



COMMENTARY
What should
we do with
the elk?
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# СWУ ФУ ОУЬС

week of kawoni 6-12, 2022

**CHEROKEE ONE FEATHER \* TSALAGI SOQUO UGIDAHLI** 

# "Hallowed ground"

Burgess-Oocumma Veteran's Memorial Cemetery dedicated

By SCOTT MCKIE B.P.

One Feather Staff

small plot of land in the Wolftown Community will serve as the final resting place for Cherokee veterans for generations to come, and it will be guarded by the memory of two Cherokee heroes who made the ultimate sacrifice in service to their country. The Steve Youngdeer American Legion Post 143 held a dedication ceremony on the morning of Tuesday, March 29 for the Burgess-Oocumma Veteran's Memorial Cemetery in memory and honor of Sgt. John Burgess

see **CEMETERY** next page



Lew Harding, Commander of the Steve Youngdeer American Legion Post 143, salutes the flag during the National Anthem which was played during a dedication ceremony for the Burgess-Oocumma Veteran's Memorial Cemetery, located in the Wolftown Community, on the morning of Tuesday, March 29. (SCOTT MCKIE B.P./One Feather photos)



Saturday, April 23, 2022 10am to 4pm

Live music, 100 arts, crafts, food, and non-profit vendors.

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## NEWS OZPG



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The Editorial Board of the Cherokee One Feather consists of: Robert Jumper, chairman; Scott M. Brings Plenty, vice-chairman; Jonah Lossiah; Sally Davis; Angela Lewis, and Breanna Lucas.

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#### **Letters Policy**

The Cherokee One Feather is available as a forum for opinion or comment concerning issues of interest to the community and readership. Letters, including any submitted photos, should be exclusive to and will become the property of the One Feather. Letters must be signed and include contact information (name, address, email, or phone number). Letters should not exceed 250 words and may be rejected if those exceed the word limit. Submissions of more than 250 words may be considered for commentaries at the discretion of the Editor. The name and township of the writer will be printed. Letters must conform to the ethics policy of the Cherokee One Feather and the paper reserves the right to refuse publication of any material. The Editorial Board is the final arbiter on all decisions involving content. The deadline for all submissions is Friday at 12 p.m.

Disclaimer: The views and opinions expressed by the editor and commentators are those of the authors and do not necessarily reflect the official policy or position of the Cherokee one-Feather and Eastern Band of Cherokee Indians.

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Warren Dupree, Post 143 service officer, reads information on Sgt. Burgess and PFC Oocumma.

**CEMETERY:** Dedication held for Burgess-Oocumma Veteran's Memorial Cemetery, from front page

and PFC John Edward Oocumma – both members of the Eastern Band of Cherokee Indians who were killed in action during the Vietnam War.

Tuesday's event coincided with National Vietnam War Veteran's Day and was attended by many area veterans.

Sgt. Burgess, a soldier with the 9th Infantry Division, was killed in action on April 18, 1969 at the age of 22 years. PFC Oocumma, a soldier with the 4th Infantry Division, was killed in action on Feb. 16, 1967 at the age of 25. Sgt. Burgess' name appears on Panel W27, Line 105 of the Vietnam Veteran's Memorial Wall in Washington, D.C., and PFC Oocumma's name appears on Panel 15E, Line 49.

For his service, Sgt. Burgess received the Silver Star with one oak leaf cluster, Bronze Star Medal with two oak leaf clusters, Purple Heart, Vietnam Service Medal, Republic of Vietnam Campaign Service Medal, National Defense Service Medal, the Army Good Conduct Medal, and the Combat Infantryman's Badge. PFC Oocumma received the Silver Star, Purple Heart, National Defense Service Medal, Vietnam Service Medal, Republic of Vietnam Campaign Service Medal, and the Combat Infantryman's Badge.

"We love this land," said Lew Harding, Post 143 commander. "We are going to place our brothers and sisters in this land when they leave and make their transition from this life...we had so much help to make this day possible."

Principal Chief Richard G. Sneed, a U.S. Marine Corps veteran, commented, "There is no greater act of service that any person can perform than to sacrifice their life, their liberty, their personal comfort and freedom for another. We tend to think of this sacrifice in terms of a person's life being taken from them, and it certainly has that meaning. But it also speaks to a sacrificial love in general."

He added, "However, this love and this sacrifice is demonstrated for us in



Principal Chief Richard G. Sneed, Col. Bob Blankenship (Ret.), and Lt. Gen. Walter E. Gaskin (Ret.) prepare to lay a wreath during the ceremony.

many ways throughout our lives. It is usually first demonstrated to us by our parents and family members who sacrifice their time, their talent, their resources, and their comfort to provide a better life for us than they had when they were growing up. This demonstration of sacrificial servant leadership is the model that equips us to answer the higher call of duty when our nation is in peril."

Chief Sneed spoke of the Cherokee warrior tradition, "From time immemorial, Cherokee warriors, both male and female, have willingly answered the call to arms in order to protect our loved ones and our lands."

"We know that the record of history is clear - that the only thing required for evil to triumph is for good men to do nothing. What is more evident throughout the history of Cherokee people is that when evil raises its ugly head, there will be Cherokee warriors who rise up to meet the enemy head-on."

Lt. Gen. Walter E. Gaskin, (USMC Ret.), former U.S. Marine Corps 2nd Division commander and former NATO deputy chairman, said, "The cemetery is truly an achievement because this becomes the final resting place of those we love and care who gave what they had to give for the cause of it."

He also spoke of the sacrifices made by Native American warriors throughout history. "The contributions of Native Americans during all of our conflicts have been real, and have been true. Whether you're talking about the Civil War, WWII, and of course Vietnam, it is often bravery done but sometimes never mentioned."

Lt. Gen. Gaskin went on to

say, "Today rights that and reminds us of our loved ones and their sacrifice. I'm telling you the spirit, the feeling, the fortitude, the patriotism is right here and my honor goes to those who will rest here and will be the eternal place and the benefits of what they have. This space is a physical manifestation of our intrinsic and intertwined historic appreciation and the shared history of all Americans."

Bill Oxford, former North Carolina and National Commander of the American Legion, noted, "We're here today to dedicate this cemetery, this hallowed ground. We can never forget the service, the sacrifice, the willingness to go defend this country."

The Burgess-Oocumma Cemetery is located in the Wolftown Community off of Jarrett Blythe Homestead Drive. "This demonstration of sacrificial servant leadership is the model that equips us to answer the higher call of duty when our nation is in peril."

- Principal Chief Richard G. Sneed

# Constitution vs. Charter: Preamble Know the difference!

### **Proposed Constitution**

### PREAMBLE

We, the Principal People, the Eastern Band of Cherokee Indians, acknowledging the Creator, being determined to maintain our sovereignty, hold fast to our ancestral homelands and our natural resources; and, to establish justice, ensure tranquility, promote our culture, our education, our language and our common welfare; and, to secure for ourselves and our posterity the blessings of liberty, do ordain and establish this Constitution of the Eastern Band of Cherokee Indians. Herein we acknowledge the foundation laid by the 1875 Lloyd Welch Constitution, Chapter 207 of the 1887 North Carolina State Charter and the 1986 Eastern Band of Cherokee Indians Charter and Governing Document and declare that this Constitution supersedes these and all other previous governing documents.

"The preamble to me means that we as a people are acknowledging who we are, a people put here by the Creator who we revere as supreme, and who has given us the sole responsibility to maintain our identity. Additionally, we were put here in this place to take care of it and manage its resources the provided us. This includes our culture, our language, the governance and care for our people all in a manner pleasing to the Creator. It acknowledges our forefathers who put their life into trying to accomplish the monumental task of establishing this Constitution for our people, the ani un wiya -the Principal People. And finally to me our preamble is our "mission statement" to the rest of the world and the people whom we exist alongside with announcing our right of existence as a separate people, and opens the door to establish our sovereignty and maintain our identity forever." -David R. Lambert (Da-wadi)

### **Current Charter**

Enacted and adopted May 8, 1986, by the Tribal Council of the Eastern Band of Cherokee Indians, Cherokee Council House, Cherokee, North Carolina, by Resolution No. 132 (1986), and amended by Tribal Referendum conducted October 8, 1986.

### What is the difference and why does it matter?

First, according to the dictionary, the definition of a constitution is "a body of fundamental principles or established precedents according to which a state or other organization is acknowledged to be governed." In other words, a constitution is an agreement by a people on how they are willing to be governed and their rights, and the rules and principles the government will use. The charter is written by the officers of the organization, the government and describes its powers and how it will operate and govern. Our charter does not identify any rights of the people other than first descendants.

In looking at their opening statements, the proposed Constitution of the Eastern Band of Cherokee Indians has a preamble (see article "Preamble for the Proposed EBCI Constitution") where the Charter and Governing Document has an introduction paragraph identifying the document and how it came to be law. A similar statement can be found in the proposed Constitution in Article XVI Section 1 Adoption – "This Constitution shall become the supreme law of the Eastern Band of Cherokee Indians when adopted by a majority vote of the registered voters of the Eastern Band of Cherokee Indians voting in an election and shall become effective after certification by the Election Board."-Lloyd Arneach Jr. Constitution Committee Chairman

FOR MORE INFORMATION ON THE DEVELOPMENT OF AN EASTERN BAND OF CHEROKEE INDIANS CONSTITUTION AND HOW TO PARTICIPATE IN ITS CREATION: VISIT WWW.SGADUGI.ORG OR CONTACT LLOYD ARNEACH AT lloyd.arneach@7clantech.com

## COLD CASE



The body of
Marie Walkingstick
Pheasant was found
in a burned vehicle
on Old Rock Crusher
Rd., in the
Big Cove Community,
on Dec. 29, 2013.

The Cherokee Indian Police Dept. reported at the time that "foul play" was suspected. No arrests have been made in this case. A \$20,000 reward is offered for information leading to an arrest and conviction of the person or persons responsible.

CIPD (828) 359-6600



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# CHRISTIAN VETERINARY MISSION IS HOSTING AN ANIMAL CLINIC

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or Animal Control at 828-497-6091

### CIPD Arrest Report for March 20-27

The following people were arrested by the Cherokee Indian Police Department and booked into the Anthony Edward Lossiah Justice Center. It should be noted that the following defendants have only been charged with the crimes listed and should be presumed innocent until proven guilty in a court of law. Mugshots can be viewed online at theonefeather.com.

Driver, Norma Kay – age 47 Arrested: March 20 Released: March 20 Charges: Possession Drug Paraphernalia, Possession Schedule II Controlled Substance

Bigmeat, Natasha Regina – age 30 Arrested: March 21 Released: Not released as of report date (March 28)

Charges: Failure to Appear on Misdemeanor

Lara, Leon Lara – age 46 Arrested: March 21 Released: March 22 Charges: Driving While Impaired,

Charges: Driving While Impaired, Driving While License Revoked

Pete, Manus Clell – age 44 Arrested: March 21 Released: March 21 Charges: Child Support Purge

Sneed, Samuel Paul – age 30 Arrested: March 21 Released: March 21 Charges: Second Degree Trespass

Bigwitch, Christina Lynn – age 35 Arrested: March 22 Released: Not released as of report date (March 28)

Charges: Probation Violation

Conseen, Venyall Lashaun – age

Arrested: March 22

42

Released: Not released as of report date (March 28)

Charges: Possession Drug Paraphernalia, Possession Schedule II Controlled Substance

Foster, Casey Tyler – age 22 Arrested: March 22 Released: March 22 Charges: Providing Alcoholic Beverages to, Possession of, Consumption of Alcoholic Beverages by Persons under 21 years old

Guerrero, Jose – age 38 Arrested: March 22 Released: Not released as of report date (March 28) Charges: Child Abuse in the Second Degree, Abusive Sexual Contact

Queen, Justin – age 20 Arrested: March 22 Released: Not released as of report date (March 28) Charges: Obstructing Justice, Obstructing Governmental Functions, Possession Schedule II Controlled Substance, Probation Violation

Toineeta, Margie Lynn – age 52 Arrested: March 22 Released: Not released as of report date (March 28) Charges: Possession Drug Paraphernalia; Possession with Intent to Manufacture, Sell, Deliver Schedule II Controlled Substance

Cucumber, Arianne Alene – age 40 Arrested: March 23 Released: Not released as of report date (March 28) Charges: Possession of a Controlled Substance, Failure to Obey a Lawful Order of the Court

Morgan, Jennifer Renee – age 21 Arrested: March 23 Released: Not released as of report date (March 28)

Charges: Failure to Appear on Misdemeanor

Sequoyah, Lewis Clinton – age 43 Arrested: March 23

Released: Not released as of report date (March 28)

Charges: Possession of a Controlled Substance, Failure to Obey a Lawful Order of the Court

Taylor, Edward Dwayne - age 34

Arrested: March 23 Released: Not released as of report date (March 28) Charges: Failure to Obey a Lawful Order of the Court, Drug Paraphernalia (using possessing), Possession of a Controlled Substance I-V

Lineberry, Jeffery Wayne – age 35 Arrested: March 24 Released: Not released as of report date (March 28) Charges: Receiving or Possessing Stolen Property

Littlejohn, Emery Lee – age 36 Arrested: March 24 Released: Not released as of report date (March 28) Charges: Failure to Appear on Misdemeanor, Probation Violation

McCarter, Elmer – age 60 Arrested: March 24 Released: March 24 Charges: Temporary Hold for Jackson Co.

Owl, Joshua Ryan – age 31 Arrested: March 24 Released: March 24 Charges: Second Degree Trespass

Powers, Shannon Brent – age 41 Arrested: March 24 Released: Not released as of report date (March 28) Charges: Assault on a Female

Reed, Danielle – age 34 Arrested: March 24 Released: March 25 Charges: Possession of a Con-

trolled Substance (two counts)

Reed, Jimmy – age 42 Arrested: March 24 Released: March 24

Charges: Temporary Hold for Swain Co.

Weaber, Riccy Dawn – age 31 Arrested: March 24 Released: March 24

Charges: Temporary Hold for Jackson Co.

Garcia, Jose Salvador – age 56 Arrested: March 26 Released: Not released as of report date (March 28)

Charges: Second Degree Trespass

Kaemmer, Bradley Edward – age 37 Arrested: March 26

Released: March 26 Charges: Temporary Hold for

Charges: Temporary Hold for Jackson Co.

Luckadoo, Kelly Lee – age 46 Arrested: March 26 Released: March 26 Charges: Temporary Hold for Jackson Co.

Pheasant Jr., Thomas Eugene – age 19
Arrested: March 26
Released: March 26
Charges: Carrying Concealed
Weapon, Obstructing Justice, Con-

sume ALC less than 19 Sequoyah, Tashina Pepion – age

39 Arrested: March 26

Charges: First Degree Trespass

Released: March 26

Teesateskie, Uktena – age 51

Arrested: March 26 Released: March 26

Charges: First Degree Trespass

Hutchings, Christian Isaac – age

Arrested: March 27 Released: March 27

Charges: Temporary Hold for

Jackson Co.

### Sylva man sentenced to 14 years in prison on drug charges

A Sylva man who arrived an hour late to court, appeared to nap through his trial, admitted to using methamphetamine and smoking marijuana during the three-days of proceedings, then attempted to bolt from the courtroom after jury members returned guilty verdicts, will spend at least the next 14 years in prison.

District Attorney Ashley
Hornsby Welch said a Jackson
County jury on Thursday, March
31 found Christopher Michael
Johnson, 43, guilty on two counts
of trafficking in methamphet-

amine, one count possession with intent to manufacture, sell and deliver methamphetamine and possession of drug paraphernalia.

After the guilty verdicts, the jury found Johnson guilty of being a habitual felon. Superior Court Judge Daniel A. Kuehnert imposed his sentence based on the penalty enhancer.

Prosecutors can seek habitual felon status for defendants who have been convicted or have pleaded guilty to three felony offenses in federal or state courts.

"Mr. Johnson has shown great disrespect not only for the court, but also to the community," said Andy Buckner, who, along with co-assistant district attorney Jenica Hughes, prosecuted the case. "And, we have shown he is a danger to this community."

Johnson's attempted flight from justice was short-lived. He managed just a few steps before a bailiff grabbed him. The defendant spent the remainder of his time in court shackled.

A Jackson County deputy spotted Johnson, who was wanted on an outstanding arrest warrant, on Feb. 23, 2021, at a Sylva service station. A search of Johnson's vehicle revealed a gun, drug paraphernalia, marijuana and about 72.20 grams of methamphetamine.

- 43rd Prosecutorial District release

### Tuckasegee man sentenced to prison for assault with a deadly weapon

A Tuckasegee man who twice used knives to slash the necks of two men on separate occasions is headed to prison, District Attorney Ashley Hornsby Welch said.

David Ray "Q-Tip" Sims, 46, pleaded guilty this week in Jackson County Superior Court to two counts assault with deadly weapon with intent to kill inflicting serious injury.

Superior Court Judge Daniel A. Kuehnert sentenced Sims to serve 96-128 months in the Division of Adult Corrections.

Both assaults took place in Tuckasegee community, one on April 15, 2021, and the other on Oct. 20, 2019.

The most recent incident

occurred on Crane Road. A man arrived home to find Sims at his house, where, because of prior theft, he'd been ordered not to be.

The victim repeatedly told Sims to leave. Sims would not. Just when the victim and another individual were headed to call law enforcement, Sims attacked the victim, slicing him with a knife on the left side of his neck, leaving a more than 4-inch gash.

An emergency-room doctor told law enforcement that the victim "had been very fortunate to have not been fatally injured as the cut had barely missed severing a major artery, by millimeters," according to the incident report.

On Oct. 20, 2019, Sims went to Los Garcia Tienda Store in Tuckasegee, where Sims accused an individual of stealing his bicycle. Again, Sims reached for his knife. He slashed at the victim, who moved back. The man suffered a 1-inch or so laceration.

Assistant District Attorney
Andy Buckner prosecuted the case.
- 43rd Prosecutorial District
release

## Post 143 seeking contact information for active EBCI service men/women

Info: Warren Dupree 508-2657 David McQueen 736-9572



## SPORTS DAK

**BASKETBALL** 

## McMillan signs to play at East Central C.C.

By SCOTT MCKIE B.P.

One Feather Staff

eilaya McMillan, a senior member of the Cherokee Lady Braves basketball team, will continue her basketball career at East Central Community College in Decatur, Miss. She signed a letter of intent during an event held in the Charles George Memorial Arena on the morning of Wednesday, March 30.

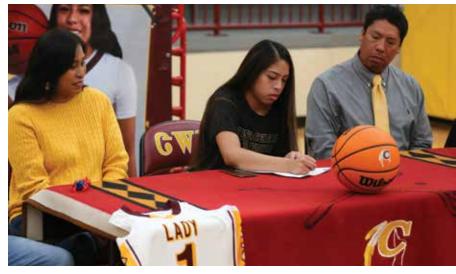
"I'm excited just to be able to play at the next level," McMillan told the One Feather. "It's really exciting to go on and play college ball."

McMillan, a member of the

Mississppi Band of Choctaw Indians, plans to study pre-Med and transfer to a four-year university after two years. "I'm looking forward to just improve my game and to just help out and do what I can to help the team and help them win."

McMillan, a two-time All-Smoky Mountain Conference selection, averaged 18.1 points, 3.5 rebounds, 4.3 assists, and 3.2 steals for her career as a Lady Brave. She shot 74.6 percent from the free throw line, 29 percent from three-point land, and 39 percent from the floor.

During Wednesday's event, McMillan addressed the crowd,



Leilaya McMilla, a senior member of the Cherokee Lady Braves basketball team and a member of the Mississippi Band of Choctaw Indians, signs a letter of intent to play basketball at East Central Community College during an event at the Charles George Memorial Arena on the morning of Tuesday, March 30. She is shown with her parents, Raeline McMillan (left) and Barry McMillan. (SCOTT MCKIE B.P./One Feather photos)



"I want to thank my family and friends here and back home in Mississippi for always giving me the love and encouragement. I want to thank my teammates for always staying committed to the Lady Braves basketball program. It helped me grow into the player I am today. I want to thank the coaches and trainers who took care of me and guided me to be prepared mentally and physically as a student-athlete."

She added, "Thank you to Cherokee High School, Cherokee Athletics, Cherokee School Board, and the Eastern Band of Cherokee Indians."

Her father, Barry McMillan, told the One Feather, "It's exciting. The first one (Jason McMillan) was our first run at it and we were happy to see the hard work that he put in to go on to Western. Now, my only daughter that we have is going on to play collegiate ball herself. It's just a momentous occasion for the McMillan family. We're very grateful and thankful to everyone that has helped along the way, that has supported us along the way, and has been there for Leilaya these past two years at Cherokee High School."

CHS Assistant Principal Craig Barker said during the event, ""I would like to congratulate Leilaya and her family on her signing today at East Central to continue her education. We are so very proud of her and the accomplishments she's made here at Cherokee High School. She's family to us. This is always her home. We appreciate you and all you've done and how you've represented our school, our tribe, and your tribe."

Ann Gardner, Lady Braves head basketball coach, commented during the event, ""It's such a special thing to have an athlete be able to go to the next level and play. I know this has been a goal of hers and we've had many conversations about that. I'm just excited for her future in the whole basketball world as well as her future beyond basketball. I know she's got big dreams and big aspirations and there's no doubt that she will succeed in whatever she does."

She went on to say, "You've been an integral part to our program and you'll be missed next year."

The East Central Community College Lady Warriors play in Region 23 of the NJCAA (National Junior College Athletic Association) and are members of the MACCC (Mississippi Association of Community Colleges Conference).



Leilaya McMillan, a senior member of the Cherokee Lady Braves basketball team, will continue her basketball career at East Central Community College in Decatur, Miss.



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### TRACK & FIELD Cherokee Middle hosts seven-school meet

### **One Feather Staff Report**

The Cherokee Middle School (CMS) track and field team hosted a seven-school meet on the afternoon of Monday, March 28 at the Cherokee High School track. The other schools participating included: Bethel Christian Academy, Hiwassee Dam, Hiwassee Dam/ Ranger Middle, Martins Creek Middle, Murphy Middle, and The Learning Center Charter School. Results of all CMS athletes, per nc.milesplit, are as follows:

### Girls 100M Dash

- 5 Deanna Long 16.44
- 8 Anie Mora 16.74
- 10 Khloe Cucumber 16.84

### 200M Dash

- 10 Khloe Cucumber 38.34
- 11 Anie Mora 39.74
- 12 Roxy Solis 41.04
- 13 Elizabeth Myers 41.14

### 400M Dash

3 – Deanna Long 1:32.34

### 800M Run

- 3 Yvonne Saunooke 3:01.00
- 9 Audrina Cooper 3:29.00
- 11 Dyani Standingdeer 3:41.00
- 14 Kaidyn Walkingstick 3:45.00
- 15 Keysa Ann Collins 3:46.00

### 1600M Run

- 2 Yvonne Saunooke 6:36.00
- 6 Dyani Standingdeer 8:27.00
- 7 Kaidyn Walkingstick 8:30.00

### 4x100M Relay

1 – Cherokee team 1:05.44

### 4x200M Relay

3 – Cherokee team 2:20.02

### 4x400M Relay

1 – Cherokee team 5:25.00

### 4x800M Relay

2 – Cherokee team 13:41.00

### Discus

10

6 – Annie Tramper 51-11

7 – Mia Lane 47-8

8 – Laylah Thompson 46-6

9 - Lily Pheasant 45-6

10 – Kylane Sampson 43-0

11 – Briane Teesateskie 41-3

12 – Ava Walkingstick 40-11

### **Shot Put**

- 2 Mia Lane 21-10
- 3 Laylah Thompson 21-8
- 4 Briane Teesateskie 21-4
- 6 Kylane Sampson 21-1
- 10 Lily Pheasant 19-4
- 15 Ava Walkingstick 17-6

### **Boys**

### 100M Dash

8 – Kyitan Johnson 14.64

12 – Utsela Saunooke 16.34

### 200M Dash

10 – Utsela Saunooke 32.14

### 400M Dash

5 – Isiah Ledford 1:14.54

### 800M Run

- 1 Ogana Swimmer 2:23.00
- 2 Samuel Hernandez 2:26.00
- 8 William Welch 3:07.62

#### **1600M Run**

1 – Tayvin Bark 5:51.00

### 4x100M Relay

4 – Cherokee team 58.94

#### 4x400M Relay

2 - Cherokee team 4:45.00

#### 4x800M

1 - Cherokee team 10:30.00

### **Long Jump**

- 2 Kyitan Johnson 14-3.5
- 3 Samuel Hernandez 13-10

### **Triple Jump**

1 – Ogana Swimmer 323-5

### **Discus**

- 3 Jayden Tramper 84-7
- 4 Jonathan Rivera 84-0
- 5 Zaynon Taylor 80-2
- 8 Christian Grant 74-8
- 9 Reginold Hyatt 67-11

#### **Shot Put**

- 2 Jayden Tramper 34-6
- 4 Zaynon Taylor 31-2
- 5 Jonathan Rivera 31-0
- 7 Christian Grant 29-2
- 10 Reginold Hyatt 24-9

### **TRACK & FIELD**

### Cherokee boys team win five-school meet

### **One Feather Staff Report**

With a score of 171 points, the Cherokee High School (CHS) boys track and field team took first place in a five-school meet held at Cherokee on the afternoon of Wednesday, March 30. The Cherokee girls team took third place at the event with a score of 70. Other school participating included: Murphy, Robbinsville, Tri-County

Early College, and Hiwassee Dam.

Following are full results, per nc.milesplit, of all CHS athletes:

### Girls

### 100M Dash

- 5 Leilaya McMillan 13.94
- 9 Awee Walkingstick 15.44

### 200M Dash

- 3 Leilaya McMillan 29.84
- 6 Awee Walkingstick 33.34

### 800M Run

- 3 Letsi Burgos 3:04
- 5 Betty Lossiah 3:27

#### **3200M Run**

1 – Jaylynne Esquivel 14:10

#### 100M Hurdles

2 - Shelby Solis 22.84

### 300M Hurdles

2 - Shelby Solis 1:14.74

### 4x100M Relay

2 - Cherokee team 1:01.24

### 4x200M Relay

1 – Cherokee team 2:15.00

### **Long Jump**

7 – Betty Lossiah 10-8

### **Discus**

- 5 Jaelyn Lossiah 74-6
- 8 Aria Foerst 67-3
- 10 Alitama Perkins 57-0
- 11 Praire Toineeta 54-2

### **Shot Put**

- 3 Aria Foerst 26-3
- 6 Praire Toineeta 24-5
- 9 Jaelyn Lossiah 21-9

- 11 Niya Mora 19-9
- 12 Alitama Perkins 17-3

### **Boys**

### 100M Dash

- 2 Joseph Hornbuckle 11.24
- 9 Dalmon King 11.94
- 12 Luke Climbingbear 12.34
- 13 William Hartbarger 12.34

### 200M Dash

- 2 Oztin Swayney 24.84
- 7 Luke Climbingbear 26.04

### 400M Dash

1 – Tanin Esquivel

### 800M Run

- 1 Jaylen Bark 2:12
- 12 Kaleb McCoy 2:57
- 13 Giden Freeman 3:12

### **1600M Run**

- 1 Jaylen Bark 4:56
- 2 Tyce Hogner 5:21
- 3 Oztin Swayney 5:32

### 3200M Run

3 - Ayden Thompson 12:51

### 4x100M Relay

3 - Cherokee team 48.54

### 4x200M Relay

3 – Cherokee team 1:39.28

### 4x400M Relay

2 - Cherokee team 4:06

### 4x800M Relay

1 – Cherokee team 9:16

### **High Jump**

3 (tie) Ray Bradley, William Hart-

### barger 5-0 **Long Jump**

- 2 Tso Smith 18-6
- 9 William Hartbarger 15-9
- 12 Gideon Freeman 10-6

### **Triple Jump**

- 1 Anthony Lossiah 38-8
- 4 William Hartbarger 35-9.5

### Discus

- 1 James Reed 114-6
- 2 Kensen Davis 113-2
- 3 Luke Smith 104-10
- 6 Derek Reynolds 91-8

### **Shot Put**

- 1 Kensen Davis 44-3
- 2 James Reed 36-4
- 3 Luke Smith 34-5
- 9 Derek Reynolds 29-0
- tsalagi soquo ugidahli, week of kawoni 6-12, 2022

## COMMUNITY odssy

### Cherokee writer selected for prestigious poetry event

### By SCOTT MCKIE B.P.

One Feather Staff

Indigenous Nations Poets (In-Na-Po) is set to hold its Inaugural Retreat event next month, and a member of the Eastern Band of Cherokee Indians will be one of the participating poets. Mary Leauna Christensen is one of 16 poets selected for the event scheduled for Washington, D.C. on April 25-20

"I was introduced to poetry at a very young age thanks to an elementary school teacher who weaved poetry throughout her curriculum," said Christensen. "I've always picked up crafty or artistic hobbies, but I almost never stick with them long for various reasons. However, poetry is something I've always found my way back to, though I didn't take my writing more seriously until I was an undergraduate student at Western Carolina University (WCU). It was at WCU that I decided, rather last minute, to pick up a creative writing minor in hopes of successfully applying to MFA (master's of fine arts in creative writing) programs. I've now seriously studied poetry at the graduate-level for five years."

Christensen has a bachelor's degree in English studies pedagogy from WCU, a master's degree in creative writing (poetry) from Eastern Washington University, and she is currently in her third year of a Ph.D. program in poetry at the University of Southern Mississippi where she teaches first-year composition and technical writing courses.

"I think poetry just really invites play and exploration. Even if



Mary Leauna Christensen, a member of the Eastern Band of Cherokee Indians, is one of 16 poets selected for the Inaugural Retreat of the Indigenous Nations Poets (In-Na-Po) scheduled for Washington, D.C. on April 25-29. (Photo contributed)

you write more formal poetry like sonnets, sestinas, or villanelles, there are still ways to make the form your own. While I don't often write formal poetry, I typically play with narrative, white space, and genre. A lot of my recent poetry blends in elements of prose and resides in a kind of liminal space."

Poetry is very much a part of Christensen who serves as the managing editor of The Swamp Literary Magazine. "Poetry really allows me to explore the liminality I feel as an Indigenous woman and as someone of a mixed heritage - Indigenous, Latinx, and European. I'm early in my learning of the Cherokee language, and I have written poems where Cherokee is present. Poetry, for me, is also the way that I process emotions and trauma. In the last two years, both my grandmother and mother passed unexpectedly. I really don't know where I'd be right now if I

didn't have poetry as an outlet."

She is looking forward to experiencing In-Na-Po's Inaugural Retreat for several reasons including having a chance to share with other Native poets. "I currently live away from an Indigenous community and have not had the opportunity to share a workshop environment with other Native writers. I think participating in workshops and learning from both emerging and established writers will provide knowledge, feedback, and support non-Indigenous writers are unable to give. I believe such a community can only improve my current and future work as the Indigenous experience is unique. As my full-length manuscript focuses on elegy and its hybridity, sharing my work with peoples who have a similar understanding of generational trauma and the processing of it can offer useful and relatable insight."

Christensen added, "As my part of my PhD studies, I am also specializing in contemporary Indigenous literature and while I haven't had the opportunity to take an Indigenous Literature course, I do hope to teach courses specifically centered around Indigenous literature, thought, and theory. I think my experience with the In-Na-Po retreat will really be beneficial for me as a writer, student, and as an educator/academic."

Information from In-Na-Po describes the Retreat experience as follows, "These emerging writers will gather with distinguished Indigenous faculty, In-Na-Po leaders, and U.S. Poet Laureate Joy Harjo in April at the Library of Congress (LOC) for the Retreat. The week's events will include workshops, craft talks, an introduction to the collections of the LOC and the National Museum of the American Indian, and readings by faculty and fellows. Throughout, the Retreat will embrace Indigenous values and aesthetics, and encourage participants in their use of Indigenous languages. Writers will receive guidance on the practice and business of poetry and will have the opportunity to share finished poems in several venues."

For more information on Indigenous Nations Poets, visit: https://www.Facebook.com/ InNaPoets



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A new infrared sauna was installed at the Cherokee Fitness Complex on Tuesday, March 29. "It's been a project that we've been working on for the last several years," said Damian Solis, Cherokee Fitness Complex manager, who noted it is open 24 hours a day. According to the Mayo Clinic, "An infrared sauna is a type of sauna that uses light to create heat...a traditional sauna uses heat to warm the air, which in turn warms your body. An infrared sauna heats your body directly without warming the air around you." Health benefits have also been reported. The Mayo Clinic notes, "Several studies have looked at using infrared saunas in the treatment of chronic health problems, such as high blood pressure, congestive heart failure, dementia and Alzheimer's disease, headache, type 2 diabetes and rheumatoid arthritis, and found some evidence of benefit." (SCOTT MCKIE B.P./One Feather photo)



The Vietnam Veterans of America Chapter 994 presented a plaque to Happy Holiday Campground on Tuesday, March 29 for the help the business has given to the Chapter over the years in fundraising for its scholarship. Started in 2012, the Chapter's scholarship program has awarded over \$150,000 to high school seniors in Jackson, Macon, and Swain counties. Rick Norton, VVA Chapter 994, commented, "Every dime of that money we raise goes to scholarships. It doesn't go to pay rent, phone, or anything else. It goes directly to the scholarships." Happy Holiday Campground has hosted the Chapter's annual car show fundraiser. Shown in the photo, left to right, are back row – Alan Newton, Ken Kaspur, Ron Norton, Tom James, Rick Norton; middle row – Dale Cannon, Jim Dodd, Will Williams, John Waldroup; front row – Frank Cucumber, VVA Chapter 994 President Billy Jones, and Tim Richardson who manages Happy Holiday. For more information, visit: https://vva.org/chapter/vva-chapter994/ or call 342-2664. (SCOTT MCKIE B.P./One Feather photo)

### Over 1,500 participate in Opening Day Fish Tournament in Cherokee

A total of 1,573 anglers registered for the Opening Day Fish Tournament held in Cherokee on March 26-27 according to EBCI Fisheries & Wildlife Management. A total of 271 tagged fish were released with 112 of those being turned in. In all, 96 anglers turned in tags for a total cash payout of \$4,025.

David Lee White, of Newport, Tenn., was the big winner on the weekend with a \$500 tag. A total of seven \$100 tags were turned in including: Cody Turner (Tenn.), John Teesateskie (Cherokee), Jeffery Powell (W.V.), David Rolander (Ga.), Corey King (Tenn.), Clifton Campbell (S.C.), and Jordan Cornette (Va.).

Nine \$50 tags were turned in along with 95 \$25 tags.

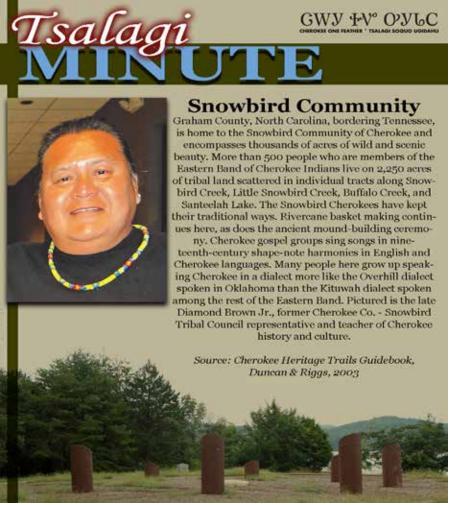
EBCI Fisheries and Wildlife Management officials noted, "Congratulations to all our winners! A huge thank you to our hatchery staff who stocked our rivers and ponds prior to and for the tournament this week, without you we would not have tournaments. A shout out to our Natural Resources Law Enforcement officers for your tireless dedication in protecting our natural resources and keeping our visitors safe, as well as providing security during our tagged fishing events. We appreciate all you do. Appreciation goes to our EBCI finance revenue

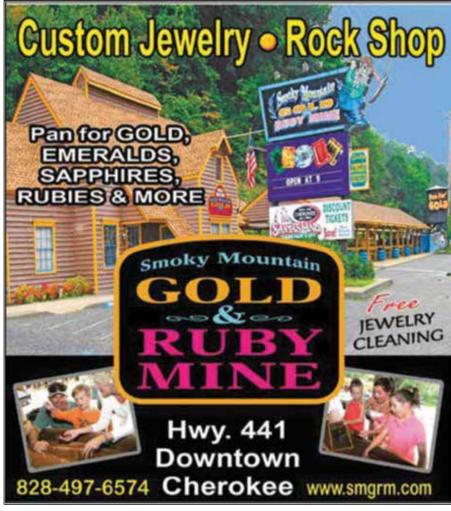
office for your commitment in providing the funds for our annual tournaments. Finally, we thank each angler and their families who make a special effort to travel to Cherokee to visit, and sometimes, just to fish our local tournaments. Thank you for your patronage and hope to have you back soon."

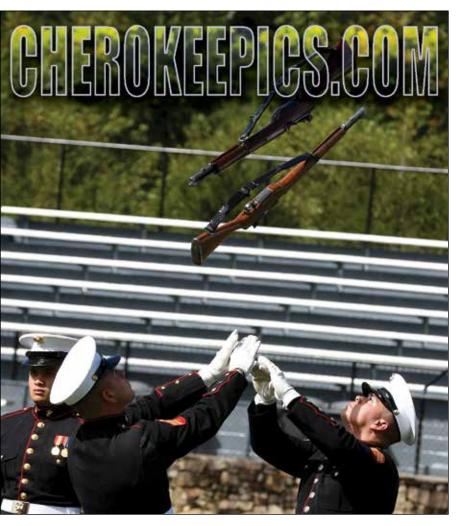
The next tournament sponsored by EBCI Fisheries and Wildlife Management will be a Memorial Day \$10,000 Memorial Day tagged fish event. For more information, visit https://fishcherokee.com

- EBCI Fisheries and Wildlife Management

## One Feather deadline - Fridays at 12 p.m.











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#### **COMMUNITY BRIEFS**

### Museum to host Community Pottery Exhibit

On Friday, April 8 from 5 p.m. to 6:30pm, The Museum of the Cherokee Indian (MCI) will host an exhibition of works created by students in winter pottery classes led by award-winning EBCI (Eastern Band of Cherokee Indians) potter Tara McCoy. Held on-site at the Museum over the course of three months, McCoy's Traditional Pottery for Beginners workshop taught participants a variety of old-style techniques, equipping them with the skills to independently create pottery from start to finish. MCI invites the community to view the final pieces students created during their seven sessions at the Museum.

"I took a class with Tara three

years ago and fell in love with clay," said participant Blythe Winchester (EBCI). "She is a great teacher and I take every class I can with her. She said once that clay is forgiving, and I like the chance to turn it into different things. Having more potters in our community is important."

Created to increase and improve pottery making in the community, the courses were offered to EBCI tribal members aged 16 and up at no charge. Pottery paddles and shining rocks were provided courtesy of the Sequoyah Fund. Traditional Pottery for Beginners is a part of the MCI's Community Learning initiative, which offers hands-on cultural learning opportunities for EBCI members. Next, the Museum will offer a Beaded Graduation Cap Class open to EBCI tribal mem-

bers graduating high school or college in 2022. Hosted by Jenn Wilson (EBCI), MCI's Aniyvwiyahi community program coordinator and beadwork artist, sessions will be held over May 9-13. Interested participants can register here.

To view the exhibition in the T.J. Holland Education Room, guests should enter through the MCI Education Wing doors (facing Tsali Boulevard, across from Cherokee Historical Association). The Museum and Museum Store are open from 9 a.m. to 5 p.m. daily. Visitors are asked to please wear masks at this time.

- Museum of the Cherokee Indian release

### Nominations sought for inaugural Lula Owle Gloyne award

The Cherokee Indian Hospital Foundation (CIHF) will present

the inaugural Lula Owle Gloyne
Person of Excellence Award during
the 11th Annual CIHF Gala on
June 25. This award will honor a
deserving individual whose actions
and contributions have improved
the healthcare of the Eastern Band
of Cherokee Indians. Nominations
are open now and must be submitted to CIHF by Friday, April
15. Forms are available at www.
cihfoundation.org.

### **Emergency Rental Assistance** for EBCI tribal members

The Cherokee Indian Housing Division (CIHD) is still accepting Emergency Rental Assistance applications from EBCI (Eastern Band of Cherokee Indians) member renters who qualify. The link collecting your applicable information will be available online at EBCI.com and applications will



## MISSING PERSON

### **Angelia Illene Cordero**

Female Age: 17

Enrolled with Lovelock Paiute Tribe of the Lovelock Indian Colony

Height: 5'8" Weight: 140-180 lbs

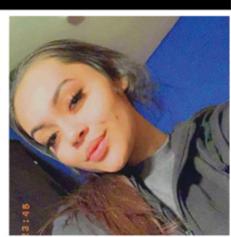
Hair: Black Eyes : Brown

Date of last contact: March 21,

2022

Last Known Residence: Lovelock,

Nevada



Circumstances of Disappearance: Angelia as reported as a runaway from the Lovelock Paiute Indian Colony to the Lovelock Tribal Police on February 8, 2022. Angelia was last seen in Lompoc, California on March 21, 2022

If you have seen Angelia Cordero, contact Captain Ruben Ortiz, Lovelock Paiute Tribal Police Department (805) 875-8122. Agency Case #2203-0508.

Source: namus.gov/bia.gov

CWY TV OYLC
CHEROKEE ONE FEATHER \* TSALAGI SOQUO UGIDAHLI

be available onsite at the C.I.H.D. Main Office located at 687 Acquoni Rd. Cherokee, NC 28719. Applications and documentation can be emailed back to Stefany Hicks at the following email address: shicks@ebci-nsn.gov

Note that entering information using the link at EBCI.com is not an application. This link is used to collect your information so that we may contact you via email/phone. Also, if you have received 18 months of assistance, you have exhausted the maximum amount of assistance allowed.

Eligible households include families that have:

- Enrolled EBCI tribal member
- Must reside in one of the 50 United States of America
- Income below 80 percent of the area median income
- An obligation to pay rent

- A household member that has a reduction of income or other financial hardship due to COVID-19
- Experienced or are at risk of experiencing homelessness

Eligible uses of funds include payment of:

- Rent
- Rental arrears
- Utilities and home energy costs
- Utilities and home energy cost arrears

Rental assistance provided to an eligible household should not be duplicative of any other federally funded rental assistance provided to such household.

Tribal members must also provide in writing that they have experienced a reduction in income, incurred significant cost, or experienced other financial hardship due to COVID-19. This program is NOT for homeowners or tribal members

with mortgages. To apply for this program, you MUST be a renter. This program is to help prevent current renters from becoming homeless or evicted.

Info: Stefany Hicks 359-8096, Monday – Friday between the hours of 7:45 a.m. and 4:30 p.m.

> - Cherokee Indian Housing Division

### Volunteer Income Tax Assistance (VITA) appointments available

If your annual gross income (AGI) is less than \$73,000 and you are a member of the Eastern Band of Cherokee Indians (EBCI) you are eligible to have your taxes prepared at no cost at the EBCI Extension Office through the Volunteer Income Tax Assistance (VITA) program.

Due to the rise in COVID cases, this

year will begin by using a drop-off pickup system and may change to face-to-face at a later date. Call 359-6939 or 359-6938 to set up a drop-off appointment. During your appointment, you will be required to fill out a short intake form. Dropoff appointments will begin Monday, Feb. 14 and will be Monday through Thursday. Remember to wear a mask and do not come if you are exhibiting COVID symptoms or have been quarantined due to positive test or by contact tracing. Customers exhibiting symptoms will be asked to reschedule their drop-off or pick-up.

Bring with you the following items to your appointment/dropoff:

• All income related forms such as: W-2, 1099 Misc., 1099-I, SSA-

see ANNOUNCEMENTS next page



**ANNOUNCEMENTS:** General announcements and news, from page 15

1099, etc.

- · Photo I.D. such as Driver's License or enrollment card with picture
- · Social Security Card and birth date of every member of the house-
- Enrollment Card of Federally Recognized Tribe for North Carolina Tax Exemption
- · Bank Account Information if you want tax return direct deposited
- Last year's tax return (if possible)
- The program does not do Rental Income (Schedule E), Dividend and Investment Income (Sch B) and Complex Schedule C.
- Letter 6419 Child Tax Credit letter and Letter 6475 Economic Impact letters

- EBCI Cooperative Extension

Office release

### THANK YOU LETTER Thanks from NRBQ NAYO team

The coaches, players, and families of the NRBQ NAYO Team would like to thank everyone who has participated in our fundraisers. Your support is greatly appreciated!

#### **NATIONAL PARK NEWS**

### **Clingmans Dome Road to** open for the season on April 8

Great Smoky Mountains National Park announced that the seasonal opening of Clingmans Dome Road will be delayed until April 8. The delay in opening is necessary to complete repairs to improve drainage in the main parking area, including a culvert replacement

and roadway patching. This work must be completed before the pavement preservation project begins.

Upon opening to motor vehicles on April 8, single-lane closures will be in effect on Clingmans Dome Road through Friday, Sept. 2. Visitors should expect traffic delays throughout the pavement preservation project. Single-lane closures are permitted from 7 a.m. on Mondays through 12 p.m. on Fridays and will be managed with flagging operations. No daytime lane closures will be allowed on Federal Holidays, or during the week of Easter and July 4. Additionally, no daytime work (7 a.m. - 7 p.m.) will be permitted June 15 through Aug. 15.

The Federal Highway Administration awarded the more than \$2.6 million construction contract to Bryant's Land and Development

Industries, Inc., from Burnsville. The project work will consist of patching deteriorated sections of the roadbed, sealing cracks in the pavement, and applying a high-performance surface treatment. The pavement preservation work will extend the life of the existing pavement by approximately five to seven years.

Motorists are asked to reduce speeds and use extra caution when traveling through the work zone. Clingmans Dome Road will be open for the season through Nov. 30, and is subject to closure due to snow, ice, and other hazardous weather events. For more information about road closures, please follow SmokiesRoadsNPS on Twitter or visit the park website at www. nps.gov/grsm.

- National Park Service release

A program to help plan for healthcare wishes is available now.

### **Community Information Sessions** & Cherokee Dinner

Call Liz or Turner 828-227-2893

Big Cove Comm Club: 3/8 at 5pm Big Y Comm Club: 3/15 at 5pm Towstring Comm Club: 3/21 at 5pm Yellowhill Comm Club: 3/28 at 5pm Tsali Manor Senior Ctr: 4/5 at 10:30am Wolftown Comm Club: 4/11 at 5pm Painttown Gym: 4/13 at 5pm Birdtown Gym: 4/27 at 5pm

Visit www.EBCI-ACP.WCU.edu

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### **Good Housekeeping**

### Baked Ricotta With Vinaigrette

This recipe is perfect for a first course at your Easter table.

- lemons
- ounces part-skim ricotta
- Salt and pepper
- teaspoon Dijon mustard cup olive oil
- tomatoes bag baby greens
- 1. Preheat oven to 375 F. From
- lemons, grate 1 teaspoon peel and 3 tablespoons juice. aside. Spray 9-inch glass or ceramic pie plate with nonstick cooking spray
- 2. In medium bowl, stir lemon peel, ricotta, 1/2 teaspoon salt and 1/4 teaspoon freshly ground black pepper until blended. Spread ricotta mixture evenly in prepared pie plate. Bake 1 hour or until cheese is lightly browned. Let stand 10 minutes to allow cheese to set. Slice into 12 wedges.
- 3. Meanwhile, in medium bowl, whisk together lemon juice, Dijon, 1/4 teaspoon salt and 1/8 teaspoon freshly ground black pepper. Whisk in olive oil in slow, steady stream until blended. Stir in chopped tomatoes.

  4. To serve, place 1 ricotta wedge
- along with some greens on each of 12 serving plates. Top greens and ricotta with tomato vinaigrette. Serves 12.
- Each serving: About 155 calories, 11g total fat (4g saturated), 23mg cholesterol, 245mg sodium, 6g total car-bohydrate, 1g dietary fiber, 9g protein.

For thousands of triple-tested recipes, visit our website at www.goodhousekeeping.com/food-recipes/

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#### **OBITUARIES** Jhhfr

#### Jean Johnson Arch

After a courageous battle with various illnesses, Jean J. Arch entered fully into the presence of the Lord on Saturday, March 26, 2022, from her home surrounded by family. Jean's faith was the essence of her service to her community. She was given awards that described her outstanding service and tireless dedication to the Cherokee people and community.

During the First Annual Day of Caring in 2005, Jean was honored as a Quiet Hero and described as being dedicated to the people in her community, where she made daily visits to check on the elderly and infirmed. Jean also spearheaded the establishment of the Tribal Cannery, where the art of canning food for storage can be used by all

tribal members.

With her eldest son, Davy, she was an inaugural member to be certified as a Cherokee Heritage Trails guide by the Cherokee Indian Museum.

Jean was preceded in death by her husband of 31 years, John David Arch Sr.; her only daughter, Iva Allyne Arch; her mother and father, Rachel and Lloyd Blythe Johnson; her two brothers, Harold (Verny) Bradley and Pete (Dorthy) Johnson; three Sisters, Alta (Jim) Johnson, Sally "Bill" (Boyce) Allison, Bertha "Bert" (Alvin) Chiltoskie; and several other nieces, nephews, and cousins.

She is survived by her three sons; Davy M. Arch, Sampson A. "Buck" (Cindy) Arch, and Johnny "J.D." (Marlene) Arch; and her three grandsons, Eli Arch, Jeremy Arch, and Jeddidiah "Jed" (Holly)

Griffin.

The funeral was held at Wrights Creek Baptist Church. on Tuesday, March 29.

She spoke to her youngest son these words, "Johnny, you are going into a field to make a good living. Remember, the more you have, the more independent you will feel and the harder it is to put Jesus first, remember your priorities."

Burial was in the Lloyd Johnson Family Cemetery.

### Joseph "Joe" Thompson

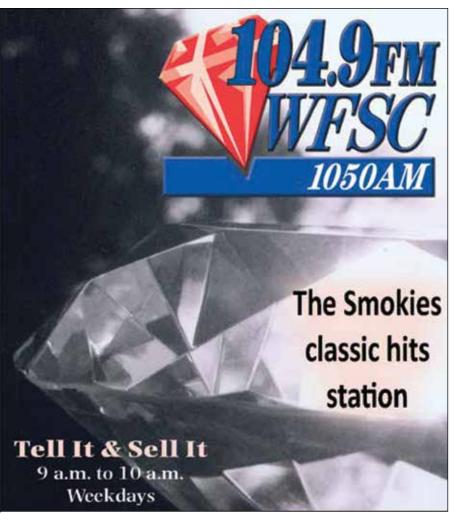
Joseph "Joe" Thompson, 94, of the Big Cove Community, went to his Heavenly Home to join his Father on Tuesday, March 29, 2022. A native of Cherokee, he was the son of the late Jackson and Alice Wolfe Thompson.

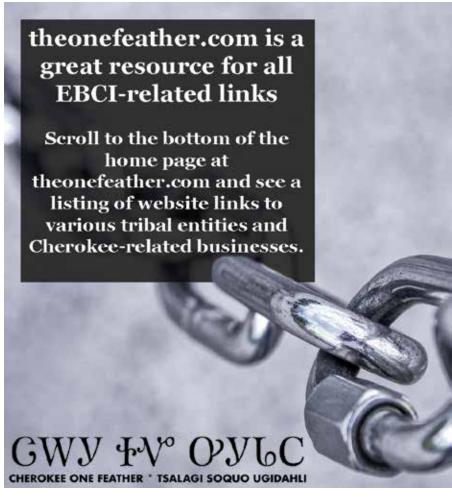
In addition to his parents, he was also preceded in death by three sisters, two brothers, two step-

sons, and two step-grandsons. Joe was a U.S. Army Veteran having served in World War II. Joe was a member of Big Cove Baptist Church where he served as Superintendent until his disability. He was also a fluent speaker of the Cherokee Language.

He is survived by his wife of 33 years, Amy West Thompson; one step-daughter, Deb West of Cherokee; a beloved step-granddaughter, Amy West of Cherokee; one sister, Nancy Brown of Robbinsville; several step-grandchildren; and several nieces and nephews.

Funeral Services were held Friday, April 1 at Big Cove Baptist Church. Pastor Gil Breedlove officiated with burial at West Family Cemetery. Military graveside rites were conducted by Steve Youngdeer American Legion Post 143 in Cherokee. Pallbearers were members of the Big Cove Free Labor.





## NOPINIONS ZPODET

### COMMENTARY

## What should we do with the elk?

### By ROBERT JUMPER

One Feather Editor

uring EBCI Community
Services program reports last week, Natural
Resource Enforcement (NRE)
reported that out of 908 total calls
for the previous reporting period
(typically a month), 123 calls were
requesting help with elk. That is
roughly 13.5 percent of all call
activity for that period being elk
related.

NRE said, "We may get on

scene, and they are just on the side of the road, but the majority of the time they are standing in the road, or we have to deal with the public that are out there wanting to pet the animals. We do have the means to issue citations for approaching the elk at this time. So, we are going to start implementing that and hope that will (help stop that activity). It is becoming a dangerous situation at times with the elk. They have been approached so many times that they are not in fear of humans anymore. We actually have some that are getting aggressive toward officers and the public as well."

Vice Chief Alan B. Ensley said that he had been "bombarded with

phone calls" over a two-to-threeweek period with concerns about the elk, from traffic situations to crop and property destruction. NRE related that in one incident elk had destroyed a well house and mangled the electrical wiring to the water pump.

Vice Chief Ensley mentioned pending consideration for legislation he has submitted for the April session (to be read and tabled) that would increase documentation of incidents between the community and the elk. "I know the tourists love watching the elk. I like watching them myself. But when something becomes a nuisance, it's a nuisance."

The reintroduction effort

Name:

dates back to the 1990s, when the Rocky Mountain Elk Foundation approached the National Park Service (NPS) with the idea. "As many as 10 million elk roamed across North America before European settlers arrived on the continent. Exploration brought unsustainable hunting practices, new disease and competition with domestic livestock for food resources. The last (Eastern) elk in North Carolina was killed in the late 18th century. The Rocky Mountain Elk foundation approached the Great Smoky Mountains National Park about the possibility of restoring elk to the park. After environmental analysis, disease risk assessment and public comment, the park be-



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gan a 5-year experimental release to see if full reintroduction could be possible." (wfxrtv.com)

In 2001, 25 elk were released into the Cataloochee Valley area of North Carolina, then 27 more in 2002. The current count, which may be extremely approximate, puts the number of elk at around 200. Efforts to get more accurate counts are ongoing. Since elk have no real predators after them (their primary foes were grey wolves and mountain lions, both considered extinct), there isn't much to inhibit their multiplication except potential black bear getting a few of the elk calves early on. The NPS would relocate black bears immediately when they identified predation by black bear, so that threat has been minimized. Later and more current threats are car accidents and landowners dispatching elk that is destroying property (there is a governmental process to legally do that).

The only threats to the elk population have to do with diseases like Chronic Wasting disease, which are heavily monitored by the Park Service, and contact with mankind, which brings us back to the leadership session with the reporting of nearly 14 out of every 100 NRE calls being elk related.

Elk encounters are thrilling. For the naturalist in us, the site of any animal in nature is heartening and a "feel good" moment. There is an element of nostalgia with the knowledge that a species that was wiped off the landscape for a well over 200 years has been given the opportunity to survive and thrive again.

Then, there is the practical side

of the presence of elk. Hundreds of thousands and possibly millions of travelers have visited the GSMNP and the Qualla Boundary since 2001 with the express hope of seeing and photographing the elk. And as much as we like the visitors that come to our lands, we absolutely love the revenue that is generated from their visits. Since the reintroduction, the elk have had a prominent place in the Tribe's advertising materials. Even the surrounding counties leverage the fact that an amenity that most of the southeast cannot claim is the ability to see those large, majestic beasts roaming freely except here in the western North Carolina communities.

Also, on the practical side of things, elk back in the day, might have encountered a settler or two. Tribal members, who had a spiritual kinship with the land and animals, were judicious in taking of game. History documents that tribal communities typically only took what they needed for the survival of their families and every part of a kill was consumed or made into clothing or tools. The tribe was not big on waste back in the day. As settlers, or immigrants, came onto the land, more of the land was "domesticated", which left less habitat for animals like bison and elk. They are big animals requiring a lot of range and sustenance (which means that they eat a bunch). The settlers had a different view of those animals. For example, trading was a booming business among the settlers, and things like antlers, hides, meat, were considered currency, so it was accepted practice to do things

like kill an entire herd of bison, strip them of the pelts and leave the meat to rot. For the tribe back then, these were foreign concepts as we were in the habit of giving thanks to each animal that would give its life for our sustenance.

"Early Euro-American accounts suggest how abundant and widespread eastern elk were in the Appalachians. For example, a 1754 account suggested that they 'usually accompanied buffalos, with whom they range in droves in the upper and remote parts of North Carolina." (smokymountains.com)

The environment is quite different for elk in the 21st century. While the GSMNP is a large space, it is nothing like the landscape of the 17th and 18th centuries when bison and elk thrived. Artificial conditions have been introduced to enhance the chances of elk surviving. While some of the same conditions that knocked off the grey wolves and mountain lions that might have been a threat to the elk are existent, so too are these same conditions a threat to the elk.

And in that lay the dilemma. How do we coexist with the elk? Seeing an elk in a undisturbed forest can be cathartic. Seeing an elk trample and devour a carefully nurtured and cultivated corn field meant to feed your family will likely have the opposite effect. The Eastern Band of Cherokee Indians expends resources and leverages manpower to facilitate coexistence. Those landowners who have had issues with elk visiting their properties may request fencing from the tribal government to slow down or prevent the elk from

coming onto their property. As previously mentioned, our Natural Resources Enforcement responds to what looks like an average of four elk-related calls per day each month. That ties up NRE. At times, Emergency Medical Services, Tribal Fire and Rescue, and the Cherokee Police Department are called upon to deal with traffic control and herding elk in the interest of public safety.

Public hunts and other methods of domain control have been mentioned in response to the more frequent and numerous visits of the elk. Some suggestions have been floated about the possibility of the addition of structural sanctuaries to corral the elk to the Park, limiting access to private and commercial properties and towns. Wildlife biologist Joseph Yarkovich said in a recent article, "Twenty years of elk back on the landscape can seem like a really long time, but when you look at the big picture, it still not a big population. Smaller elk populations can be really sensitive to disease, changes in the environment, and changes in their own group dynamics." (smokiesinformation.org)

Vice Chief Ensley and the NRE point out a growing concern from the community. How do we balance the benefits of the reintroduction of the elk with the need for a stable environment for the citizens of our community? Public safety issues concerning the elk are a reality. Life and livelihood concerns exist. Where do we draw the line between stewardship of the elk and growing concerns about the elk in our community? What do we do with the elk?



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### EMERGENCY NUMBERS

In an emergency, call 911

Tribal Dispatch 497-4131

Cherokee Indian Police Dept. 359-6600

Tribal Fire and Rescue 359-6584

Tribal EMS 359-6450 or 497-6402

Cherokee Indian Hospital 497-9163

## EBCI TRANSIT

Transit Main Line Dispatch 359-6300

Tsali Manor funds passes for Tsali Manor residents and communal lunch attendees. This pass provides unlimited trips within the service area and on shopping trips. Out-of-town shopping trips are currently on hold due to COVID-19.

### Phone Numbers for Cherokee elders

Cherokee Indian Hospital main line 497-9163

**Tsali Manor** - contact is Debbie West 359-6291 or 736-3950

HELP (Handicapped, Elderly Living Program) -

contact is Stephanie Welch 359-6638

HIP (Home Improvement Program) contact is Cindi Squirrel 359-5520 or 507-7748

Congregate, Homebound Meals, Supplement - contact is Sherry Welch 359-6290

Heat Assistance/Emergency Assistance - contact is Krisna Ashe 359-6294 or 421-7364

EBCI Home Health/Home Care 497-9163 (ask for nurse on call)

> EBCI Domestic Violence 359-6830

EBCI Emergency Fuel Assistance 507-7825

Cherokee Immediate Care Clinic 554-5555

DaVita Cherokee Dialysis Center 497-6866

Snowbird Senior Center main line 479-9145

> Tsali Manor main line 359-6860

John Welch Senior Center main line 835-9741

Cherokee Boy's Club Elder Fuel Delivery and Elder Mowing contact is Donnie Owle 736-7612

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CHEROKEE ONE FEATHER ' TSALAGI SOQUO UGIDAHLI



### Super Crossword

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see PUZZLE ANSWERS page 22

## Weekly SUDOKU

### by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

### DIFFICULTY THIS WEEK: ◆

Moderate ◆◆ Challenging ▶◆◆ HOO BOY!

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- 1. Is the book of Iscariot in the Old Testament, New Testament or neither?
- 2. From Matthew 28:2, who rolled back the stone from the door of Jesus' tomb and sat upon it? Simon, An angel, Villagers, Disciples
- 3. When Mary Magdalene and "the other Mary" came upon the risen Jesus, who did He ask them to inform? Priests, Disciples, No one, Villagers
- 4. From John 20, which disciple doubted Jesus had risen unless he could see the wounds? Peter, Andrew, Thomas, Thaddeus
- 5. How long did Jesus remain after His resurrection before He ascended into heaven? Instantaneously, 1 hour, 7 days, 40 days
- 6. According to the apostle Paul, above what number saw the risen Christ at one time? 100, 300, 500, 1000

Sharpen your understanding of scripture with Wilson's Casey's latest book, "Test Your Bible Knowledge," available in bookstores and online.



- 1. FOOD & DRINK: What was the first food eaten in space?
- LITERATURE: A character named Piggy is featured in which 20th-century novel?
- 3. GEOGRAPHY: What are the residents of Cyprus called?
- 4. MEASUREMENTS: How many pounds are in a stone?
- 5. LANGUAGE: What does Ph.D stand for?
- 6. ANIMAL KINGDOM: What is the color of a giraffe's tongue?
- 7. MEDICAL: What is the common name for onychocryptosis?
- 8. HISTORY: What is a more common name for the 19th-century killer known as the "Whitechapel Murderer"?
- GENERAL KNOWLEDGE: What is the color of "black boxes" used to record flight data on aircraft?
- 10. SCIENCE: What is considered to be the ideal "room temperature"?

Event listings are free of charge. Send your event name, date and time, location, and contact info to scotmckie@ebci-nsn.gov.

#### **EVENTS**

#### **BENEFITS/FUNDRAISERS**

**Turkey Shoot.** April 9 at 3 p.m. at the Jesse Welch Turkey Shoot Facility in the Big Cove Community. Benefit for Dean Hill. Good food, good fun, great prizes, great benefit.

#### **COMMUNITY EVENTS**

**Easter Egg Market.** April 7 from 11 a.m. to 4 p.m. at the Cherokee Indian Fairgrounds. Lunch by Melitia. Lots of local vendors and crafts. Info: Denise Walkingstick 508-2211

Cherokee Cancer Support Group meeting. April 7 at 5:30 p.m. at Betty's Place in the Birdtown Community. Regular potluck dinner.

### Community Pottery Exhibit.

April 8 from 5 p.m. to 6:30 p.m. at the Museum of the Cherokee Indian's T.J. Holland Education Room. The exhibit will feature the works of EBCI (Eastern Band of Cherokee Indians) tribal members who took a class from noted EBCI Potter Tara McCoy during this past winter. The exhibit is free of charge. Info: 497-3481 or www. mci.org

Easter Egg Hunt. April 9 from 10 a.m. to 1 p.m. at old Cherokee High School. Food, door prizes, photobooth. Egg hunt age groups: 5+under, 6-9, 10-13. Pre-register (9:30 a.m. to 10 a.m.) to receive Easter bag and door prize ticket. Sponsored by the Offices of the Principal Chief and Vice Chief and EBCI Tribal Option.

Animal Clinics hosted by Christian Veterinary Mission. May 20 and 21 from 9 a.m. 4 p.m. daily at the Little Snowbird Baptist Church in Robbinsville; June 10-11 from 9 a.m. to 4 p.m. daily at the Cherokee Indian Fairgrounds. Info: Dan Teasdale 735-1876, Tammy Jackson 359-6934, EBCI Animal Control 497-6091

**Cherokee Choices Summer** 

Camps. Yoga Camp (ages 7-11) June 6-23. Cultural Camp (ages 10-12) June 27 – July 14. Activities include horseback riding, rafting, arts and crafts, yoga, creek snorkeling, and more. Camps are Monday through Thursday from 7:45 a.m. to 4:30 p.m. Applications must be submitted by May 3. Space is limited. Info: Tori Bryson, MHS, RDN, LDN 359-6778 or victtram@ebci-nsn.gov

#### **SPORTS EVENTS**

**Western Carolina University** Half Marathon and 5K. April 9 on the campus of Western Carolina University in Cullowhee. The half marathon (13.1 miles) and 5K (3.1 miles) will have staggered start times to help reduce crowding. The half marathon will start at 8 a.m. The 5K will start at 8:30 a.m. Early registration fees are \$45 for the half marathon and \$20 for the 5K through March 6. Fees will then increase to \$60 and \$30 through April 8. Race day registration will be available for \$75 and \$40 from 6:30-7:30 a.m. at WCU's Campus Recreation Center. Runners younger than 18 get a \$5 discount on the 5K pricing. Info: www.halfmarathon.wcu.edu/

### 2022 EBCI Fish Tournament Lineup

(General Fishing Waters, Cherokee, N.C.)

General Fishing Enterprise Waters are closed to everyone from Saturday, March 12 to Friday, March 25. Each tournament requires a 2-day fish permit covering both tournament days (\$17) and Tournament Registration Fee (\$15).

Memorial Day Fish Tournament

- Saturday, May 28 to Sunday, May 29
- Registration deadline is Friday, May 27
- \$10,000 in cash prizes

Tim Hill Memorial Tournament

- Saturday, July 9 to Sunday, July 10
- Registration deadline is Friday, July 8
- \$10,000 in cash prizes

Qualla Country Fish Tournament

- Saturday, Aug. 27 to Sunday, Aug. 28
- Registration deadline is Friday,
   Aug. 26

- \$20,000 in cash prizes

Tag turn-in times will be 2 p.m. to 4 p.m. both tournament days at the EBCI Natural Resources Enforcement Office at 517 Sequoyah Trail in Cherokee. Fishing hours are one hour before sunrise to one hour after sunset, daily.

Info: Office (828) 359-6110, text (828) 788-3013, https://fishcherokee.com and https://www. facebook.com/fishcherokee

- EBCI Natural Resources Div.

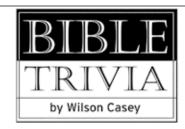
Mother's Day 5K. May 7 at Kituwah. Registration from 7:30 a.m. to 8:45 a.m., race begins at 9 a.m. Register at https://runsignup.com/mothersday/5k. \$15 for early registration until March 14; then, it increases to \$20. \$10 registration for 1-12 year-olds and

### Puzzle Answers

Weekly SUDOKU

Answer

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ANSWERS: 1) Neither; 2) An angel; 3) Disciples; 4) Thomas (called Didymus); 5) 40 days (Acts 1:3); 6) 500 (1 Cor. 15:3-8)



#### Answers

- In 1961, Russian cosmonaut Yuri Gagarin ate pureed meat and then chocolate sauce.
  - "Lord of the Flies"
  - 3. Cypriots
  - 1 14
  - 5. Doctor of Philosophy
  - 6. Blue, black or purple
  - 7. Ingrown nail
  - Jack the Ripper
  - Bright orange to aid in recovery
  - 10. 68-72 degrees Fahrenheit

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59-99. Info: Yolanda Saunooke 359-6784 or email yolasaun@ ebci-nsn.gov

Galaxy Cheer Tryouts. June 6-8 from 6:30 p.m. to 8:30 p.m. nightly at Pirouettes Dance & Cheer Academy. Attire is athletic wear. Info: Samantha Hernandez 736-0452 or email pirouettesdanceacademy@gmail.com

### Southern Powerlifting Federation Rumble in the Smokies.

Aug. 13 at 8:30 a.m. at the Cherokee Fitness Complex. General Admission: \$10, Kids 12 and under are free. Must be a current Southern Powerlifing Federation to participate. \$15 late fee after Aug. 1. Info: Jesse Rodger (423) 255-3672, www.southernpowerlifing.

#### **WESTERN N.C. EVENTS**

Swain County Genealogical and Historical Society meeting. April 7 at 6:30 p.m. at the Swain County Regional Business Education and Training Center at 45 East Ridge Dr. in Bryson City. Frank March will present "Schools and Churches in the Swain County Section of the Great Smoky Mountains National Park". This event is open to the public and is free of charge.

### Making a Clay Rabbit class.

April 9 from 10 a.m. to 11:30 a.m. at the Murphy Art Center on Valley River Ave. in downtown Murphy. This class is open to children ages 7-12. Info: 360-3038

see **HAPPENINGS** next page



On behalf of Principal Chief Richard G. Sneed and the Cherokee Indians Housing Division (CIHD), congratulations to our new homeowners!! CIDH was happy to assist with Down Payment Assistance and Rate Buy Down Funds for their new home in the Painttown Community.



CIHD wishes to congratulate Mr. & Mrs. Michael and Paige Stamper on their brand new home!! We would like to thank the Stampers for allowing CIHD to assist them in making their homeownership dream a reality. Congratulations!!!



by Freddy Groves

### The Stress of IBD

Coming on the heels of a stressful two years of pandemic, the Department of Veterans Affairs has aligned with a website dedicated to those who suffer from stress-related inflammatory bowel disease (IBD), ulcerative colitis and Crohn's disease. And just in time. A recent long-term study of veterans concluded that over time, the stress of veterans with bowel disease has increased.

There are likely 66,000 veterans with bowel disease who all need information and resources, and the Crohn's & Colitis Foundation (CCF) is the place to go. Right on the dedicated webpage (www.crohnscolitisfoundation.org/veterans), it asks important questions: What kind of doctor do I need? Where do I get care? How quickly can I get VA care once I'm registered?

As noted above, these last two years have put most of us under extra stress, and those with bowel disease are many times more likely than others to experience depression, PTSD and anxiety as a fact of daily life. The CCF website points to coping tips that can help, such as meditation, relaxation techniques and exercise ... and getting help from a mental-health professional. Scroll to the bottom of the mental health page for sections on pain and fatigue, strategies to improve mental health, depression and anxiety, and daily life.

One section stands out: If you're going to be moving, you'll need a traveling veteran consult. Continuous care will begin before you leave and follow you through the move to your new location. With a traveling veteran consult, your records and info about your health and history will be ready for you on the other end. Any required care can pick up where it left off. Your responsibility will be to plan ahead and give them notice.

The website is loaded with information: diet and nutrition, complementary medicine, medications, resources and much more. The most help might be found in local chapters and support groups (there are over 200), where you'll find others who know exactly what you're experiencing.

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### Avoid Predatory Loans From Some Pet Stores

DEAR PAW'S CORNER: I recently read an article about a predatory lender that is targeting people buying dogs at some pet stores. These loans have insane interest rates as high as 130% to 189%! Please warn your readers to avoid taking out high-interest loans to buy a new pet. So many pets are in shelters, waiting for their forever homes. Don't buy from a puppy mill! — Janie F., Sarasota, Florida

DEAR JANIE: Thank you for sounding the alarm! A recent CBS News report warned about a lending business called EasyPay Finance that charges huge interest rates. Find the article here: https://tinyurl.com/26b8mdcz/

Predatory loans and pet stores that source from puppy mills are a nasty storm of awfulness. Often, puppy mill dogs arrive at the store in poor condition, and new owners who've just paid thousands of dollars to buy a dog now have to shell out thousands more for medical care.

The message here is clear: Don't take out a high-interest loan to buy a pet. If you spend time researching the perfect dog for your family, then you should also spend time studying the financial aspects of dog ownership.

Do business with reputable breeders—you should be able to visit the breeder and see the conditions your prospective pet lives in, meet the puppies and their mother, and discuss their care. Good breeders care about their dogs' welfare. If you're going to pay thousands of dollars for a pet, choose this route.

Shelter pets are another option. If you aren't breed-specific but want a wonderful companion, contact the local shelter. Adoption fees are a few hundred dollars, but that is significantly less than what puppy mills are charging. And you'll get a healthy dog that's ready for a new family. It's a win-win.

Send your tips, comments or questions to ask@pawscorner.com.

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**HAPPENINGS:** Event listings, from page 23

### Making a Treasure Keeper Yarn and Rope Basket class.

April 9 from 12:30 p.m. to 2:30 p.m. at the Murphy Art Center on Valley River Ave. in downtown Murphy. This class is open to the public. Info: 360-3038

Swain County Democratic Party monthly meeting. April 11 at 7 p.m. at the Technology and Training Center at 45 E. Ridge Drive in Bryson City. The meeting is also available via Zoom. Please wear a mask if attending in-person. All are welcome. Info: 488-1234

**Pour Painting Class for Kids 10-17.** April 16 from 1:30 p.m. to 3 p.m. at the Murphy Art Center on Valley River Ave. in downtown Murphy. Info: 360-3038

### Mosaic Art for Children class.

April 23 from 10 a.m. to 1 p.m. at the Murphy Art Center on Valley River Ave. in downtown Murphy. Class is appropriate for ages 8-17. Info: 360-3038

**5th Annual Bingo Night Fundraiser.** April 29 at the Smoky Mountain Event Center at the Haywood County Fairgrounds in Waynesville. Doors open at 6 p.m. and Bingo starts at 7 p.m. This event is hosted by Voices in the Laurel. Tickets are available online at voicesinthelaurel.org or by calling 734-9163. \$20/each includes admission – 20 games of Bingo and a chance to win door prizes.

Friends of the Greenway

**Spring Fundraising event (FROG FAIR).** May 7 from 10 a.m. to 4 p.m. at FROG Quarters, 573 E. Main at the Town Bridge in Franklin. Arts and crafts, food, and music. Vendor spaces are available. Info: frog28734@gmail. com or www.littletennessee.org

**OTHER EVENTS** 

Native American Gathering & Earth Day Celebration. April 23 at The Museum of the Cherokee in S.C. located in Walhalla, S.C. Performances, live music, arts and crafts, kids activities, hands-on learning, and food. Info: www. mainstreetwalhalla.com

#### **SUPPORT GROUPS**

### **Cherokee Cancer Support Group**

meets the first Thursday of each month at Betty's Place at 40 Goose Creek Road in the Birdtown Community. A potluck is held at 5:30 p.m. and the meeting is open to all. Betty's Place is open Monday through Friday from 10 a.m. to 2 p.m. They provide counseling and support services to cancer patients that may include supplies, travel, and meals. Info: 497-0788

Event listings are free of charge.

Send your event name, date and time, location, and contact info to scotmckie@ ebci-nsn.gov.



9am-5K Run, Mark Watson Park

10am-4pm Over 100 arts, crafts, food, and non-profit vendors throughout downtown Sylva.

LIVE MUSIC AT THE BRIDGE PARK STAGE:

10-10:45am Ska City\*11-11:45am Maggie Valley Band\*12-12:45pm Summit Church Band\*1-1:45pm Alma Russ Band\*2-2:45pm Shane Meade & The Sound\*3-4pm PMA

WWW.GREENINGUPTHEMOUNTAINS.COM

GREENINGUPTHEMOUNTAINS@GMAIL.COM



#### H.E.L.P. Program Lawn Maintenance and Garden Plowing

Applications will be available February 14, 2022 and are available at the HELP Office located inside Tsali Manor.

DEADLINE FOR MOWING APPLICATIONS: MAY 31, 2022 DEADLING FOR PLOWING APPLICATIONS: MAY 31, 2022

#### Eligibility Requirements

- 1. Must be an enrolled member of EBCI
- Individuals applying for assistance must be living in the home.
- 3. Applicants must be 59 1/2
- Applicants under 59 ½ must not be physically capable of mowing:
  - Proof of Disability (2022 Social Security Disability Statement) required
- A Doctor's Note stating applicant is not physically capable will be required from each applicant (disabled and 59 ½ or older). Please attach to the application or request it be faxed to 828-497-3519.

### Mowing



- · Client/Family is responsible for getting yard clear of any trash/debris.
- Animals must be properly secured when moving contractor arrives.
- · Residence must be within the 3 county service areas: Swain, Jackson and Haywood.
- Seasonal April 1<sup>st</sup>, 2022 September 30<sup>th</sup>, 2022.
- Mowing and weed eating will include a 50 ft. perimeter around the home including carports.
- Lawns mowed outside the 50 ft. perimeter will be the homeowner's responsibility.

#### Plowing



- Seasonal March 1<sup>st</sup> thru May 31st
- Available up to a 100 ft. by 100 ft. area
- (1) garden per household



H.E.L.P.

Please call (828) 359-6638 with any questions you may have.

Please have your health care provider fax doctor's notes to (828) 497-3519.

Are you an enrolled member of the Eastern Band of Cherokee residing or wish to reside in Buncombe County? The Eastern Band of Cherokee Indians Housing Division, in partnership with Dogwood Health Trust, can help!



The EBCI Cherokee Indians Housing Division is now able to assist enrolled members with Down Payment Assistance (DPA), Rate Buy Down (RBD) Funds and Foster Parent Renovation Loans.

Applicants are eligible for a maximum Down Payment Assistance of \$30,000.00 to be repayable over a five-year term after the mortgage is satisfied. This includes loans for either the purchase of an existing home or for new construction. If approved for DPA, borrower will automatically be awarded the RBD gift funds to purchase discount points to lower their interest rate.

Parents who wish to increase living space and have foster children or have kinship placement are eligible to apply for the Foster Parent Renovation Loan. This loan may be considered forgivable if certain criteria are met that are included in the current policy.

Please contact one of our friendly Homebuyer Services Coordinators for more information. We look forward to working with you and making your homeownership dream a reality!!!

Tina Larch-Rivera 828-359-6912 Tinalarc@ebci-nsn.gov Misty Millsaps 828-359-6919 mistmill@ebci-nsn.gov





## MISSING PERSON

### Brittaney Littledave - female

Cherokee Nation (Okla.) citizen

Height: 5'2/5'3 Weight: 130lbs Age: 36

Eye and hair color: brown

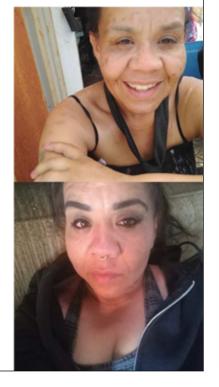
Tattoos: left upper arm, Cherokee Nation Seal, right upper arm: flowers and butterflies,back of neck: laugh now cry later She has a septum piercing which is the bull

nose ring.

Brittaney has not been seen nor heard from since Sept. 5, 2021 at 12:39 p.m. There has been no activity on any of her social media as well since that time. Her last known place was in Fresno, Calif.

If you have any information or know of her current whereabouts, please contact Summer at (330) 432-0934 or the Fresno Police Dept. at (559) 621-7000.







### TRADING POST DGAએJ D& Ցፀ⅃砂⅃

Classified listings are FREE of charge for all items under \$25,000. You can message your listings to us on Facebook or email them to Scott at scotmckie@ebci-nsn.gov.



ARIES (March 21 to April 19) The Lamb loves to be surrounded by flocks of admirers. But be careful that someone doesn't take his or her admiration too far. Use your persuasive skills to let him or her down easily.

TAURUS (April 20 to May 20) This is a good time to begin setting far-reaching goals and connecting with new contacts. Aspects also favor strengthening old relationships personal and/or professional.

GEMINI (May 21 to June 20) A personal disappointment should be viewed as a valuable learning experience. Go over what went wrong and see where a change in tactics might have led to a more positive outcome.

CANCER (June 21 to July 22) Don't leave projects unfinished or personal obligations unresolved, or you might find yourself tripping over all those loose ends later on. A relative has important news.

LEO (July 23 to August 22) Expect a challenge to the usual way you do things. Although you might prefer the tried-and-true, once you take a good look at this new idea, you might feel more receptive to it.

VIRGO (August 23 to September 22) Much work has yet to be done to polish a still-rough idea into something with significant potential. Expect to encounter some initial rejection, but stick with it nonetheless.

LIBRA (September 23 to October 22) There still might be some communication problems in the workplace, but they should be resolved soon. Meanwhile, that "tip" from a friend should be checked out.

SCORPIO (October 23 to November 21) A new relationship appears to need more from you than you might be willing to give right now. Best advice: Resist making promises you might not be able to keep.

SAGITTARIUS (November 22 to December 21) That restless feeling encourages you to gallop off into a new venture. But remember to keep hold of the reins so you can switch paths when necessary.

CAPRICORN (December to January 19) A demanding work schedule keeps the high-spirited Goat from kicking up his or her heels. But playtime beckons by the week's end. Have fun. You earned it.

AQUARIUS (January 20 to February 18) You're beginning to come out from under those heavy responsibilities you took on. Use this freed-up time to enjoy some much-deserved fun with people close to you.

PISCES (February 19 to March 20) Before you get swept away by a tidal wave of conflicting priorities, take time to come up for air, and reassess the situation. You might be surprised by what you'll find.

BORN THIS WEEK: Your leadership qualities are enhanced by a practical sense of purpose that keeps you focused on your goals.

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### Eastern Band of Cherokee Indians **HUMAN RESOURCES**

PO Box 553 Cherokee, NC 28719 828-359-6388

Evidence Technician I - Cherokee Police Department - Public Safety (L7 \$33,250 - \$41,574) SAFETY

Patrol Officer (Multiple) - Cherokee Police Department - Public Safety (L8 \$36,500 - \$45,625) SAFETY

Detention Officer (Multiple) - Detention Services - Public Safety (L7 \$33,250 - \$41,574) SAFETY SEN-STITVE POSITION

4. PT Paramedic (Multiple) – Emergency Medical Services – Public Safety (L8 \$17.55 - \$21.94 per hour) SAFETY SENSITIVE POSITION 5. Youth Development Professional - Cherokee Youth Center - Community/Education/Recreation Ser-

 Certified Nursing Assistant – Tribal In Home Care Services – Public Health and Human Services (L4 \$25,261 - \$31,581)
7. Cook - Cherokee County Senior Citizens - Snowbird/Cherokee County Services (L4 \$25,261 - \$31,581)

8. Cultural Resource and Archive Officer - Kituwah Preservation Education Program - Community/Educa-

tion/Recreation Services (Li2 \$52,635 - \$65,811)

9. Driver (Multiple) - Transit - Operations (Li4 \$25,261 - \$31,581) SAFETY SENSITIVE POSITION

10. Teacher (Multiple) - Qualla Boundary Head-Start/Early Head-Start - Public Health and Human Ser-

11. Teacher Assistant (Multiple) – Qualla Boundary Head Start/Early Head Start – Public Health and Human Services (L3 \$22,990 - \$28,732) 12. Real Estate Associate Attorney – Tribal Realty Services – Office of the Attorney General (L15 \$68,704

13. Network Administrator - Infrastructure Services - Office of Information Technology (L12 852,635 -

Facilities Maintenance Worker - Qualla Boundary Head Start/Early Head Start - Public Health and

Human Services (I.6 \$30,357 - \$37,946) SAFETY SENSITIVE POSITION
15 CDOT Program Manager - Cherokee Department of Transportation - Operations (L14 \$62,918 -

Workforce Development Coordinator - TERO (L8 \$36,500 - \$45,625)
 Social Worker (Multiple) - Family Safety - Public Health and Human Services (Lio \$43,956 - \$54,950)

### All applications and job descriptions are available at www.ebci.com/jobs

Please attach any licenses, certificates, diplomas, resumes, etc. with application. If you are unable to attach the documents, you may drop them off at our offices located at 806 Acquoni Rd. Suite 100 or email them to the Employment Specialists listed on our website. Indian Preference does apply. NOTICE: Due to the Tribal State of Emergency, we will only advertise positions that are classified as Essential or Critical to Tribal Operations. Thank you for your patience and understanding.



Application and job description can be picked up from the receptionist at the Boys Club information window between the hours of 8 a.m. and 4:30 p.m. Monday through Friday (828) 497-9101. The selected applicant must submit to a pre-employment drug serven and local, state, and federal civil and criminal back-

ground and sexual offender screens.
Payroll direct deposit is mandatory,
Indian preference does apply in the filling
of this position. If claiming Indian
preference, applicant must submit the
appropriate certificate.

The Cherokee Boys Club reserves the right to extend position closing dates or re-advertise positions without notice.

Cherokee Boys Club P.O. Box 507 Cherokee, NC 28719

#### **OPEN UNTIL FILLED**

Agelink Childcare FT Food Services Worker FT Lead Teacher FT Custodian

Snowbird Childcare FT Lead Teacher

Children's Home PT Resident Counselor (5)

> Bus & Truck FT Truck Driver

PT School Bus Drivers

Seasonal Mowing & Trimming Laborer





# KITUWAH

# **Employment Opportunities**

Kituwah Homes is seeking qualified construction professionals to assist in individual modular retail home construction.

- 1) Licensed General Contractors
  - 2) Licensed Plumbing
    - 3) Licensed HVAC
  - 4) Licensed Electricians
    - 5) Roofers
    - 6) Gutters
    - 7) Drywall
    - 8) Painters
- 9) Masonry (Footer/Foundation/

Basements/Slabs)

- 10) General Carpentry
  - 11) Siding
  - 12) Decks
  - 13) Excavation
  - 14) Tree removal
- 15) Project Management

### General requirements:

- Must have appropriate liability insurance and workman's compensation insurance
- Must have ability to work with limited supervision
- Must be able to work at a fast pace on multiple jobs
- Appropriate appearance standards and good communication skills (visible to customers)
  - Modular construction experience is a plus

Please stop by Kituwah Office at 1158 Seven Clans Lane, Whittier, NC 28789 and complete a company profile to be considered for opportunities.

#### **EMPLOYMENT**

### **Help Wanted**

Smoky Mountain Inn. Needed Night Audit and Housekeepers. Please apply in person at 344 7 clans road Cherokee, NC 28719. **4/20** 

### Jackson County Arts Council Vacancy Announcement Office Manager

The Jackson County Arts Council has a long reputation of supporting the arts in our community and we are seeking an Office Manager to come alongside our board and supporters to assist in carrying out the vision and mission of the arts council. The Office Manager position will be part-time with 15-20 hours a week with set office hours. The Office Manager will be responsible for maintaining files on grants and finances, working collaboratively with board members, working with community partners, representing the council at local, regional, and state events. The ideal candidate would be proficient in office management, have excellent time management skills along with the ability to multi-task and prioritize projects, excellent written and verbal communication skills, attention to detail and problem-solving skills and self-motivated.

Interested individuals should send their resumes to

info@jacksoncountyarts.org no later than Friday April 15th 2022. **4/13** 

#### **LEGAL NOTICES**

### NOTICE OF SERVICE OF PROCESS BY PUBLICATION

Eastern Band of Cherokee Indians In the Tribal Court In the Matter of S.P., A Minor Child, File No. CVJ 21-065 TO: Kyle Bigmeat

Take notice that a pleading seeking relief against you has been filed in the above-entitled juvenile action. The nature of the relief being sought is the adjudication and disposition of a petition alleging the minor child, S.P., born on August 23, 2016, is a neglected and drug endangered child, filed in the Cherokee Tribal Court on October 12, 2021.

You must answer or otherwise respond to the pleading within forty (40) days of the date of first publication of this Notice. If you fail to answer or otherwise respond within the time prescribed, the matter will proceed to adjudication and disposition. If you are not already represented by appointed counsel, you are entitled to appointed counsel in this matter, and to that end, provisional counsel will be appointed for you in this matter, and the appointment of provisional counsel shall

be reviewed by the court at the first hearing after service of process in this matter.

You are advised to IMMEDI-ATELY contact the Clerk of Tribal Court for the Eastern Band of Cherokee Indians at (828) 359-6213, to obtain further information about this case, including a copy of the pleadings filed herein and the date(s) and time(s) of scheduled hearings.

First published this the 23rd day of

March 2022.
Sybil G. Mann
Family Safety Program Attorney

P.O. Box 455 Cherokee, N.C. 28719 (828)359-1559

N.C. Bar No. 16729

4/6

### NOTICE OF SERVICE OF PROCESS BY PUBLICATION

Eastern Band of Cherokee Indians In the Tribal Court In the Matter of Z.W., A Minor Child, File No. CVJ 21-056 TO: The Unknown Father of Minor Child Z.W.

Take notice that a pleading seeking relief against you has been filed in the above-entitled juvenile action. The nature of the relief being sought is the adjudication and disposition of a petition alleging the minor child, Z.W. is a neglected and drug endangered child, filed in the

Cherokee Tribal Court on August 24, 2021. A court order from the Cherokee Tribal Court directing that service of process on you take place by publication was entered on March 10, 2022.

You must answer or otherwise respond to the pleading within forty (40) days of the date of first publication of this Notice. If you fail to answer or otherwise respond within the time prescribed, the matter will proceed for disposition. If you are not already represented by appointed counsel, you are entitled to appointed counsel in this matter, and to that end, provisional counsel will be appointed for you in this matter, and the appointment of provisional counsel shall be reviewed by the court at the first hearing after service of process in this matter.

You are advised to IMMEDI-ATELY contact the Clerk of Tribal Court for the Eastern Band of Cherokee Indians at (828) 359-6213, to obtain further information about this case, including a copy of the pleadings filed herein and the date(s) and time(s) of scheduled hearings.

First published this the 23rd day of March 2022.

Sybil G. Mann

Family Safety Program Attorney

P.O. Box 455

Cherokee, N.C. 28719

(828)359-1559



### EARN YOUR MPA AND LEAD IN PUBLIC SERVICE

Western Carolina University's Asheville-based Master of Public Affairs program prepares students to analyze and influence policy and to serve as local government and nonprofit leaders, particularly in Western North Carolina. Featuring convenient evening courses at Biltmore Park Town Square, WCU's nationally accredited MPA program will give you the skills needed to enhance your organization's performance, and take your career to the next level.

APPLY AT MPA.WCU.EDU



N.C. Bar No. 16729

Eastern Band of Cherokee Indians Cherokee, North Carolina Estate File No. 22 E 251

### In the Matter of the Estate of Virginia Sneed Dixon

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.

Date to submit claims: 90 DAYS FROM DATE OF FIRST PUBLICA-

Earle C. Dixion PO Box 1147

Cherokee, NC 28719

4/13

Eastern Band of Cherokee Indians Cherokee, North Carolina Estate File No. EST 22-033

### In the Matter of the Estate of CHARLES THOMAS TOINEETA

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.

Date to submit claims: 90 DAYS
FROM DATE OF FIRST PUBLICATION

Charlene Owle 243 Saloli Drive Cherokee, NC 28719 4/13pd

BIDs, RFPs, etc.

### NOTICE OF PUBLIC MEETING TRIENNIAL REVIEW OF WATER QUALITY STANDARDS

The Eastern Band of Cherokee Indians, Division of Agriculture and Natural Resources, Water Quality Office will hold a Public Meeting on THURSDAY, MAY 12th, 2022 1 PM – 3 PM at

Cherokee County Tribal Community Club Building 302 Airport Rd., Marble, NC 28905

The purpose of this meeting is an opportunity for the public to receive information and provide comments on the Triennial Review of the Eastern Band of Cherokee Indians (EBCI) Water Quality Standards, which have been revised to

comply with the U.S. Environmental Protection Agency's suggested modifications to the Water Quality Criteria for Specific Uses, Source Water Protection, and Cherokee County Stream Classification Use. These revisions are in compliance with the Clean Water Act Sections 303 and 518 (33 U.S.C. 1251, 1341) and Tribal Law.

Stakeholders and participants will also be asked for input on (https://cherokeenaturalresources.com/contact-us/). A copy of the revised Water Quality Standards will be available online at (https://cherokeenaturalresources.com/). A hard copy of the revised Water Quality Standards will be available for viewing at EBCI Water Quality Laboratory, 2000 Old #4 Road, Cherokee, NC 28719 during business hours.

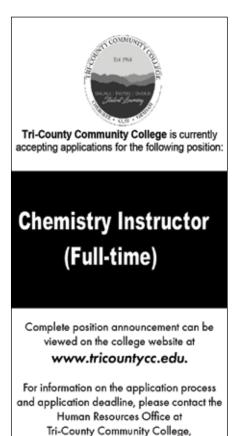
Questions about the revised Water Quality Standards should be directed to the Water Quality Section Supervisor, Michael Bolt by phone at (828) 359-6772 or email michbolt@ebci-nsn.gov. Closure of the Meeting Record The meeting record will close as of midnight, Thursday May 12th, 2022. Written comments need not be notarized but must be postmarked before midnight and mailed to:

Michael Bolt Water Quality Section Supervisor EBCI 106 Water Quality Office PO Box 1925 Cherokee, NC 28719 **5/4** 

# CHEROKEE INDIAN HOUSING DIVISION LAND WANTED BIG COVE COMMUNITY

Cherokee Indian Housing Division is seeding land in the Big Cove Community for purchase. Seeking fifteen (15) to twenty (acres). Land must be buildable. Will consider





21 Campus Circle, Murphy, NC 28906.

Phone: (828) 835-4325 or email: humanresources@tricountycc.edu

**Equal Opportunity Employer** 

three to four smaller tracks. Please contact Nathanial Crowe if interested. (828) 359-6903. **5/18** 

## CHEROKEE INDIAN HOUSING DIVISION Houses Wanted

Cherokee Indian Housing
Division is looking for houses in
sub-standard condition for possible
purchase. Houses will be rehabbed
to provide affordable housing stock
for enrolled members of the Eastern
Band of Cherokee Indians. Houses
can be located on or off Tribal property. Only houses with no liens will
be considered. Contact Michelle
Stamper if you own a property that
you would like to offer for sale.
(828) 359-6904. 5/18

### **Requests for Proposals**

Eastern Band of Cherokee Indians Cherokee Department of Transportation 680 Acquoni Road Cherokee, North Carolina 28719 Phone: (828) 359-6530 Pedestrian Improvements US 19 The Eastern Band of Cherokee Indians CDOT Office is requesting Sealed Bid Proposals from Qualified Firms to provide the following services: Pavement widening and overlay, drainage improvements, curb and gutter with sidewalk on Water Dam Road in Cherokee NC The deadline for submitting Bid Proposals will be April 21, 2022 at 10:00 AM, EST. 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 Request for Proposals (RFP) and requirements for proposals through the CDOT Office. If you have any questions or

comments, please contact Robert Willcox, CDOT Engineer at (828)-359-6122/(828)-736-3921 (cell) or Darrell Brown, CDOT Planner at (828)-359-6534. **4/6** 

### **Request for Proposals**

Cherokee Enterprises, Inc., an Equal Opportunity Employer, is soliciting subcontractor and material proposals for the reconstruction of Water Dam Rd. This phase of work generally consists of survey, grading, storm drainage, erosion control, excavating, trucking and site utilities.

All proposals should be submitted to our office by Wednesday, April 20, 2022. Proposals can be mailed to our office at P.O. Box 471, Cherokee, NC, 28719 or emailed to dchilders@cherokeeenterprises.

Project plans and specifications can be viewed at our office located at 1371 Acquoni Road in Cherokee, N.C. with prior appointment.

Workers compensation, auto, and general liability insurance are required from all subcontractors.

Project bonding may be required dependent upon scope. Please contact our office at 828-497-5617 with questions or for additional information. 4/13

#### Seeking proposals

The Eastern Band of Cherokee Indians Division of Housing is seeking proposals from interested and qualified General Contractors, licensed in the State of North Carolina, to perform Construction Building services on a project-specific basis. Specific services shall include all duties, typically expected, of a General Contractor in the building of Professional Homes (3 homes) TURN-KEYED CONSTRUCTED within the Qualla Boundary. Scope of work will include project(s) on Tribal Land, located in Jackson

County.

- 1. Proposals shall be delivered to the office of CIDH at 687 Acquoni Road, Cherokee, NC 28719 or mailed to P.O. Box 1749, Cherokee, NC 28719, no later than 4 p.m. on April 30, 2022. Proposals must be submitted in a sealed envelope, with the outside of the envelope clearly marked, "HOUSING GENERAL CONTRACTOR". It is the sole responsibility of the bidder to ensure the bid is received by the deadline. Any proposal received after the scheduled closing time will be rejected.
- 2. Any bidder may withdraw his or her bid, either personally or by written request at any time prior to the scheduled closing time for receipt of the proposal, but no bidder may withdraw his or her bid for a period of 30 days after opening thereof.
- 3. All proposals submitted shall include a completed "Proposal", identifying unit costs and qualifications to do the work. The work performed under this contract must conform to requirements of the specifications, which are included in the bidder package.
- 4. The contract will be awarded to the bidder whose work, in the opinion of the Tribe, will best meet the requirements of the Tribe. It is clearly understood by all bidders that the Tribe reserves the right to reject any proposal and waive informalities in said proposal.
- 5. A Bidder's Package, including bidder specifications, special requirements, sample contract, and forms, must be obtained at the required site visit on a date TBA.
- 6. For technical questions concerning the project specifications, bidding process, and general project information, contact Bunsey Crowe, Tribal Housing Production Manager, via email at bunscrow@ebci-nsn. gov or by phone at (828) 788-6785.

Edwin Taylor, Secretary of Housing. April 1, 2022.

4/13

## **Good Housekeeping**

### Mango-Glazed Ham

The secret to this sweet glazed spiral-cut ham is mango chutney and mango nectar.

- cup Major Grey's mango chutney
- 1/3 cup mango nectar
- 2 cloves garlic, crushed with press
- 2 tablespoons honey
- l tablespoon mustard powder Pepper
- (7½ to 8 pound) fully cooked, spiral-sliced, smoked bone-in reduced-sodium half ham
- (4 cup (or up to 1/2 cup) boiling water Parsley springs, for garnish Mango slices, for garnish Pineapple slices, for garnish
- Preheat oven to 375 F. In blender, combine chutney, nectar, garlic, honey, mustard powder and 1/4 teaspoon freshly ground black pepper. Blend until very smooth. (Chutney mixture can be made, covered and refrigerated up to 1 day ahead.)
- 2. Place ham in 13-by-9-inch roasting pan. Rub chutney mixture on skin sides of ham. Bake 1 hour 15 minutes or until golden brown crust forms and meat thermometer inserted horizontally in bottom portion of ham (not touching bone) reaches 140 F.
- 3. Transfer ham to serving platter. Pour juices from pan into small bowl. Whisk in 1/4 to 1/2 cup boiling water, until pan juices are desired consistency. Garnish platter with parsley sprigs and mango and pineapple slices. Serve ham with pan juices. Serves 16.
- Each serving: About 280 calories,
   11g total fat (4g saturated), 74mg
   cholesterol, 1,485mg sodium, 35g
   total carbohydrate, 0g dietary fiber,
   29g protein.

For thousands of triple-tested recipes, visit our website at www.good-housekeeping.com/food-recipes/.

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## EMPLOYMENT OPPORTUNITIES

### **Open Positions**

Administrative Assistant - PI/Engineering

Advanced Practice Provider PTI (PA/FNP) - Emergency Room

Analenisgi Inpatient Technician (2 Positions)

AP Processor - PRC

Behavioral Health Assistant Director - Analenisgi

Behavioral Health RN - Analenisgi PTI

Behavioral Health RN - Analenisgi Inpatient

Behavioral Health RN - Kanvwotiyi

Billing Technician II

Case Management Support - Primary Care

Certified Drug and Alcohol Counselor - Analenisgi

Certified Medical Assistant/Licensed Practical Nurse - Pediatrics

Certified Medical Assistant/Licensed Practical Nurse – Primary

Care (3 positions)

Licensed Practical Nurse - Tribal Justice Center

PTI CNA/Medical Clerk - Inpatient

CNA/Medical Clerk - Inpatient

Clinical Dietitian (2 Positions)

Dental Assistant II (3 Positons)

Dentist

**Dietary Services Supervisor** 

**Durable Medical Equipment Specialist** 

**EVS Technician** 

FNP/PA - Primary Care

LPN - MAT Clinic Analenisgi

Licensed Clinical Social Worker Care Manager – Primary Care (7

Positions) \*\*\*\$3,000.00 Hiring Bonus

Masters Level Therapist – Family Safety (2 Positions)

\*\*\*\$3,000.00 Hiring Bonus

Masters Level Therapist - Integrated Classroom \*\*\*\$3,000.00

**Hiring Bonus** 

Masters Level Therapist (Child) - Analenisgi \*\*\* \$3,000.00 Hir-

ing Bonus

Masters Level Therapist - Analenisgi Inpt. \*\*\*\$3,000.00 Hiring

Bonus

**Optician** 

**Optometric** Assistant

**Optometrist** 

Pedodontist

Phlebotomist PTI

Physical Therapist II

Physician / Hospitalist - Inpatient

Physician – Primary Care

Patient and Referred Care Manager

**PTI Patient Access Specialist** 

PTI Registered Nurse – Analenisgi Inpatient

PTI Registered Nurse - Inpatient

Registered Nurse – Inpatient (3 positions)

Registered Nurse (Nights) - Emergency Room

Registered Nurse - Wound Care

Registered Nurse - ICC

Residential Technician (Female) – Kanvwotiyi (2 positions)

Residential Technician (Male) – Kanvwotiyi (2 positions)

Residential Technician (Female) – Women's Home (2 positions)

RN Care Manager – Primary Care \*\*\*\$3,000.00 Hiring Bonus

Sterile Processing Technician

**Telemetry Nursing Assistant** 

#### **Tsali Care Center**

**Assistant Administrator** 

Cook \*\*\* \$2,000.00 Hiring Bonus

Medication Aide \*\*\*\$2,000.00 Hiring Bonus

Registered Nurse – Full Time

### **Retention Bonus Eligible Positions**

Cook (Starting Pay \$17.00)

Medication Aide (Starting Pay \$18.00/Hr.)

Registered Nurse (Starting Pay \$35.36)

### To apply, visit careers.cherokeehospital.org

If you have questions, contact the Cherokee Indian Hospital HR Dept. at (828) 497-9163 ext. 6343.

### **Upcoming Cherokee Choices programming**

For more information on Cherokee Choices or Nurse Family Partnership check out the EBCI Public Health & Human Services website at https://phhs.ebci-nsn.gov/

## Weight management, diabetes education and nutrition counseling sessions

available with Registered Dietitian and Certified Diabetes Educator. Individual, small group or over the phone sessions available, no cost for service.

Call 359-6201 or email apriinni@ebci-nsn.gov to set up an appointment.

### Tai Chi Wednesdays 10am-11am.

Beginners are welcomed. Sign ups are required to attend.

Contact Yolanda Saunooke 359 6784 Email: yolasaun@ebci-nsn.gov or
Keahana Lambert 359-6193 Email: keahlamb@ebci-nsn.gov

### **Yoga Classes**

Tuesdays @ 5PM @ Cherokee Choices (in-person only) – email Yo for questions or to sign-up yolasaun@ebci-nsn.gov or call at 359-6784. Yoga Pilates Fusion Wednesday @ 12-12:35 Virtual & In-person! Drop-ins welcome.

Classes are Free, all levels welcome 🛭 email Robin for questions or to sign up robibail@ebci-nsn.gov or call at 359-6785. In-person classes are held in the Cherokee Choices Yoga Studio, 806 Acquoni Road.

### **Strength Training Class**

Fridays at 12pm. Weighted exercises, all levels welcome! Get your workout in before that long weekend with the Cherokee Choices Team. Sign up with Shelby or Tori! shelpark@ebci-nsn.gov 359-6783 victtram@ebci-nsn.gov 359-6778

### 4 Week Meal Prep Series

April 26, May 10, 17, 24. Classes will be at 12pm Learn quick and easy meal prep meals. Contact April Innis to sign up apriinni@ebci-nsn.gov or 359-6201

### Native Youth Garden Summer Program 2022: Applications Open Now!

This summer we will deepen cultural connections with food and land through gardening. We'll also get to swim, hike, cook, go tubing, etc. Participants will receive compensation for time spent gardening. First meeting is April 29th, with the bulk of the camp being for two weeks in July. For dates, questions or to apply contact Katie Rainwater at katirain@ebci-nsn.edu or by phone at 828-329-9227.

### Summer Camp 2022

CC will be offering 2 different summer camps for the summer of 2022. The first 3-week summer camp will be Yoga Camp for ages 7-11 with a focus on yoga and meditation with activities such as horseback riding, rafting, etc. The second 3-week camp will be Culture Camp for ages 10-12 with a focus on Cherokee culture and nutrition with activities such as horseback riding, rafting, fishing, etc. For dates, more information, or to apply please contact Tori Bryson MHS, RDN, LDN at victtram@ebci-nsn.gov or by phone at 828-359-6778.

### Cherokee Word of the Month

A-ga-sga

DSODS

Rain



enroll for lite GWY J8 69901



### Mascarpone and Berries Toast

Recipe

1 Slice whole-grain bread;
toasted
2 tablespoons mascarpone
cheese

4 cup berries, such as raspberries, blueberries and/or

Directions

Top toast with mascarpone,
berries, and mint, Enjoy!

chopped strawberries

teaspoon mint leaves

Nutrition Facts
Serving Size: 1 slice
Per Serving: 326 calories; protein 7.9g; carbohydrates 15.1g; dietary fiber 4.1g; sugars 3g; fat 27.3g; saturated fat 14.2g; cholesterol 70mg; vitamin a iu 887.2IU; vitamin c 8.3mg; folate 28mcg; calcium 118.3mg; iron 1.1mg; magnesium 28.2mg;

potassium 114.9mg; sodium 129.9mg.