIFE IN CHEROKEE

# Fresh Peach Shortcake

By SHEENA BRINGS PLENTY, CPC

Peaches are wonderful summer fruits because they're light, sweet and have a really robust flavor. This dessert is great because it's simple and really allows the integrity of the fruit to shine. Plus, it's a great dish for a BBQ, summer party, or get-together because you can lay everything out separately and let your guests assemble their own. Serves 6

### Ingredients

3 peaches (medium-size)  
½ cup sugar  
2 1/3 cups Bisquick Mix  
½ cup milk  
3 tablespoons sugar  
3 tablespoons butter  
or margarine, melted  
1 pint heavy  
whipping  
cream  
¼ cup  
pow-  
dered  
sugar

### Directions

1. Preheat oven to 425 degrees F.
2. Pit and slice peaches and set in small bowl. Add ½ cup sugar, toss, cover and set aside.
3. Mix Bisquick Mix, milk, 3 tablespoons sugar and butter until a soft dough forms. Drop six spoonfuls onto an ungreased cookie sheet.
4. Bake 10-12 minutes or until golden brown.
5. Using a whisk or electric mixer, whip the heavy cream until frothy. Add powdered sugar and whip until stiff peaks form.
6. Split warm shortcakes. Fill and top with peaches and whipped topping.

Sheena is a Certified Pastry Culinar-  
ian and resides in the Yellowhill  
Community.



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## Recipes by Keahana...

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



### Grilled Chicken & Polenta with Nectarine-Blackberry Salsa

Grilled nectarines and fresh blackberries turn into a summery salsa to top cumin-rubbed chicken and polenta in a dish that's special enough for weeknight entertaining. Make it a meal: Serve with a spinach salad and a crisp glass of rosé. 4 servings

#### Ingredients

- 1 tablespoon plus 1 teaspoon canola oil, divided
- 1 tablespoon ground cumin
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground pepper
- 1 16- to 18-ounce tube prepared plain polenta

- 1 pound boneless, skinless chicken breast, trimmed
- 2 nectarines, halved and pitted
- 1 pint blackberries, coarsely chopped
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice
- Hot sauce, to taste

#### Preparation

1. Preheat grill to medium-high.
2. Combine 1 tablespoon oil, cumin, 3/4 teaspoon salt and pepper in a small bowl. Rub 1 teaspoon of the mixture all over polenta. Rub the rest into both sides of chicken. Cut the polenta crosswise into 8 slices. Rub the cut sides of nectarine halves with the remaining 1 teaspoon oil.
3. Oil the grill rack (see Tip). Place the chicken, polenta slices and nectarines on the grill. Grill the polenta until hot and slightly charred, 3 to 4 minutes per side. Transfer to a clean plate; tent with foil to keep warm. Grill the nectarines, turning occasionally, until tender, 6 to 8 minutes total. Grill the chicken, until cooked through and no longer pink in the middle, 6 to 8 minutes per side. Transfer the chicken and nectarines to a cutting board. Coarsely chop the nectarines. Let the

chicken rest for 5 minutes, then thinly slice.

4. While the chicken rests, combine the chopped nectarines, blackberries, cilantro, lime juice, hot sauce and the remaining 1/4 teaspoon salt in a medium bowl. Layer the polenta, chicken and fruit salsa on 4 plates and serve.

#### Nutrition Facts

317 calories; 8 g fat; 63 mg cholesterol; 34 g carbohydrates; 27 g protein; 6 g fiber; 694 mg sodium; 458 mg potassium

### Strawberry, Melon & Avocado Salad

Nutty and slightly sweet sherry vinegar is a natural partner for strawberries. This composed salad makes a cool kickoff for dinner or a nutrition-packed lunch on its own. To toast sesame seeds, heat a small dry skillet over low heat. Add sesame seeds and stir constantly until golden and fragrant, about 2 minutes. Transfer to a small bowl and let cool. 4 servings

#### Ingredients

- 1/4 cup honey

- 2 tablespoons sherry vinegar, or red-wine vinegar
- 2 tablespoons finely chopped fresh mint
- 1/4 teaspoon freshly ground pepper
- Pinch of salt
- 4 cups baby spinach
- 1 small avocado, (4-5 ounces), peeled, pitted and cut into 16 slices
- 16 thin slices cantaloupe, (about 1/2 small cantaloupe), rind removed
- 1 1/2 cups hulled strawberries, sliced
- 2 teaspoons sesame seeds, toasted (see Tip)

#### Preparation

1. Whisk honey, vinegar, mint, pepper and salt in a small bowl.
2. Divide spinach among 4 salad plates. Arrange alternating slices of avocado and cantaloupe in a fan on top of the spinach. Top each salad with strawberries, drizzle with dressing and sprinkle with sesame seeds.

#### Nutrition Facts

202 calories; 8 g fat; 0 mg cholesterol; 24 g carbohydrates; 3 g protein; 7 g fiber; 90 mg sodium; 503 mg potassium

# Special Considerations when Canning

SUBMITTED By TRISH CALHOUN  
TRIBAL CANNERY

## Canning at Higher Altitudes

In the Cherokee area we need to adjust our canning process because water boils at a different temperature than at sea level. Most of the times and pressure recommendations on recipes for canning are based on canning at sea level. If you are using a water bath or a pressure canner you need to adjust your process here in the mountains based on your altitude. You also need to adjust boiling times when sterilizing your jars. Increase the time to 15 minutes for altitudes between 1,000 and 5,000 feet.

- Dial-gauge processing changes
- 0-2000 feet = 11 pounds pressure
- 2001-4000 feet = 12 pounds pressure
- 4001-6000 feet = 13 pounds pressure

- Weighted gauge adjustments

0-1000 feet = 10 pounds pressure

At altitudes above 1000 feet, process at 15 pounds pressure.

- Boiling water canner adjustments. The processing time will usually increase.

Per Ball Blue Book for:

1,000 to 3,000 feet increase the time by 5 minutes

3,001 to 6,000 feet increase the time by 10 minutes

## Low sugar or

## no sugar added canning

In canning regular fruits without



sugar, it is very important to select fully ripe but firm fruits of the best quality. Prepare these as described for hot-packs in researched tested recipes, but use water or regular unsweetened fruit juices instead of sugar syrup. Juice made from the fruit being canned is best. Blends of unsweetened apple, pineapple, and white grape juice are also good for filling over solid fruit pieces. Follow the processing recommendations given for regular fruits. You can add sugar substitutes when serving.

A variety of fruit spreads may be made that have good flavor, yet are lower

in sugars and calories than regular jams and jellies. Look for tested recipes to ensure a quality product. Gelatin may be used as a thickening agent. When gelatin is used in the recipe or you follow other recipes using sugar substitutes, the jars of spread should not be processed. They should be refrigerated and used within 4 weeks. Some may be kept in the freezer for longer storage, but check recipe directions.

## Low sodium

## or canning without salt

With the exception of fermented

pickles and cured or smoked foods, home-canned vegetables do not require salt for safe processing. Here are some pointers on processing salt-free foods. Salt has no effect on the natural color and texture of canned foods, except for pickles and cured or smoked foods. Follow USDA approved directions, just omit the salt. The main reason for using salt in canning is to enhance flavor, but there are other ways to do this. Try adding one tablespoon of lemon or orange juice to each pint of carrots, beets, or asparagus.

For green beans and peas, add one-half teaspoon of mace, nutmeg, or curry powder per pint. Do not use salt substitutes in canning. They may cause the color or the flavor of the food to change. Also, they may give foods a cloudy appearance. If you are making fermented pickles or cured or smoked foods, always add the amount of canning salt called for in the recipe. Salt is necessary for the safe preservation of these foods. Be sure to use normal processing methods and times to can salt-free foods





VICKIE MCCOY/One Feather contributor

## Happy 4th!

Fireworks blasted over the old Cherokee High School on the night of Sunday, July 4.



SCOTT MCKIE B.P./One Feather contributor

## Picnic Time!

The horseshoe pit was a popular area during the annual Tribal Employee picnic held on the Oconaluftee Island on Friday, July 2. The event, which drew hundreds of employees and their families, helped kick off the holiday weekend.



SARAH CROW/One Feather contributor

## French Fancy Special

The annual Daniel Marvin French Memorial Fancy Dance Special was held on Saturday, July 3. The winner of this year's contest and \$1,000 was Eric Bird (3rd from left), an EBCL tribal member. Josh Hill (4th from left), a member of the Seneca Nation, took 2nd place and won \$500. Shown standing (left-right) - Randy French, Aiyanna French, Bird, Hill, Landon French, Lil' Ed French, Dusty French, Tom French, and Ed French; kneeling - Jerico French.





SCOTT MCKIE B.P./One Feather

## Grand Entry with a Smile

Nikki Crisp, an EBCI tribal member, enters the dance arena with a grin during the grand entry at the Cherokee July Pow Wow on Friday, July 2. She took 2nd place in the Women's Buckskin contest.

>>

## Jingle Winners

Keredith "Tooter" Owens (left) and Dakota Brown, both EBCI tribal members, placed 1st and 2nd respectively in the Women's Jingle Contest.



DAWN ARNEACH/One Feather

## Royalty at the Pow Wow

The Cherokee Royalty enter the arena for the grand entry at the Cherokee July Pow Wow on Friday, July 2. Shown (left-right) Teen Miss Cherokee Kele Crisp, Miss Cherokee Rachel Hicks, and Little Miss Cherokee Emma Stamper. Kele also took 1st place in the Teen Girl's Traditional contest.



TODD KENT/One Feather contributor

## Grass Dancer

Micah Swimmer, an EBCI tribal member, wears a beautiful grass dance outfit. He took 2nd place in the Men's Grass Dance contest.



# Cherokee Fly Fishing Report

By **EUGENE SHULER**

July may be too hot to fish in most places in the country, but Cherokee remains one of the nation's hottest places in terms of trout fishing action. Anglers looking to catch trout should look no further than the cool waters of Cherokee North Carolina and its surrounding high peaks of the Smokies. With a weekly stocking effort by Hatchery Manager Robert Blankenship and his crew of hard-working men, the fishing action is always great. With 30 miles of water stocked full of trout, even the most novice angler can catch a fish.

The new Fly Fishing Only Catch and Release Section has been gaining lots of national attention over the past year. And for good reason, it's hands down some of the best fly fishing in the nation. Anglers from all over the country come to test their skills against the monster trout that lie in this special regulated Fly Fishing Only Catch and Release section on Big Cove Rd. This past week's episode of Fly Rod Chronicles on the Sportsman Channel hosted by Curtis Flemming showcased the newly created Cherokee Chapter of Project Healing Waters and the fly fishing action of the Cherokee Tribal Enterprise waters. The fishing was phenomenal, but what really made the day was seeing the smiles from the wounded and disabled veterans when they caught fish on a fly rod. Project Healing Waters is a fantastic organization. If you would like to be a part of the Cherokee Project Healing Waters Chapter please contact the folks at Rivers Edge Outfitters

at 828-497-9300.

For best results on the Fly Fishing Only Catch and Release Section right now, fish either early in the morning or later in the afternoon. During the day the trout in these waters take a rest and don't feed with any consistency. Some of the hot fly patterns lately are small midges such as Brassies #18-24, Zebra Midges #18-22, Serendipity Midges in #18-24, Beetles #12-18, black ants #14-18, Green Inch Worms #12-14

The Great Smoky Mountains National Park is fishing very well this week. The farther you get back in the hills, the better results you'll have. Deep Creek, Noland Creek, the Oconoluftee River, Straight Fork, Raven Fork and Bradley Fork are all fishing at their peaks. Dry fly fishing is the best it has been all summer long. Local favorite fly patterns such as the Thunderhead, Royal Wulff, Adams, Adams Variants, Yellow Hammer, Yellow Palmer, Stimulator, and inch worms are working very well.

If your fishing near Round Bottom Camp on Straight Fork be careful with your food, there has been lots of bear sightings and activity. If possible don't carry food on you while fishing, and if you're camping, store your food properly. For the most part bears are harmless and scared of humans, but they are always curious and looking for something to eat.

The Nantahala River is always a good place to fish in the summer. Water released into the lower river comes from Nantahala Lake located miles away. Water is sent to the power house through a large

pipe and is always bone chilling cold, even on the hottest of summer days. Water temperatures here are usually in the low 50's. Go early in the morning or late in the evening to avoid the rafters and kayakers who swarm the river during the middle of the day. The fishing is very good here even when the water is "on" and the rafters are coming by. So good in fact, that you probably won't mind sharing river with other folks.

Ever try fishing for smallmouth bass on a fly rod before? If not you should give it a try. Smallmouth is pound for pound the hardest fighting freshwater fish that swims. The Tuckasegee River and the Little Tennessee Rivers are full of "smallies" and they are a blast when caught with a fly rod. You don't need special fly rods to catch smallmouth, a 5wt rod will do the trick nicely. Look for areas in the river where smallmouth can ambush prey. Current seams, slack water, foam lines, and especially pockets of water behind rocks are all good places to cast to. Bridge Pylons and brush piles are also great places to catch a smallmouth. Fly selection is easy for chasing smallmouth. A handful of Woolly Buggers, bass poppers, and light colored streamers are all you need. Fish strong tippets in sizes 3x or bigger, and leader lengths of 9ft to 12ft are recommended.

**Suggested Dry Fly Patterns are:** Sulphurs #12-16, Little Yellow Sallies, Light Cahill #12-18, Dark Cahill #12-18, Tan Caddis #14-16, Blue Winged Olive #16-22, Light Hendrickson #14-18, Dark

Hendrickson #14-18, Red Quill #14-16, Brown Drake #8-10, Ginger Quill #14-16, Grey Fox #12-16, Adams #12-20, Royal Wulff #12-18, Thunderhead #12-16, Female Adams #12-16, Tennessee Wulff #12-18, Jim Charlie #12-16, Adams Variant #12-16, Stimulator in tan or light yellow in #12-18

**Suggested Nymph Patterns are:** Green Inch Worm #12-14, white Web Worm #12-14, Hares Ear #12-18, Pheasant Tail #12-20, Rubber Leg Prince Nymph #12-20, pink orange and red San Juan Worms #12-14, Lightning Bug #12-18, Rainbow Warrior #12-18, black and red Zebra Midges #16-22, tan Caddis Pupae #12-16, Adams Soft Hackle #12-18, Emergent Sparkle Pupae #12-18, Golden Stone #6-12,

**Suggested Streamers Patterns are:** Woolly Buggers in olive, black, brown, and white #6-12, Olive Slump buster #6-10, white and olive Zonkers #6-10, olive Mohair Leech #6-10, Clouser Minnows in chartreuse, white, and red #4-10, bass poppers in black, blue, red/white, chartreuse, yellow, and white

**Eugene is a Bryson City native, Director of Guide Operations for Rivers Edge Outfitters in Cherokee NC, and the Team Captain of the North Carolina Fly Fishing Team. He can be reached at (828) 497-9300 or log on to [www.flyfishcherokee.com](http://www.flyfishcherokee.com)**

## HEALTHY FOOD CHOICES LAST A LIFETIME

*Don't think of it as a woman's  
right to breastfeed.  
Think of it as a child's right to eat.*

EASTERN BAND OF CHEROKEE INDIANS WIC PROGRAM - (828) 497-7297





# Running the Trails with Cherokee Runners



Photo courtesy of Gerry Grady

## Cherokee Runners club

SUBMITTED BY GERRI GRADY  
CHEROKEE RUNNERS

The Cherokee Runners have been busy for the last few weeks. We've participated in group runs at Round Bottom, the Oconaluftee River Trail, Tow String and Deep Creek. After group runs, we will share food and laughter – sometimes in the pouring rain. We have run races from the Run for Kids Sake 5K in Swannanoa to the 7 mile Trail of Tears Walk/Run in Robbinsville. We had a great turnout (19 runners) for the Bryson City Firecracker 5K on July 3 in which several of our runners placed: Elnora Thompson, Jim Oocumma, Angel Squirrell, Matthew Climbingbear, Robin Swimmer, Brian Burgess, Farrell and Tina Oocumma. Congratulations to you all!

Cherokee Runners membership has grown to 26 and we have official by-

laws, a code of conduct and code of ethics for our officers. We are continuing to raise money for group activities and have started raising funds for the Injured Veterans group. Jim Oocumma is raising money for the Injured Veterans as a part of his registration for the October 31 Marine Corps Marathon. We will have another yard sale/bake sale at the BIA on Saturday July 17 and are selling 50/50 chances until July 15th. Please support our group and the Injured Veterans by purchasing tickets or donating dollars.

The next meeting of Cherokee Runners will take place on Thursday, July 15 at Tribal Grounds at 5pm. Please come out and join us if you are a walker or runner. Fitness levels don't matter, but having fun and getting healthy do. The speaker for this meeting will talk about the importance of hydration.

Visit our website at [www.cherokee-runners.com](http://www.cherokee-runners.com) or see our Facebook page.

# One Feather deadline

# Tuesday at 12noon

# REDEMPTION

## LIVE MMA CAGE FIGHT

### SATURDAY, JULY 24 AT 8PM

### BIRDTOWN GYM

### CHEROKEE, NORTH CAROLINA

ISCF-sanctioned amateur MMA fights (3 rounds)  
Doors open at 7pm, Fights start at 8pm  
Prices: \$15/general, \$25 for rows 3-5, \$35 for rows 1-2, \$75 for cage-side seats

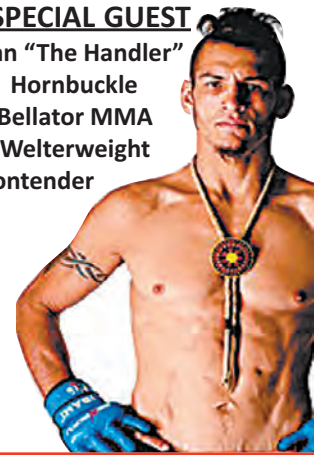
## FIGHT CARD

Flyin Ryan Conn vs. Shayne Tyner  
Joshua Adkins vs. TBD  
William Bratz vs. Chase Morris  
Gregory Brown vs. Ben Perry  
Craig Naegler vs. TBD  
Mike Powell vs. Joseph Ray  
Malford Jeter Jr. Vs. Tony Rodgers

Information - Ronald Smith (828) 736-9671, [www.tribalwarriorsmma.net](http://www.tribalwarriorsmma.net)

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# Cherokee one feather

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Classifieds are \$5.00 for 30 words.

Bid, RFPs, job announcements, etc. are billed at \$8.00 per column inch.

## Call (828) 497-1754 for more info

## Deadline for All Ads is Tuesday at noon. No Exceptions!



# The Clothesline Project helps Violence Victims

The Clothesline Project is a collection of tee-shirts made by women who have survived domestic violence and/or sexual assault. The project is a visual display that depicts the horrors of violence against women. The tee-shirts are decorated to represent a particular woman's experience, by the survivor or by someone who cares about her.

In the fall of 1990, the Clothesline Project began in Hyannis, Massachusetts with a display of thirty-one tee-shirts. Since that time, the project has grown to include dozens of displays nationally and internationally, with an estimated 35,000 to 50,000 shirts.

According to the Men's Rape Prevention Project in Washington, DC, during the 16 years of the Vietnam War, 58,000 soldiers died. During that same time period, 51,000 women were murdered by their husbands or lovers. In the summer of 1990, that statistic became the catalyst for a coalition of women's groups on Cape Cod, Massachusetts to consciously develop a program that would educate, break the silence and bear witness to one issue - violence against women. This small core group of women, many who had experienced some form of personal violence found the project a unique way to take these staggering, mind-numbing statistics and turn them into an educational and healing tool.

The concept was simple- let each survivor tell her story in her own unique way. The survivor can cre-

ate an account of the feelings and struggles and efforts to heal from the violence that they have experienced through words or artwork. It is the very process of designing a shirt that gives a victim a voice to expose an unspeakable experience that has dramatically altered her life.

The purpose of the Clothesline Project is:

1. To bear witness to the survivors and victims in the war of violence against women and children.
2. To help with the healing process for those who have lost a loved one, or who are survivors.
3. To educate, document and raise society's awareness of the extent of the crime of violence against women and children.
4. To provide a nationwide network of support, encouragement and information for other communities starting the project.

The Clothesline Project is about intimate partner violence against women and the shirts are color coded for the different types of violence:

- WHITE for the women and children who have died as a result of domestic violence
- YELLOW or BEIGE is for women and children who have been battered or assaulted
- RED, PINK or ORANGE for women and children who have been raped or sexually assaulted.
- BLUE or GREEN for women and children sur-

vivors of incest or child sexual abuse

- PURPLE or LAVENDER for women and children attacked because of their sexual orientation
- GREY for women who have been victims of sexual harassment
- BLACK for women and children permanently handicapped because of violence, or abused because they are disabled.

These are the suggested colors, but are not required. Women often use a color that has a special significance to them.

The true power of the Clothesline lies in its grassroots approach, which allows individuals and organizations to break the silence to their neighbors about the violence happening in their own communities.

If you need assistance, have questions, or need to talk to someone, please call 488-5572, 554-6830, or toll free 800-264-9611. We encourage everyone to stop by the tee-shirt displays located at the Tribal Court House, the library at the Ginger Lynn Welch Complex, the Cherokee Indian Hospital, and the library in Snowbird.

- Source: EBCI Domestic Violence and Sexual Assault Program

# Hot Weather and Cardiovascular Disease

## How does hot weather affect the heart?

Extremely hot weather can cause dehydration, heat exhaustion and heat stroke. These risks increase when the weather is very hot and humid. Heat and humidity interfere with the body's natural cooling process.

Exercising outside in hot and humid conditions can be hard on your heart.

The problems start because the heart is trying to deliver blood and oxygen to your working muscles while your body is trying to cool off by sweating. If you sweat too much, you lose fluid. Extreme fluid loss can lead to brain and heart damage.

A good way to monitor your body fluid level is to weigh every morning after using the bathroom. If you weigh two pounds less than normal in the morning, you're probably dehydrated and need to drink more water before doing any vigorous activity.

If you plan to exercise outside in hot and humid weather, wear very light, comfortable clothing and work out in the early morning or late evening, if possible.

## Know the symptoms of heat exhaustion

## and heat stroke.

If any symptoms appear, stop exercising and cool down immediately by dousing yourself with cold water. You may need to get medical attention. Heat exhaustion can progress quickly to heat stroke, which can kill you.

## What are the symptoms of heat exhaustion?

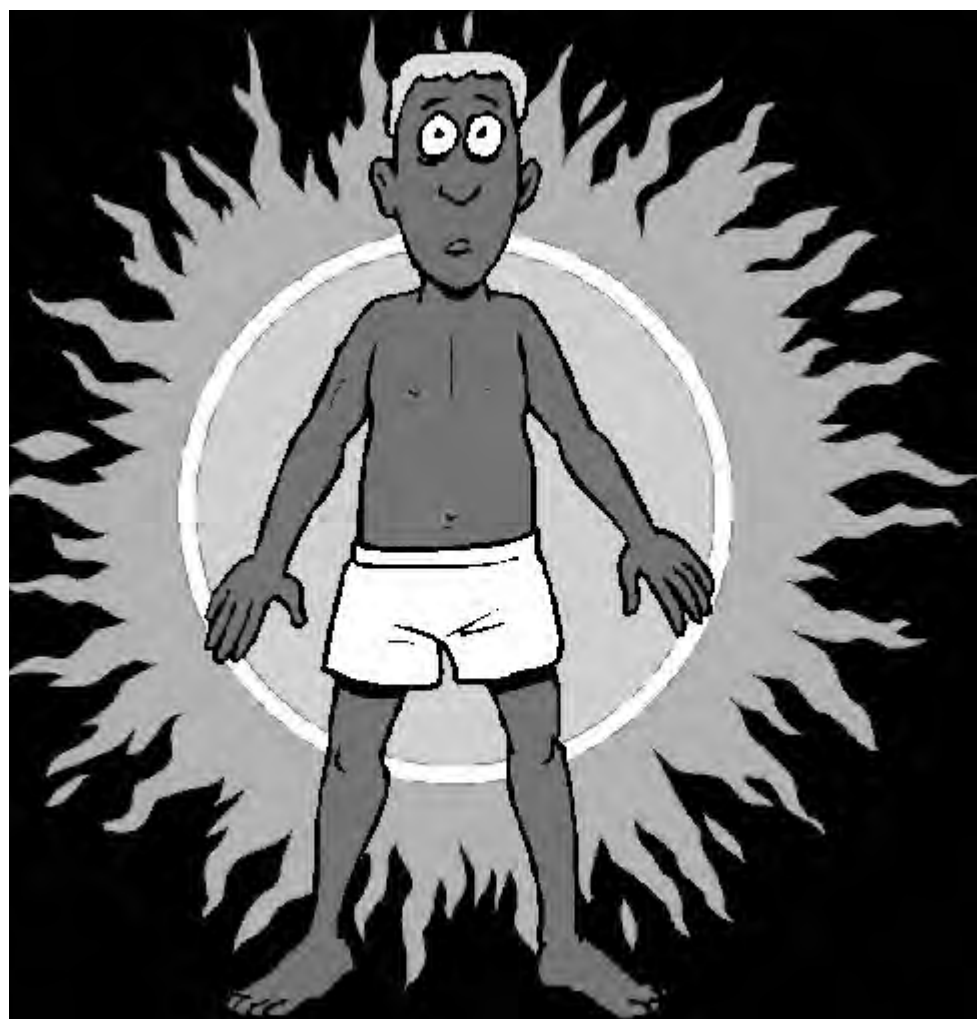
cold, clammy skin  
dizziness or fainting  
a weak and rapid pulse  
muscle cramps  
fast, shallow breathing  
nausea, vomiting or both  
profuse sweating

## What are the symptoms of heat stroke?

warm, dry skin with no sweating    confusion    high fevers    headache

This is a serious medical condition – seek medical treatment right away! For further information on healthy tips contact your Public Health Nurses at Cherokee Community Health 554-6882.

- Source: American Heart Association





# Class III Gaming Compact approved for Seminole Tribe of Florida

WASHINGTON – Assistant Secretary – Indian Affairs Larry Echo Hawk on June 24, issued a final approval to the May 11 proposed Class III Gaming Compact (Compact) between the Seminole Tribe of Florida (Tribe) and the State of Florida (State). The signing of the approval letter was conducted on his behalf by Deputy Assistant Secretary – Indian Affairs Del Laverdure.

"I am very pleased that the Tribe and the State were successful in reaching an agreement on the terms of a gaming compact. I want to wish the Tribe continued success in its economic endeavor," Echo Hawk said.

"The signing of this gaming compact approval letter demonstrates Indian Affairs'

commitment to support tribal efforts to foster economic development and tribal self-sufficiency," Laverdure said.

Seminole Tribal Chairman Mitchell Cypress executed the Compact on April 7, as directed by Tribal Council Resolution No. C-194-10, which also ratified the Compact. Florida Governor Charlie Crist executed the Compact on the same day. The Compact was then submitted to the Florida legislature, where it was approved as part of Senate Bill 622 and signed into law by Governor Crist on April 28.

Under the Indian Gaming Regulatory Act (IGRA), 25 U.S.C. § 2710(d)(8)(C), the Secretary may approve or disapprove a Compact within 45 days of its

submission. If the Secretary does not approve or disapprove the Compact within 45 days, IGRA states that the Compact is considered to have been approved by

**"I am very pleased that the Tribe and the State were successful in reaching an agreement on the terms of a gaming compact."**

**- Larry EchoHawk - Assistant Secretary - Indian Affairs**

the Secretary, "but only to the extent the Compact is consistent with the provisions of [IGRA]." 25 U.S.C. § 2710(d)(8)(C)(emphasis added). Under IGRA the - ContinuedSeminoleGaming Department must determine whether the Compact violates IGRA, any other provision of

Federal law that does not relate to jurisdiction over gaming on Indian lands, or the trust obligations of the United States to Indians.

The Interior Department

reviewed the Compact, along with additional documentation submitted by the parties, and determined that the Compact satisfies the requirements of IGRA. Therefore, the Department approved the Compact pursuant to IGRA.

The Interior Department

ment, through the Assistant Secretary-Indian Affairs, has the authority and responsibility to review and approve tribal-state gaming compacts. Congress enacted IGRA to provide a basis for gaming by federally recognized tribes "as a means of promoting tribal economic development, self-sufficiency, and strong tribal governments."

Revenues from tribal gaming are used for specific purposes, including funding tribal government operations and programs, and providing for the general welfare of the tribe and its members.

- Source: BIA release



Hey kids we are looking for you to join us in the library this summer? We have a goal of reading 2000 books this summer. Stop by the Qualla Boundary Public Library And find out the details of how to earn prizes!!! This is reading for fun! We are open Monday, Tuesday and Thursday from 8am – 7pm and Wednesday from 8am – 5pm and Fridays from 7:45am - 4:30pm. Hey Splash on into the library and cool off!!

## **New BOOKS at the Library:**

*Diary of a wimpy Kid* – Jeff Kinney

*Dog Days* – Jeff Kinney

*Edge of Light* – Ann Shorey

*From cradle to Grave* - Patricia MacDonald

*Last Straw* – Jeff Kinney

*Lonestar Sanctuary* – Colleen Coble

*Man of his word* – Kathleen Fuller

*Return Nightfall* – L.J. Smith

*Rodrick Rules* – Jeff Kinney

*Somewhere to Belong* – Judith Miller

*Summer Secret* – Kathleen Fuller

*To Save America* – Newt Gingrich

*Woman called Sage* – Diann Mills

**See You at the Qualla Boundary Public Library!**



## Vision Maker News

### **COMPILED By ONE FEATHER STAFF**

#### **New Releases Home DVDs**

1. *For the Generations: Native Story & Performance*
2. *Video Letters from Prison*

#### **New Releases Educational DVDs**

1. *Reel Injun*
2. *Barking Water*
3. *For the Generations: Native Story & Performance*

#### **Top Sellers Home DVDs**

1. *For the Rights of All: Ending Jim Crow in Alaska*
2. *A Blackfeet Encounter*
3. *Waterbuster*

4. *Aleut Story*

5. *Way of the Warrior*

#### **Top Sellers Educational DVDs**

1. *Jim Thorpe, the World's Greatest Athlete*
2. *Reel Injun*
3. *The Great American Foot Race*
4. *March Point*
5. *Oceti Sakowin with Bonus DVD*

For more information about Vision Maker: Toll Free: 1-877-868-2250  
Email: [visionmaker@unl.edu](mailto:visionmaker@unl.edu) Fax: 1-402-472-8675  
online - [http://visionmaker.semckhor.com/page.asp?content\\_id=18974](http://visionmaker.semckhor.com/page.asp?content_id=18974)

**One Feather**  
**deadline**  
**Tuesday at 12noon**



# *Cherokee* **one feather**

**PDF SUBSCRIPTION NOW**

**FREE**

**TO EBCI MEMBERS**



The *One Feather* staff is now thrilled to announce that a PDF version subscription of the *Cherokee One Feather* is FREE to all enrolled members of the Eastern Band of Cherokee Indians.

To start your free subscription, please email your name, EBCI roll #, and email address to - [dawnarne@nc-choerokee.com](mailto:dawnarne@nc-choerokee.com). Please put in subject line: **One Feather PDF EBCI.**

We are not able to send them to EBCI tribal email...it must be another email address. Please do not call as will not take this information over the phone. If you have questions, please email Dawn Arneach at the above email.

***Covering the Eastern Band of Cherokee Nation***



### SERVICES

**Gateway Pet Center**- Now Professional Grooming, for appointment call 497-7387 or 497-2719 **7/22pd.**

**Mowing and lawn service** – Monday – Saturday Call Kyle Carter 828-788-1402 **7/22pd.**

### FOR SALE

**Rabbits for sale.** \$15 or 2/\$20. New Zealand Whites, good for pets or meat rabbit, bring your own box. 788-1155 ask for Dwight. **7/8pd.**

**For Sale** - 1995 Ford Escort, SW, AT, Cold AC, 30 MPG, this is a good car \$1,100. 828-488-4710 **7/15pd.**

**For Sale** - 1994 Mercury station wagon, runs good, light green, good tires, good clean family car, \$1,200 O.B.O call 497-3101 **7/8pd**

**For Sale** - 2004 Red Ford Ranger Ext Cab, 32K miles, standard, clean w/ good tires, \$4,500.00 please call or text 828-226-2217 leave message w/ phone # if no answer. **7/8pd.**

### RENTALS

**For Rent** - Newly constructed Secluded creekside 2 bedroom, 1 bath house, need more area of Bryson City, W/D, gas fireplace, AC, \$700 monthly, \$700 deposit call 488-8752 **7/8pd**

**For Rent** - Three bedroom house, hardwood floors, no pets, \$680, \$400 deposit, \$340 on last call 828-458-5460. **7/8 pd**

**For Rent** - One bedroom king size bed, microwave, gas stove, TV/DVD/VCR, hot water heater and refrigerator are gas or electric, AC and Fireplace. Great for couples or single person, no small children, no pets, no smokers, no drunks or drugs. Everything is furnished, all you need is your clothes and groceries. Rent is \$375 per month, DirecTV, water and sewer included in rent \$700 deposit, call 788-7345 no calls after 10pm **7/8 pd**

**For Rent** - 3 BR/ 1 bath house with yard, recently renovated, quiet location in Birdtown available after July 7th \$650 a month rent plus deposit call 788-2959 **7/10 pd**

### LEGALS

#### Legal Notice

Eastern Band of Cherokee Indians  
Cherokee Tribal Court  
Cherokee, North Carolina  
Estate File No. 10-037

#### Notice to Creditors and Debtors Of Katherine Swayney Wolfe

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

Deadline to submit claims: **October 12, 2010**

This is the **1st** day of **July, 2010.**  
Brenda Sluder, P.O. Box 1386  
Cherokee, NC. 28719 **7/29 pd**

#### Legal Notice

Eastern Band of Cherokee Indians  
Cherokee Tribal Court  
Cherokee, North Carolina  
Estate File No. 10-036

#### Notice to Creditors and Debtors Of Lorraine Rattler Teesateskie

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

Deadline to submit claims: **October 5, 2010**

This is the **29th** day of **June, 2010.**  
Johnny A. Teesateskie 3263 Massey Branch Rd  
Robbinsville, NC. 28719 **7/29 pd**

#### Legal Notice

Eastern Band of Cherokee Indians  
Cherokee Tribal Court  
Cherokee, NC.  
CASE NO. 09-CV-651  
Hunter Adam Welch  
V  
Samantha Welch

TAKE NOTICE that an action has been filed against Samantha Welch in the above entitled matter. The nature of the relief sought is DIVORCE, CUSTODY and EQUITABLE DISTRIBUTION. You are required to make a defense to such pleading no later than the 30th day of July 2010, said date being MORE THAN forty(40) days from the date of first publication of this notice and upon your failure to do so the party seeking service against you will apply to the court for the relief sought.

This the 17th day of June 2010.  
Saunooke Law Firm, P.O. Box 2369 Cherokee, NC. 28719 828-736-2856 **7/15pd.**

#### Legal Notice

I, George H. Powell Jr., after this date 6/17/2010, am divorcing Evelyn Forney Powell and am no longer responsible for any of her debts and am solely responsible for my own debts.

George H. Powell Jr.  
177 Bertha Saunooke Road  
Cherokee, NC 28719

**7/8pd**

## Eastern Band of Cherokee Indians

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.

### Positions Open

**Closing July 23, 2010 @ 4 pm**

1. Carpenter- Facility Management- (\$23,740-\$30,280)
2. Housekeeper- Housekeeping (\$18,140-\$22,680)
3. Recreation Aide- Cherokee Life (\$18,140-\$22,680)
4. Maintenance/ Grounds Supervisor- Cherokee Life (\$28,790-\$36,710)

**Closing July 16, 2010 @ 4 pm**

1. Utility Worker- Sanitation(\$18,140-\$22,680)

**Open Until Filled**

1. EMT-P (Part-time) – EMS
2. Teacher- Tribal Child Care
3. Teacher Assistant- Tribal Child Care

### Health & Medical Positions

1. C.N.A.– Tsali Care Center
2. Master's Level Therapist- Analenisgi (2 Positions)
3. RN/PRN- Qualla Youth Health Ctr
4. C.N.A- Home Health
5. LPN- Tsali Care Center
6. Cook Aide- Tsali Care Center
7. Behavior Change Specialist- REACH
8. Administrative Assistant- Home Health
9. CHR- CHR



#### Legal Notice

Eastern Band of Cherokee Indians  
Cherokee Tribal Court  
Cherokee, NC.  
CASE NO. 10-CV-183  
Saunooke Law Firm  
V

Veronica Taylor and Derek Taylor

TAKE NOTICE that the Plaintiff, SAUNOKE LAW FIRM, will see relief pursuant to Cherokee Code Section 25-3 for examination and sworn testimony of VERONICA TAYLOR and DEREK TAYLOR on the assets available for garnishment and judgment collection on the 11th day of August 2010 before the Cherokee Court.

This the 17th day of June 2010.  
Saunooke Law Firm, P.O. Box 2369 Cherokee, NC. 28719 828-736-2856 **7/15pd**

#### Legal Notice

State of North Carolina  
County of Swain  
In the general Court of Justice  
SUPERIOR COURT DIVISION  
FILE NO. 10-E-63

#### NOTICE TO CREDITORS and DEBTORS OF Hugh William Lashomb

All Persons, Firms and Corporations, having claims against Hugh William Lashomb, deceased, are notified to exhibit them to Wilbur Paul, Executor of the Decedent's Estate on or before the 8th day of September, 2010 or be barred from their recovery. Debtors of the Decedent are asked to make immediate payment to the above named Executor.

This the 9th day of June 2010.  
Wilbur Paul, P.O. Box 1597, Cherokee, NC. 28719 **7/22pd.**

# One Feather deadline Tuesday at 12noon



# EMPLOYMENT

## Cherokee Boys Club General Manager

**Organization:** Cherokee Boys Club, P. O. Box 507,  
Cherokee, NC 28719; (52 Boys Club Loop)  
**Department:** Administration  
**Opening Date:** July 1, 2010  
**Closing Date:** July 30, 2010

### REQUIREMENTS:

#### Required:

**Education:** BS or BA required  
**Experience:** 10 years of upper management experience in a Tribal or large corporate environment.

#### Desired:

**Education:** Masters Degree  
**Experience:** 10 years as a General Manager or CEO of mid-sized organization

A job description and application can be picked up from the Club's Human Resources Coordinator, Tiffani Reed, at the Cherokee Boys Club between the hours of 8:00 a.m. and 4:30 p.m., Monday through Friday. Resumes will be accepted by Tiffani Reed during the same days and hours listed above. For more information call 828-497-9101. The selected applicant must submit to a pre-employment drug screen and local, state, and federal civil and criminal background and sexual offender screens. Indian Preference does apply in the filling of this position. If claiming Indian Preference, applicant must submit the appropriate certificate. 7/29

## Tribal Bingo Enterprise Job Announcement

Announcement date: July 8, 2010  
Closing date: July 15, 2010 at 4:00pm  
Name of position: Custodian Supervisor  
Number of positions: 1  
Shift: Days

**SUMMARY OF JOB:** Enforces company regulations and oversees the operation of Tribal Bingo. 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. Two years 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, an enterprise created by the Eastern Band of Cherokee Indians, reserves the right to reject any and all applicants 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. 7/8

## Tribal Bingo Enterprise Job Announcement

Announcement date: July 8, 2010  
Closing date: July 15, 2010 at 4:00pm  
Name of position: FT Cashier  
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, an enterprise created by the Eastern Band of Cherokee Indians, reserves the right to reject any and all applicants 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. 7/8

## Cherokee High School is Hiring for the following positions

- Teacher Assistant** - Applicants must possess an associates degree and have at least 5 years coaching experience at the high school in two of the following sports: Volleyball, Basketball, Softball, Soccer
- North Carolina Teacher Assistant** - Applicants must possess an associates degree and have at least 5 years coaching experience at the high school in two of the following sports: Volleyball, Basketball, Softball, Soccer

If you would like an more information or an application please come by the school or log on to Cherokeecentral.sharpschool.com Click on Job Opportunities under Central Office, or you may call 554-5000 or 554-5096 and ask for Nancy Chiltoskie. 7/8

## RFPs, BIDS, Etc.

### Requests for Proposals

Eastern Band of Cherokee Indians  
Cherokee Department of Transportation  
1840 Paintown Road  
P.O. Box 2400  
Cherokee, North Carolina 28719  
Phone: (828) 497-1890

#### Projects: Old #4 Rd Re-Construction

The Eastern Band of Cherokee Indians CDOT Office is requesting sealed bids for the completion of the Old #4 Rd Re-Construction. The deadline for submitting proposals will be July 22nd, 2010 at 4:00p.m.

Please be advised that all TERO rules and regulations, Tribal procurement policies, applicable state and federal rules, regulations and laws shall apply to the performance of any work awarded pursuant to this solicitation and to the procurement of work solicited through this advertisement.

You may request the full RFP and bid requirements for proposals through the CDOT Office, or TERO. If you have any questions or comments, please contact CDOT at (828)-497-1890. 7/15

### "Sudoku by Krazydad"

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 3 |   | 6 | 7 |   | 2 |   | 5 |   |
|   | 1 |   |   | 4 | 6 |   | 9 |   |
| 8 | 4 | 7 |   |   |   |   |   |   |
|   |   | 8 |   |   | 1 |   |   | 5 |
|   | 3 | 9 |   | 5 |   | 8 | 1 |   |
| 7 |   |   | 3 |   |   | 6 |   |   |
|   |   |   |   |   |   | 5 | 8 | 1 |
|   | 6 |   | 1 | 7 |   |   | 4 |   |
|   | 8 |   | 5 |   | 3 | 9 |   | 6 |

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For more puzzles visit [krazydad.com/puzzles](http://krazydad.com/puzzles)



## RFPs, BIDS, Etc.

### Swain County BOE Project

The Swain County Board of Education intends to purchase lighting materials and procure the services of an electrical contractor to change out lighting at Swain County High School. This project will be completed using American Recovery & Reinvestment Act (ARRA) funds and, as such, all work performed must be in compliance with ARRA guidelines and requirements.

Information on this opportunity will be available at the Swain County Board of Education offices, 280 School Drive, Bryson City, NC 28713. For more information please contact Sam Pattillo at [spattillo@swainmail.org](mailto:spattillo@swainmail.org) or 828-341-5492. 7/8

## REALTY

The Following is a list of Tribal members that have documents to sign in the BIA Realty office. These are land transfers from both Tribal Members and the Eastern Band by Resolution.

### Big Cove Community

Karen Elizabeth French Browning, Edwin Leroy French, Lisa Ball Saunooke, Kathy Linda Ross Galanick, Ernest Lynn Ross, Edwin Wolfe, Robert George Standingdeer, Elsie Cynthia Standingdeer, Jesse Phillip Standingdeer, William Phillip Standingdeer, Jamison Dean French, Joseph Louis Caro, Mary Gean Jackson Littledave, Geneva Rose Sneed Jackson, Sally Ann Reed Mahan, Susannah Reed Hall, David Norman Watty, Rynda Lynn Marie Saunooke, Letina Renee Saunooke, Matthew Nicholas Drake Sterlin, Riana Eileen Marie Rich, Shannon Patricia Lynn Rich, Jason Eric Saunooke, Brianne B. Tsavatewa, Steven Lewis Saunooke, Joseph Lawrence Johnson III, Deborah Sue Panther, Joseph Robinette French, Meroney George Shell, Viola Yvonne Shell Garnett, Elliott Clark Shell, Michael Jay Shell, Deborah Ann West, Samuel Patrick Panther, Sharon Lenell Welch Panther, Paul Stephen West, Jerome Watty, James Donald Taylor, Tony Anthony Johnson, Gaynell Johnson Bradley, Jackie Lee Johnson, Deweese Wolfe, Jane Wolfe, Jasper Wolfe, Jonah Wolfe, Frances Ann Wolfe Maney, Abel Wolfe, Donald Jay Bradley, Wanneta Sue Bottefhenbaugh Miller, Karli Janie Davis, Lorna Janell Panther, Floyd Everd Panther, Jonathon Nathaniel Toineeta, Margie Lynn Toineeta, Victoria Eden Toineeta, Anita K. Pheasant Teesateskie, Leila Leona Lambert bales, Renee Long Cole, Marvin Thomas Bradley Jr., Sandra Faye Hill, Nannie Kalonaheskie Calhoun, William Howard George Jr., Donna Sue Wolfe, Amanda Sue Cagle, Regina Watty, Charles David Watty, James McKinley Welch, Sharon Lenell Welch Panther, Abraham Welch, Thomas Edward Welch, Mickey Stanley Welch, Samuel Lee Welch, Robert Isaac Welch, Jennifer Beth Welch, Jeremy William Welch, Terri Lynn Welch, Davis Welch, Jessie James Welch, Joe Welch, Maidena Lou Welch Wildcatt, Charles Adam Welch, Freida Ann Welch Panther

### Divisions

Rena Janet Johnson Wachacha, Jackie Lee Johnson, Jacob Pete Johnson (minor), Melissa Ann Maney, Jamie Ophelia Parris Tranter, Joanna Lee Parris, Velma Jean Ledford Lossiah, Kirk Wilson Lossiah Sr., Maury Estes Lossiah, Vanessa Lossiah Welch, Roberta Ann Davis, Donald Ray Davis, James Daniel Arch, Brandy Darlene Davis.

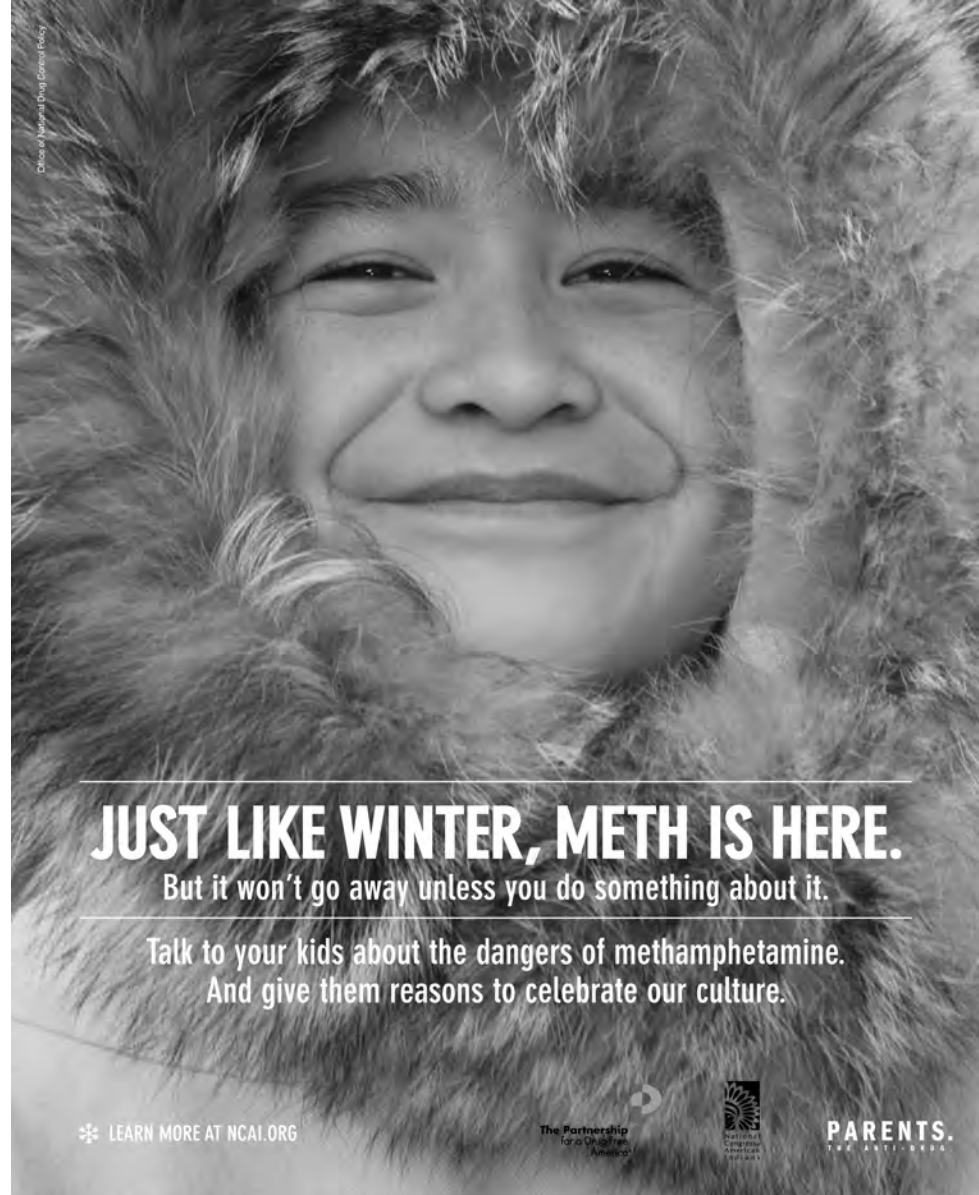
### Proposed Land Transfers

Emma Katherine Blythe Sanders to James Edward Sanders Wolfetown Community parcel no. 144 containing 1.000 acres more or less, together with all improvements located thereon.

Caroline Luzene Hill to Robert Allen Blankenship Wolfetown Community parcel no. 445-A (part of parcel no. 455) containing 5.00 acres more or less.

Ellie Mae Locust Maney to Kerri Lynn Wolfe Big Cove Community parcel no. 8 (of Big Cove Housing Project) containing 0.872 acres more or less, together with all improvements located thereon.

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



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But it won't go away unless you do something about it.

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North Carolina Health & Wellness TRUST FUND

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# Tribal Member starts Cowee Mound Project

Jeremy Wilson, an EBCI tribal member, is working on a project that he hopes will spark an interest from Tribal members young and old alike to get to know the Cowee mound. The purpose of the project is to reconnect people to the history of the mound and to discover it's importance in the Tribe's history and what purpose it's future will play. The project will also compare Kituwah and Cowee how they are similar and different.

Cowee has its own main website, which is [www.coweenc.com](http://www.coweenc.com). A donation box will be looked to be added onto the website for those who wish to contribute donations to LTLT's mission for Cowee. Also updates and notices can be found on Facebook - Project Cowee Reconnection.

- Source: Jeremy Wilson



A field, up on the mound, where the Elite Cherokees used to live.

Photos courtesy of Jeremy Wilson



ABOVE: On top of the Cowee Mound where the large Council house once sat. The Council house once sat up to several hundred people.

INSET: This is the nutting stone used to grind corn, flour and other things.



## GENERAL EVENTS

**First Time Sampson Owl Family Reunion. July 10-11.** A first of many Sampson Owl Family Reunions is being planned for the descendants of Ida Owl Blythe and Kamie Owl Wahnetah. Info: Cheryl Tolley 497-7728 after 5:30pm

**Yellowhill Community Club Meeting. July 12** with a potluck at 5:30pm and the meeting will start at 6pm. This meeting is being held later in the month due to working the Drama the week of July 5-10. Special Presentation by Arlyce Smith Watkins.

**Big Y Community Meeting. July 13** at 6pm.

**Lloyd and Nettie Owl Family Reunion. July 16-17.** This is for descendants of Lloyd and Nettie Owl of the Yellowhill Community. Planned activities including a hike to the “old home place”, potluck dinners, slide show presentation on the family history and plenty of free time to enjoy other local activities including the Festival of Native Peoples. Info: Lloyd Arneach 497-5172, Roberta Gloyne 497-1540, Frela Owl Beck 497-3671.

**Festival of Native Peoples. July 16-17** at the Cherokee Indian Fairgrounds from 9am - 6pm daily. Info: (800) 438-1601.

**Children’s Trout Derby Volunteer Luncheon. July 29** from 11am - 2pm at the Cherokee Indian Fairgrounds. Info: Yolanda Saunooke 554-6854 or yolasaun@nc-choerokee.com.

**1760 Cherokee Victory at Fort Loudoun Day. Aug. 6-8.** Activities will commence early on Saturday morning and conclude that evening as the events that led up to eventual surrender of Fort Loudoun are recreated. Guests: Dr. Barbara Duncan, Dr. Duane King, Dr. Tom Hatley, Dr. Stephen Brumwell. Info: (423) 884-6217 or www.fort-loudoun.com.

## HEALTH & SPORTS

**828 Boyz Basketball Tournament. July 10** at Birdtown Gym. Ages 15 & up, \$25.00 entry fee. The deadline to enter is Friday July 9. Info: Josh Littlejohn (w) 497-4728, (h) 497-6292, (c) 736-0342

**Birdtown Walking Club. Starts July 12** and ends Oct. 31. The Club will meet every Monday at 7pm at the Birdtown Walking track. There are 50 spots available and Birdtown residents are preferable. Prizes available for miles walked. Info: Tara 497-1976

**Cherokee Youth Olympics. Opening Ceremony July 12** at 8:30am. Age groups: 6 & under, 7-18, all must be enrolled in school. 1st-6th place awarded in each category. Sports range from track & field to Cherokee Marbles. Info: Birdtown Rec. 554-6891, Healthy Cherokee 497-7460, Snowbird Rec. 554-6962.

**The Cherokee Coalition on Healing and Wellness meeting. July 13** at 11:30am at Living Waters Lutheran Church. Don’t forget your lunch. Subject of meeting – Coalition. Info: criswolfy@aol.com

**3rd Annual Trooper Shawn Blanton Scholarship Golf Tournament. Aug. 6** at the Smoky Mountain Country Club. Proceeds will go to the Scholarship Fund (www.troopershawnblantonscholarship.com). 4-man captains choice. Info: Tony Belcher (828) 356-6710 or (828) 226-0984

**Fourth Annual Cherokee Soccer Camp. July 19-23 at the Wolftown Soccer/Stickball Field from 3:30-5:15pm daily.** This camp is open to all kids ages 6 – 14 and previous soccer experience is not required. Camp registration will be held on the day of camp at the soccer field. The camp is free and will be run by coach Andy Schwarz and his team.

## CHURCH EVENTS/ANNOUNCEMENTS

**23rd Annual Snowbird Mountain Gospel Singing. July 9-10** at the Little Snowbird Playground in Robbinsville at 7pm nightly. All singers and public are invited concession will be available each night,bring yoru lawn chairs. Info: (828) 479-1201 or (828) 479-8678.

**Vacation Bible School. July 12-16** from 6:30-8:30pm nightly at Straight Fork Baptist Church. The theme is “Soul Survivors on Danger Island”. Everyone is welcome.

**Vacation Bible School. July 12-16** at Cherokee Pentecostal Holiness Church at 6:30pm each night. Theme: Saddle Ridge Ranch, crafts and snacks each night.

**Vacation Bible School. July 12-16** at Cherokee Wesleyan Church at 6:30pm daily. All ages invited. The theme is “FROG - Fully Relying on God”. Bible lessons, skits, crafts, games, music, and snacks. Located in Soco Valley on HWY 19 north across from Happy Holiday Campground. Info: Pastor Patricia Crockett 586-5453.

**Neighborhood Bible Club. July 19-23** from 10am – 12noon daily at the Wolftown Community Building. This is for boys and girls ages 5-12. Bible stories, games, singing, snacks, prizes and relay races. Info: MTW Cherokee Office 497-1222.

**Vacation Bible School. July 31** from 9am – 3pm at Antioch Baptist Church on Coopers Creek Road. Cookout and closing ceremony to follow. Bible lessons, crafts, games, music, and snacks. Everyone is welcome. Theme: Sea Quest, Diving for God’s Treasure, lessons based on the KJV Bible.

## BENEFITS & FUNDRAISERS

**Agelink Childcare Bake Sale, Car Wash and Yard Sale. July 10** beginning at 8am. All proceeds will benefit the School Age Summer Camp day trips.

## CHEROKEE YOUTH OLYMPICS

### Condensed Daily Schedule

#### Monday, July 12

8:30 Opening Ceremony Old CHS Track  
10:00 Cycling – Old CHS Track  
10:00 Art Show – check-in artwork at Old CHS Commons Area  
10:00 Baseball/Softball/T-ball/Coach Pitch/Little League Skills, Tournaments will follow – John Crowe Complex  
11:00 Basketball Skills, Tournaments will follow – Old CHS Gym  
12:00 Volleyball Skills, Tournaments will follow – Birdtown Gym

#### Tuesday, July 13

9:00 Soccer Skills, Tournaments will follow – Old CHS Football Field  
9:00 ALL Track & Field Events Begin – Old CHS Track

#### Wednesday, July 14

8:30 Cheerleading – Birdtown Gym  
9:00 Skateboarding skills/Scooter Skills –

Yellowhill Skate Park  
10:00 Triathlon – begins at GLW Pool, Old CHS Track, New CHS Track  
9:00 Baseball/Softball/T-ball/Coach Pitch/Little League Tournament Championships – John Crowe Complex  
1:00 Basketball Championships – Old CHS Gym  
1:00 Volleyball Championships – Birdtown Gym

#### Thursday, July 15

8:30 Blow Gun Competition – Old CHS Field  
8:30 Archery – Old CHS Field  
9:00 Cherokee Marbles – Old CHS Field  
10:00 Hula Hoop – Old CHS Track  
11:00 Football Punt/Pass/Kick – Old CHS Football Field  
11:00 Jump Rope – Old CHS Gym

#### Friday, July 16

9:00 ALL Swimming Competitions – GLW Complex Pool

nc-choerokee.com/theonefeather



# Cherokee Language

## Thornton Media develops Cherokee apps

Cherokee Owned Thornton Media has made available another tool in helping with learning language. On the iPod Touch and the iPhone Thornton media has made applications available Cherokee Lite - FREE: iTunes Store or Cherokee Basic Full Version - \$9.99 iTunes Store.

Cherokee Basic iPod Touch/iPhone App Available Now in the iTunes App Store (2nd Gen and up)

\* Recorded by first language speakers of Cherokee language (OK dialect)

\* More than 460+ audio recordings

\* Words & basic phrases

\* 18 categories

\* 84 separate alphabet sounds

\* Zoom-able syllabary chart

\* Phonetic spellings

\* The first indigenous language app ever in the iTunes Store!

To learn more and how to get the applications see online at <http://www.ndnlanguage.com/index.html>

## Cherokee Language Online

With the help of Dr. Hartwell Francis, Cherokee Language Program Director from Western Carolina University and Tom Belt, Elder-in Residence, Cherokee Language Instructor, Cherokee Language MP3 sound files as well as printable pages are available to people wanting to learn Cherokee as well as those wanting to increase their Cherokee knowledge base.

<http://blog.wcu.edu/ Cherokee/>

Check out the One Feather on YouTube at

[youtube.com/user/CherokeeOneFeather](http://youtube.com/user/CherokeeOneFeather)

## TSALAGI WORD FIND / communities / towns / states

|                      |             |                         |               |
|----------------------|-------------|-------------------------|---------------|
| 1- Birdtown.....     | tsisquoi    | 12- North Carolina..... | gayalena      |
| 2- Asheville.....    | togiyasdiyi | 13- Soco.....           | sagwo         |
| 3- Tennessee.....    | tanasi      | 14- South Carolina..... | sogalena      |
| 4- Sylva.....        | siligwo     | 15- Wolfstown.....      | wayohi        |
| 5- Whittier.....     | widiyo      | 16- Yellowhill.....     | elawodihi     |
| 6- Raleigh.....      | lali        | 17- Big Witch.....      | egwa..sgili   |
| 7- Painttown.....    | niwodihi    | 18- Cherokee Nation...  | tsalagi.ayeli |
| 8- Georgia.....      | tsatsii     | 19- Murphy.....         | tsanusiyi     |
| 9- Big Cove.....     | kolanvyi    | 20- Oklahoma.....       | ogalahoma     |
| 10- Snowbird.....    | tudiyi      | 21- Virginia.....       | witsini       |
| 11- Bryson City..... | tsalasdoni  | 22- Waynesville.....    | sogi          |

a do li de c no a si s gc wa la tsī ma ga u ko sv  
ga i li gwa ni di na sa li li ga li s a u la nu du  
di di s da ma ho la ga o gwo gi hu quo ti nv na jv c  
dv gi tu gwe s di do di yv nv da la i yi di nv ha la  
li de u gi gi a tsa la s do ni s gv ga tsa ta ma wo  
so ka u tsa la gi a ye li a gv yi tsa tsi i nu na di  
gī gwo sa lv ha ge hi yo wa c di tla ga ah s ga si hi  
lv so ga le na ye ga di ga s nv hi nv ya ga s gv yi  
si mo wi no yi di tu lc ya sa na di go na lc gi gv ga  
na s s tsi wi gv di gi i lv dv wo nv ko wi na la du  
ta di nc gv ni sv to na di u da ni to di yo di wi a

Just as in any word search puzzles the words can be found up, down, across, diagonally, and backwards. If you're a student of our Cherokee language this will assist in your learning the phonetic sounds and pronunciation. There are some words that may differ and this being the differences of native speakers "dialect". Have Fun!

Submitted from Gawili Ganvhidv Jr. Tribal Linguist / Kituwah Preservation & Education / EBCN

# One Feather deadline

# Tuesday at 12noon



# Cherokee Language

- Iron her skirt – usano tisesda
- Iron his shirt / Skirt – “” “”
- Diaper – asosdi / uselidi / aselidi
- Change her/his diaper – hisdedayv usosdi / hisdediliyvga usosda
- Make a pot of coffee – kowi higavga / kowi nvga / kowi disginehvs / kowi atsisdv disgvsi / kowi agododi disgvsi
- Word – kanetsv / ikanetsv / kanohedv
- He got switched – atsinvsdvniga
- Metal – atsila / atsili
- Spider web – unilido
- Dribble the ball – eladi gvdsanido alisgalidi
- School bus – dinidelogwasgi unatsododi
- Dump truck – gada ayidohi / gada gohodisdisgi digwalela / digwaleli
- Pickup truck – gutagisigi
- Fire truck – digvdaladisgi digwalela
- Train – atsiladigwalela / soquo akani
- Oatmeal – soqiliugisdi / otsamili
- Grits – newadi
- Carrots – tsisdu gusdigisdi / tsisdu ulisdayvdi
- Peas – unitsvdail / duyunisdi (field peas)
- Niece – vgwati
- Nephew – agiwina / vgiwina
- Sister-n-law – taline vgido
- Brother-n-law – taline tsosdatlanvtsi
- Skip – dalitadegi / ditesidoi / adanawidehega (water, skimming stones)
- Father-n-law – taline agidoda
- Ice / Glass – unesdala / ulvsada
- Rubber band – atsa didanagisigi
- Teacher – dideyohvsigi
- Small child – usdi ayotli
- Snow – vtsi
- Frost – uyatvhi
- Sleet – unesovsga/gi / ‘it is sleeting – ganesovsga
- Billy goat – ugasgwanagida / tsusgwanagida
- Monkey – didalesgiyisgi
- I am pregnant – tsanelada / ganeladi
- Federal government – niwitsini
- Weekend – Asgwadisgv
- Early morning – ugisde / sunalei
- Morning – Sunale / Ugitsv
- Noon – iga ayeli
- Afternoon – Svheyitsa – usvhe
- Evening – Usinidena
- Midnight – Svno ayeli
- Polk salad – Tsayade / Tlayade / Tsayadegi
- Spring – Gogeyi / Kilagogeysv
- Fall – Ulogohvsdi
- Summer – Gogi
- Winter – Gola / Goli
- Sprain – Agwatsiyvstanv (all) / Agisdalvsda / Advlesdi
- Dangerous – Uniyehisdi / Gvnayegi
- Tribal Council – Dinilawigi
- Resolution – Goweli Unisvvn
- Ordinance – Dikanawadvsda
- The river has flooded – Ganahuga / Unahuganvhi
- The river is flooding – Ganahugia
- Fatback – gvnotanv / Ulitsohida hawiya
- The snow has melted – Vtsi Uwanawotse / Vtsi Unawose
- The snow is melting – Vtsa Gvnawosga
- Lunar eclipse – Nvda detsakisi / Nvda Atsakisa
- Solar eclipse – Alisihvsga / Nvda Alisihvsga
- Wrestler – Dinehehi (dinehhi)
- Corner – Unvsiyv
- Classroom – Kanvsala
- Paper – Goweli
- Book – Goweli / Uhagedi Goweli
- Buffalo (animal) – Yanasi
- Buffalo (place) – Yanasoi
- Buffalo Baptist Church – Yanasoi Didanawosgi Tsunilawiisdi
- Black pepper – Digwayodi / Digodalidi
- Lake – Ganehv / Vdalv / Vdalegwo / Ganehv Asdahu

## Best In Show

by Phil Juliano





# Cherokee **one feather**

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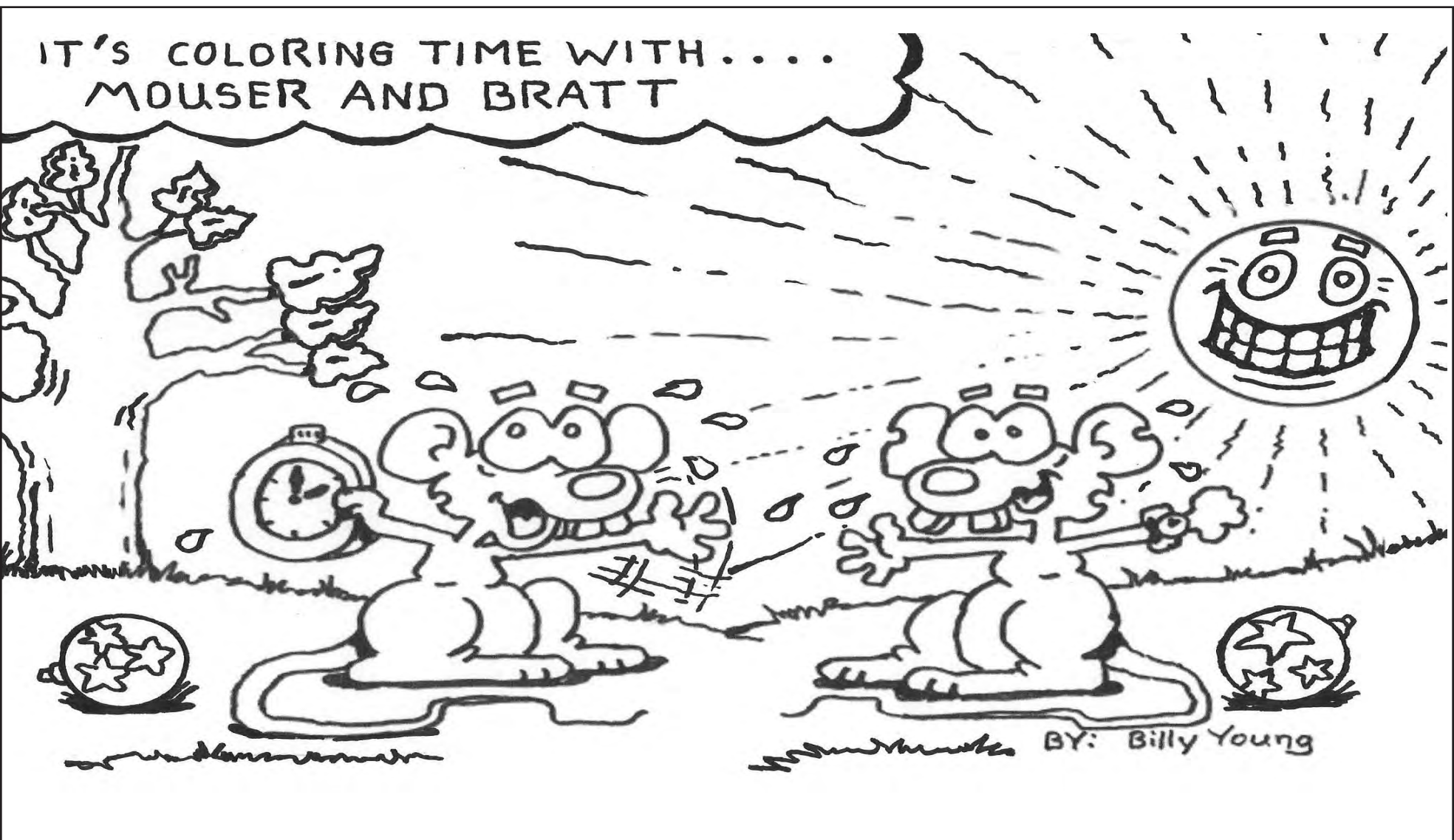
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**Deadline for All Ads is Tuesday at noon.  
No Exceptions!**





**Stitches** By: Billy Young  
Just Purely Funny ®





# Cherokee Days

**FRIDAY & SATURDAY, JULY 9 & 10**  
**FRIDAY & SATURDAY, AUGUST 6 & 7**

## Friday Evening Programs

6:30 – 7:30 Dinner (Stecoah Kitchen)  
 Provided by NAIWA, reservations  
 required, \$14 adult, \$10 student

Program admission  
 \$10 adult, \$3 student

7:30 Singing by Paula Maney

8:00 Storytelling by Kathi Littlejohn

8:30 Cherokee Dance Demonstration  
 by Danny Calhoun

9:00 Pow-Wow Dance Demonstration  
 by Daniel Trampler

## Saturday Morning Programs

Hands-on Workshops  
 Each begins at 10:00 am  
 Price includes materials.  
 Class size limited. Call to register.

Making Blowguns - \$25 (3 – 4 hours)

Finger Weaving - \$20 (2 hours)

Beadwork - \$20 (2 hours)



This program is sponsored in part by the Cherokee Preservation Foundation.

**StecoahValleyCenter.com**  
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## Birth Announcements

### WILLIAMS

Carlisle Trent Williams born June 28th  
 to Seger Williams Jr. and Savettal  
 Williams of Cherokee in Jackson  
 County, weighing 8 pounds, 6 ounces.



Happy Birthday  
 Adrian Hornbuckle  
 &  
 Sarah Sneed  
 We love you,  
 Family

One Feather deadline  
 Tuesday at 12 noon

# Cherokee one feather

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# FREE

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