

Editor-in-Chief Updates

Edith Martinez

Recently, the Journalism and Yearbook classes got to attend the Lakota Media Summit on October 5th and 6th. Each and every one of us had our own perspectives on this event. I was only able to make it on the 6th, but others in our classes tell us of how valuable the experience was. I got to hear stories of Native Americans in the media feeling proud of themselves and proud of how far they’ve come in life and how much they succeeded. Just hearing how proud the people that were part of the acting crew of *War Pony* (2022) were of themselves and how grateful they were that it was a movie about Natives telling our stories made me proud of them. As a Journalism class, we have all been working together to put our *LWHS Times* issue out. We have all been putting our own parts into making this newspaper a reality. Part of that includes checking in with our reporters, our photographers, and editors. We are working on making sure we are all taking ownership of this project. We are also helping our Yearbook staff with school pictures, which explains our brief hiatus. I would say we’re doing well, although it has been a challenge with how busy we’ve been. It’s been a fun and challenging learning experience working with my fellow classmates and I am excited to work with them for the rest of the school year. We are excited to report on stuff that matters to our readers.

Ghost Jokes Aren’t For Everyone

Haley Running Shield



Health & Wellness

What are the consequences of student and teacher burnout?

Haley Running Shield

As the school year progresses, students and staff are experiencing feelings of stress and burnout. Keep reading to find out why. **Page 2**

What’s New Around?

South Dakota governor candidates tough it out on the national stage

Kadence Weston

Debates between the Democratic and Republican candidates for South Dakota governor leave voters with a difficult choice: Who will we be sending to Pierre this election cycle? **Page 2**

Sports Central

Mustang sports dominating the fall season

Joey Gerken, Taiyah Pourier, Darcy Plenty Bull

Coaches and student athletes weigh in on season updates during and after Homecoming. **Page 4**

Stakes are high in South Dakota Governor's Race Kadence Weston

As we appear with a new beginning for South Dakota starting off with a new or the same Governor, there has been a bit of a battle between our recent governor Kristi Noem (Republican), and our newest candidate for Governor, Jamie Smith (Democrat). There was a lot discussed during the gubernatorial debate, and from what I saw Jamie explained a lot of questions that were asked to him. Kristi was more to avoid the questions and switch it to a different topic or give false information. For our state and our homelands we need a good leader who will protect us and the land as well as be our voice for us. These last couple of years we haven't experienced that yet, Indigenous people have received so much hate and racism. Our youth and our people don't get the opportunities like others do. We need a good leader, one that gives love to everybody, not just one community but we need someone who recognizes us as the people who have lived here since the beginning. I'd like to say more but for now I've set the facts. Remember: the election will take place on Nov, 8th 2022. If you are 18 years of age and are not registered to vote, you can visit <https://sdsos.gov/>. ❖

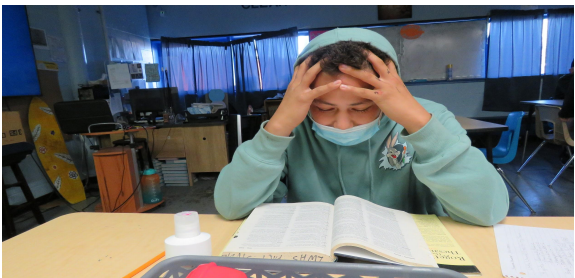


Picture by Joshua Haiar / South Dakota Public Broadcasting

Everyone's Exhausted- Why is That? Haley Running Shield

In Little Wound School, it has been recognized that many students have become exhausted, and are often found with their heads resting upon their desks and sleeping during class lectures, before they get caught by their teacher. Despite the fact that school has only been open for three months, why is it that Students have become exhausted?

Students may feel the exhaustion from the events that had started at the beginning of this year. Those events involved were Homecoming, extracurricular activities, Football, Volleyball, and Track. With the events that occurred in those few weeks, it could be one of the many reasons that lead to students' exhaustion. Not to mention that there was an early release schedule that was introduced at the beginning of the school year; the hours of that schedule were from 8:15 AM to 1:00 PM. Each class in that 1 PM release schedule was 30 minutes: Teachers couldn't give a lecture to their students in such a brief period of time; Even if they had the time to teach their lesson plan, The lecture would be shortened to fit the amount of time that was given. Sometimes in those 30 minutes, students were given



Sophomore Darius Poor Thunder feeling distressed by schoolwork

work, and if that work wasn't finished they would either take it as homework, or hand it to the Teacher so they could work on it later. The schedule changed to an 8:15 AM start to a 3:40 PM release. Each class would be 50 minutes, enough time for teachers to educate the students on those subjects, and enough time for work to be assigned. With the amount of work that is given, it could be that the Student feels overworked by it. It could even be from the pressure of not wanting to fail, that pushes the Student to work hard to prevent that outcome.

Extracurricular activities such as football, volleyball, and track could also be one of the reasons for a Students' exhaustion. While athletic activities do provide positive effects both mentally, emotionally, and physically to the body of the students, there are also negative effects that take a toll on them. Exhaustion is one of the many negative effects that come from extracurricular activities. If a student overworks themselves physically, it could cause the students' body to break down from how much they push themselves in that activity. Energy within their body could deplete and cause them to be tired at all times. The student may feel stressed from the work that they had missed due to their extracurricular activities, and possibly feel as if they cannot keep up with what's being taught. This would potentially cause a burnout for said student, and make them feel overwhelmed. Both students who perform in academics or in extracurriculars, or both; the mindset that they have set for themselves would lead to a burnout, and students will quit caring for their performances in academics, beginning to have the immense feeling of drowsiness, developing habits that are very unhealthy; whether it be over-sleeping or over-eating.

Screen time is also one of other reasons that may cause a student's drowsiness, whether it be a video game console or a gadget such as an iPad, a Phone, or a Laptop. Students may be on their device scrolling through social media or on their console playing games that they adore. They will be distracted by what they consume through their screen, to the point that they lose track of time. By the time that it's a students' bedtime, they will continue to be distracted by what shows on their screen; either they're conversing with friends, scrolling through posts, or watching short videos. The media is often filled with entertainment, news, and anything that is eye-catching to the viewer. It would cause the

viewer to be so engrossed, that they cannot pry their eyes away from their screen. Even if the viewer were to set down their device to get some rest, they would often find themselves scrolling away on social media or messaging their friends. This would be one of the drastic effects that has taken its toll on a students' sleep schedule.

Just like students, teachers also have their fair share of exhaustion. Teachers wake up early and set up their lesson plans for what would be taught in each class, what work will be assigned and more. Sometimes plans do not work out, which would stress a teacher as they had not been able to go through their lesson plan, fearing that they would set a class back in what they taught in previous classes. Oftentimes, teachers will also deal with students who are disruptive, or who won't bother to participate. Teachers often grade work which would possibly take long into the night; disrupting their sleep schedule as well. If there is no time for a teacher to relax; then, it could lead to burnout.

While teachers and students are trying their best to adjust back into school, After a 3 month summer vacation, they're having a difficult time doing so. School may be a place where we see people we adore, or an escape from home, but it should be noted that many are exhausted and feel burnt out as of now. ❖

Girls Volleyball Serve Up Great Matches

Joey Gerken

Cammi Bear Killer, the head coach of the volleyball team, had this to say about her season so far: "Overall the team is improving every game and practices, they're still looking to improve and get better because they've been struggling to close out games and get wins but our matches have all been very close with us only losing by 2-5 points. Their past 3 games have been tough against Pine Ridge, St. Francis, and Olerichs, we've figured out what we need to improve in game and in practice after each game, for even in our win against Oelrichs and in our game against Lakota Tech we had a plan and I think we can get the win."



Ten Netflix TV Shows You Could Binge Watch

Teton Janis

Are you stuck at home with nothing to watch this fall? Grab your blanket and popcorn and watch Teton's list. This list displays good TV shows I would recommend to watch in a time of boredom.

1. *Dahmer*: a deep dive into the notorious serial killer Jeffrey Dahmer gives a deeper understanding to who he was and why he did what he did.
2. *Breaking Bad*: a high school chemistry teacher finds out he has cancer and doesn't have the money to pay his medical bills and instead of taking friends money to help them pay he starts making and selling meth.
3. *Peaky Blinders*: (based on real events) a crime family in the early 1900s trying to make a name for themselves by controlling a large majority of black market businesses.
4. *The Umbrella Academy*: a group of kids born unnaturally on the same day get bought by a billionaire, and because he saw great potential in them, he trained them to fight crime. An unexpected adventure follows them.
5. *Avatar*: there are four elements that people individually control: earth, air, water, and fire, however there is one person who can do all four: the Avatar.
6. *Narcos: Mexico*: tells the story of how the biggest cartel ever came into power and how they dominated the trade and black mailed the Mexican government.
7. *Stranger Things*: a multi-dimensional creature finds its way into our world and starts causing havoc, they depend on a girl to save the day.
8. *The 100*: after the nuclear holocaust, the last surviving people go into space for hundreds of years only to send down 100 kids to the ground to see if it's safe because they are running out of air in space.
9. *All American*: a high school football player gets a new and better opportunity to play football in a safer neighborhood despite moving his trouble to follow him.
10. *Better Call Saul*: a sequel to *Breaking Bad*, showing the life of Walter White's lawyer, and what he did before him. ❖



Homecoming Takes Mustangs to Neverland

Danica Clifford

For this year's homecoming the theme was "Welcome to Neverland", and for each category the 1st place winners were the Seniors for their traditional Toy Story float, the Football Team for spirited, and the Hocus Pocus float made by the FACE Program placing first for both humorous and original. For the homecoming spirit week activities, there were a variety of things to do, and students enjoyed a distraction that got them away from classwork. Student council co-sponsor Mr. Cruz thought that homecoming was very "hectic and difficult to plan," but that it was "worth it in the end." ❖



LWHS Football during the Homecoming parade

Mustang Football Stomps in Homecoming Night

Taiyah Pourier

After asking the head coach Nick Shriver how he thought the Homecoming game was he said "Homecoming game was great. We played well all around. Our starters helped us jump out to a big lead and the younger guys helped wrap up the game." After interviewing some of the players here's what they had to say, Dane Kills in Water said "It was an easy game and we knew we were gonna smoke them." Tayvon Apple said "personally It was a good game but it was just like a scrimmage." ❖

How to Stay Organized

Mya Blue Bird

Hi, my name is Mya, and I'll be one of this year's columnists. In this column, I'll be offering advice on all things school-related and all things with friends. Staying organized makes everything seem easier. First off, is to create a to-do list. If you don't own a planner, I recommend investing in one. This is a helpful way to keep track of everything in one place. Next is to set up a daily routine. Mornings are often about getting out of the door, which can be its own challenge. Grouping all your early tasks, such as feeding and walking your pets can motivate your brain and wake part of you up. Being productive with your tasks in the morning can also help you lower your stress. Preparing for the night is one of my favorites. Getting your stuff in order the night before will definitely help you stay organized. A way to do this is to make sure your backpack is all packed and ready to go. And last, get good sleep. "What does sleep have to do with an organization" you might be asking. Rather than hustling around to get your homework finished and pulling those all-nighters, make sure you're getting a good amount of sleep. For your information, seven to nine hours of sleep each night can avoid feeling lethargic and unproductive the next day. ❖

Upcoming Events

Tuesday Oct. 18, 2022
Varsity Boys Football @ Pine Ridge
Wednesday Oct. 19th, 2022
Early Dismissal at 2:00pm
Thursday, Oct. 20th, 2022
End of First Quarter
ACT Testing
Varsity Boys vs. Red Cloud at 4:30pm
Friday, Oct. 21st, 2022
Oral Interp @ Sioux Falls Washington HS
Saturday, Oct. 22nd, 2022
Oral Interp @ Yankton HS

Monday, Oct. 24th, 2022
Oral Interp @ Brookings
Red Ribbon Week - "Wear Red - Proud to Be Drug-Free"
Tuesday, Oct. 25th, 2022
Tipi Raising Practice
Red Ribbon Week - "Wear Peace Signs/Tie Dye - Peace Out to Drugs!"
Wednesday, Oct. 26th, 2022
Buffalo Kill Day
Red Ribbon Week - "Wear your favorite jersey - Team up against drugs"
Trunk or Treat 4pm-6pm
Thursday, Oct. 27th, 2022
Parent-Teacher Conferences 4-7pm
Tipi Raising Contest
ASVAB Test Day
Red Ribbon Week - "Wear your school colors - Our school chooses to be drug-free"