

Wyatt Hunter

Student Council Updates



Oct. 7 - Student Council is seeking freshmen and sophomore representatives. If you are interested see Mr. James McDonald so he can put you on the ballot!

Homecoming week starts Tuesday, Oct. 12 with Hippy Day. Tipi practice will be at 10 a.m. and the Tipi setup contest starts at 2 p.m. in the Tipi Village.

Wednesday, Blue Group will participate in the neon color day so wear your favorite neon shirt! There will be a pep rally at 2:45 p.m.

Thursday, Gold Group will have a color war with the class colors. At 8:30 a.m. students will load busses after first-period attendance for the Buffalo Kill. Upon return at 1 p.m. Project AWARE will host the Mustang Relay Race in the gym. Lastly, the Tipi set up contest will begin at 2 p.m.

On Friday, Gold Group will participate in Mustang Day. Wear your Blue and Gold!!! The homecoming coronation will be in the gym at 10 a.m. At 11 a.m. the homecoming parade will begin and at 11:30 a.m. the Tipi set up championship contest will occur at the Tipi Village. There will be a 1 p.m. dismissal!

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UPDATES:

- Oct. 12-16, 2021 homecoming/ buffalo kill week
- Oct.12 Camp Set-Up Day/ Hippie Day
- Oct. 13 Buffalo Hunt Ceremony/ Neon Day/ Pep Rally
- Oct. 14 Buffalo kill Day/ Color Wars
- Oct.15 Homecoming Parade/ Blue and Gold Day/ Tipi Raising Finals
- Oct. 16 Homecoming Football Game/ Community Buffalo Feed



White Sage

Jada Good Crow, Wanakiwin Janis

The Exploitation of White Sage

Oct. 7- As a Lakota, you know sage is good for the soul. It has been used for many generations & is one the most well-known medicines. Lakota’s use sage for cleansing, purification & healing. Native Americans were the first on record to use it in a ceremonial or ritual manner. Though, numerous indigenous peoples had made use of it as well..

There are many varieties of sage that have multiple uses. Sage can be eaten, brewed as tea, or burned. It has been used since the times of the Ancient Egyptians and Romans to treat digestive issues, memory problems, and sore throats. Sage is rich in compounds that activate certain receptors in the brain. These receptors are responsible for elevating mood levels, reducing stress, and even alleviating pain.

White sage (salvia apiana) is a small evergreen shrub native to the southwest particularly California. White sage usually takes 2-3 years to grow to a mature size. In the wild, they can grow up to 6 feet tall. When using medicinal plants it's important that the plant is used sustainably. Because white sage is frequently harvested incorrectly, it often grows back in bad shape.

White sage is native to high deserts but is most commonly found in California and the mountainous

American west. Native tribes in this area include the Salinan, Patwin, Northern and Southern Paiute, Western Shoshone, and many more. These tribes and others in the area would be the ones that know the most about this species in particular.

On account of the social media outburst of spirituality, many people have learned the benefits of sage usage. Due to commercial harvest and overharvesting in general, white sage is slowly becoming an endangered species. The endangerment of white sage has become a big concern for conservationists, herbalists, and Native American groups especially. Many of these groups claim this endangerment is the cause of cultural appropriation, exploitation, offensive marketing that overlooks the ecological ethics, and a lack of cultural awareness of an incredibly sacred herb. Because white sage has become a staple product for the new spiritual movement, its supply and demand have increased. This has made it difficult for individuals who want a sustainable source of white sage in the Native communities.

Instead of buying white sage from stores, we should buy it locally instead. In doing so, we can support our Native communities and not exploit white sage.

The scoop of the day

Birth Control Facts

Enola Running Hawk

Want to know more about birth control? The pros and cons are found on **Page 2**.

The scoop of the day

Squid Games: What Is The Big Deal?

Cheyenne Whiting

Have you heard of the Netflix show that has gone viral? Why is it so popular?  
**Page 2**

The scoop of the day

Autistic Issues and Development

Tionna Pourier

You’ve probably heard of people having autism, but how much do you understand it?  
**Page 4**



Enola Running Hawk

## Birth Control Facts

Oct. 8 - As it is known birth control prevents pregnancy. There are many types of birth control, but the main forms of contraception that are normally marketed at hospitals or women's clinics are pills, an IUD, and the contraceptive implant. They all work to prevent pregnancy but accomplish this in different ways.

The pill has hormones that thicken mucus on the cervix, which stops sperm from swimming to an egg.

An IUD (Intrauterine device) is more involved with the body than the pill. The IUD is a small type of device that is inserted into the uterus to prevent pregnancy. There are multiple forms of the IUD, the FDA has currently approved for the: U.S. Paragard, Mirena, Kyleena, Liletta, and Skyla. The Paragard IUD is hormone-free and wrapped in a tiny bit of copper. The Paragard IUD can prevent pregnancy for up to 12 years.

The Mirena, Kyleena, Liletta, and Skyla IUDs use the hormone progesterin to prevent pregnancy. Mirena and Liletta last seven years, Kyleena up to five years, and Skyla work up to 3 years.

The contraceptive implant is a tiny thin rod implant that is placed in the upper arm. It releases the hormone progesterin and it works in two ways. One way is similar to the pill, and the other way stops eggs from leaving the ovaries so they won't become fertilized.

There are benefits to birth control, believe it or not. With pills, it helps with acne, lighter cramps with the periods, and can help with heavy flow periods. Oftentimes when women get birth control it helps with periods by only having a menstrual time every other few months. An IUD can stop your period for several months or just a long period of time.

Before trying this you should check with a doctor to see if it is healthy for your body and to understand birth control and the side effects.

All information held above was provided by [plannedparenthood.org](https://plannedparenthood.org) or information also provided by Mrs. Lindsey Harris Little Wounds school nurse.



Picture from Shutterstock



Cheyenne Whitting

## Squid Game: What's The Big Deal?

Sept. 30 - Squid Game, a Netflix original, and is described as brutal. It was released on Sept. 17 and has maintained the #1 slot since. It even earned a 100% rating on Rotten Tomatoes. So why did it become a viral sensation?

The show tells the story of a group of 456 fictional people who willingly risk their own lives to win a life-changing cash prize of \$37+ million. CNN sums up the game saying it is a "South Korean fictional drama in which contestants who are deeply in debt play children's games in order to win a ton of cash. The downside is that losers will be killed."

Ultimately, Squid Game is a critique of capitalism. Nellie Two Elk, a Social Studies teacher, says, "Capitalism is the motive to make a profit for individuals or for whole companies."

Imagine being so in debt that you are drowning financially and you would do anything to erase that debt. Money becomes "the only mind-altering substance that could make these people tolerate such violence and depravity," Forbes says. "The players return to their mundane reality, where they are reminded that a life spent drowning in debt, frantically struggling to keep one's head above water, isn't particularly different from the deadly games."

The marketplace and the games are both created by ambiguous, anonymous billionaires in order to dehumanize and humiliate the poorer, indebted players.

The burning question remains, would you survive?

Kylie Whirlwind Horse

### Devious Licks

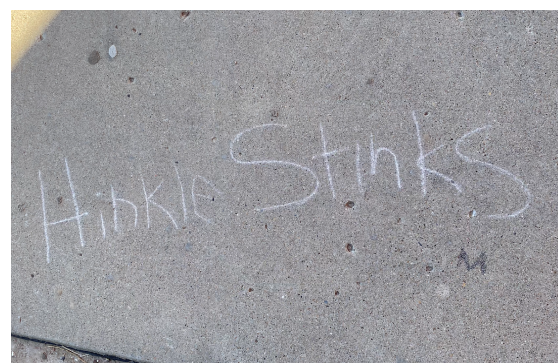
Oct. 7 - Devious lick is a trend going around Tik Tok and many schools have had to deal with it but will Little Wound have to?

Devious Licks is a challenge where kids steal or damage school property then record a video of them performing the devious act and they upload it to Tik Tok.

Ximena Prudencio, says "The students will not steal from the school because the students know their seven values." Referencing the Lakota Values of Praying, Respect, Caring and Compassion, Honesty and Truth, Generosity and Caring, Humility, and Wisdom.

Ms. Prudencio also believes that if students are to not participate in devious licks then it will show that they respect the school.

"While 'devious licks' seems to be some cool TikTok trend, some students across the nation who have actually followed through with these challenges are facing expulsion and possibly even assault and battery charges (in regards to the October challenge). Why put yourself in that position?" Ms. Jeremia Gapasin says. "TikTok is such an influential platform and I believe it could be used more positively. Take the Indigenous TikTok community, for example. More people now know more about indigenous and Native communities than ever before because these content creators made content that matters. If you really want to be a social media influencer, be influential, not influenced."





Wyatt Hunter

Little Wound Sports Update



Tara Rouillard : LNI All Tourney 2021

Oct. 2- The Mustang Girl’s volleyball team started Lakota National Invitations (LNI) with a record of 1-6. Continuing their losing streak from the regular season.

Coach Kelsey Brave Eagle says, “My girls have heart and never give up, that’s what I admire about them.”

Breana Brave Heart says that the team has a ton of potential, is very passionate and that they pick each other up when they’re down. Brave Heart also added that they have great hitters on the team but that they need to work on their coverage skills to get better.

The first day at LNI was rough for the Lady Mustangs who did not secure any wins. On day two of LNI, the Lady Mustangs got their first win against the Marty Braves.

Tara Rouillard got All-Tourney honors for her great performance throughout LNI.

“I feel honored that I was chosen because my team is full of talented players. I just know I couldn’t have done it without them,” Rouillard said.

With LNI now over the Little Wound girls will continue their regular season looking to turn the season around in the home stretch.

Coach Brave Eagle says the Lady Mustangs will have “more team-building exercises, focusing on our defense and coverage and just becoming stronger. We are going to be utilizing the wellness center more in our practices.”

Rouillard says, “With LNI now over the Little Wound Girls will continue their regular season looking to turn the season around in the home stretch.”

Pictured is Ohiye’sawin Ramirez, Breana Brings Plenty, Tara Rouillard, Taiyah Pourier, Angelina Big Boy, and Tionna Pourier at the line to serve.



Ohiyesa Ramirez

Revitalizing the Language

Oct. 6-The Lakota Language is a fundamental human right of expression - a right that arises out of thousands of years of linguistic cultivation. Each word from the Lakota language expresses a mindset that is, in the end, unique to the community that speaks it.

The government sought to end tribal benefits while assimilating Indigenous peoples into a colonizer society. Lakota Language is the keystone of all mutual recognition and commonality. You can't break the cycle by operating on the same frequency your previous generation used to operate on. You gotta release all the unconscious trauma from your energy that creates a certain pattern in your life, to release the pattern you have to release the trauma.

Fear is one of the main generational curses that we inherit from our lineage but also our resilience is our best factor. The more you deepen your connection with your spirit through raising your level of consciousness, the more you will unlearn fear and relearn the universal force that overpowers fear. Be the change you want to see.

Heather Hinkle

Counselor’s Corner: Depression

Oct. 7 - Depression is often an overused term resulting in it being minimized as a mental health problem. Feeling sad, anxious, or withdrawn is often confused with depression. Because of this, it is important to understand what depression really is so we can learn how to cope with it.

Depression lasts for a longer period of time than sadness. The American Psychiatric Association defines depression as “a medical illness that negatively affects how you feel; how you think; and how you act.” It is the persistent feelings of hopelessness, sadness, and loss of interest in activities.

Depression must be diagnosed rather than self-imposed when experiencing feelings of sadness.

According to the DSM-5, a diagnostic tool for depression, an individual can be diagnosed if experiencing 5 out of 7 of the following:

1. Depressed mood most of the day, nearly every day.
2. Diminished interest or pleasure in all, or almost all, activities most of the day, nearly every day.

3. Significant weight loss when NOT dieting or weight gain or increase or decrease in appetite every day.
4. A slowing down of thought and a reduction of physical movement that is observable by others.
5. Fatigue or loss of energy nearly every day.
6. Feelings of worthlessness or excessive inappropriate guilt every day.
7. Diminished ability to think or concentrate or indecisiveness nearly every day.

So what can you do when experiencing a depressive episode? You can:

- Participate in positive self-talk! Use positive affirmations.
- Identify the relationships and experiences that trigger you and modify them!
- Exercise! The endorphins released from exercising have a lasting impact!

- Break your larger tasks into chunks. Make them smaller!
- Confide with a trusted friend or adult!
- Spend time with others, even if you don’t feel like it.

You can also help others who are experiencing depression by:

- Offering support, understanding, patience, and encouragement.
- Invite them to walks, outings, or other activities.

Depression can be scary even if you do not know you’re experiencing it. Don’t be afraid to reach out to others!

Announcements:

The students who are interested in the Upward Bound Program should see Missy Pourier, freshmen and senior counselor to sign up or for more information. Those of you that are active participants, plan to meet with me or Missy every two weeks!

We are officially in October! Meaning those seniors who wish to go to college, need to fill out the FAFSA form. See Jay Jacobs, Sophomore and Senior Counselor for more information and help!

Meet Your LWHS Times Editor!

Christina Plenty Wounds

Senior Kansas Clifford is this year's LWHS editor-in-chief! She has been attending Little Wound High School since she was a sophomore. Her favorite subjects are art and science, of which this year her only science class is political science 100. Clifford has four siblings, out of the four, only one attended LWS prior to Clifford.

Clifford has tenacious future goals! She plans on traveling the world; one destination in play for her is the Switzerland Alps. She plans to be either a doctor, software designer, or an animator. If anyone can do these things, it’s her! Her hobbies include drawing, painting, creating fashion sketches, and designing little doodles.

While attending LWHS she says, “I like how supportive they [LWHS Staff] are of their students, the teachers genuinely want their students to succeed. The school also does a great job of creating a safe and healthy environment for students.”



Tokala Janis and Wyatt Hunter

Sports Continued from Page 3 ...

LW Cross Country LNI Results

Sept. 28 - The Little Wound Cross Country team attended the Lead-Deadwood Invitational Cross Country Meet. Little Wound’s Cross Country team was small for this meet, consisting of all JV girls. Avaline Little Elk was Little Wounds lead runner, who placed at eighth with a time of 30 minutes and 5 seconds.

The Mustang’s next meet took place on Saturday, Oct. 2 at the Rapid City Executive Golf Course for the Lakota National Invitational (LNI) Cross Meet. Daelan LeBeaux was Little Wound’s top runner, placing 14th. LeBeaux ran 5000 meters in 20 minutes and 23 seconds. The team coach, Shonna Hunter, was very impressed with his performance, considering that LeBeaux doesn’t get to practice because of his commitment to the football team. Little Wound will be traveling to Haskell for their next meet. The meet will take place Saturday, Oct. 8.



Pictured: Shonna Hunter, Sheenah White, Hayden Pourier, Layla Janis, Avaline Little Elk, and Danica Clifford

A Fight to the End: Little Wound Mustangs vs Cheyenne Eagle Butte Braves

On Sept. 30, the Little Wound Mustangs football team traveled to Cheyenne Eagle Butte for an under the lights game. Starting off strong, two minutes and 25 seconds into the first quarter, senior Wakinyan Cuny, ran straight through the middle of Eagle Butte’s defense to score the first touchdown of the game. He was also able to get the two-point conversion. In the third quarter, Cuny ran a quick 40 yards for yet another touchdown!

Senior, Trevin Vasquez, easily runs through the defense and scores a touchdown during the first quarter as well. Lucas Pourier, another senior, had an impressive game for the Little Wound’s defensive teams. Pourier made some crucial tackles and prevented the Braves from gaining yards. Joey Gerken, sophomore, also contributed, achieving big tackles and even sacking Eagle Butte’s quarterback.

It was a well-fought game to the very end. The Mustangs gave their all but came up short against the Braves, the end score being 28-38. Though the loss hurts, the team will learn from it. Coach Nick Shriver says, “The team gets better with every game. Every week is tough, so we take it one week at a time.” Upcoming game: Standing Rock on Oct. 8.



Football Team at Cheyenne Eagle Butte

Tionna Pourier

Autistic Issues and Development

Autism: *A developmental disorder of variable severity that is characterized by difficulty in social interaction and communication and by restricted or repetitive patterns of thought and behavior.*

Sep. 23- There are more than a billion people that inhabit our earth, and the world is full of hundreds of diseases. Nearly one in fifty-four children out of the billions of people are diagnosed with Autism Spectrum Disorder (ASD). This disorder is non-curable and people need to take children who are autistic, more seriously. Children diagnosed with autism spectrum disorder specifically, experience learning disabilities. Children that are diagnosed with Autism do not deserve to be dehumanized by society, their life is just as valuable as any other ordinary human being in the universe.

The developmental disability is a cluster of impairment issues in physical, learning, language, and behavior areas. “Many people with Autism Spectrum Disorder also have different ways of learning, paying attention, or reacting to things,” NIMH. Every parent who cares for children diagnosed with ASD has questioned their child’s development milestones.

Although disabilities can be inherited from a family's genetics and medical history. Disabilities can come from a mixture of factors that include parental health, genetics, behaviors, during pregnancy, issues during birth, and the birth of premature babies. Throughout the United States alone, “17% of children within the age of three years old to seventeen years old have or had developmental disabilities,” (CDC Work on Developmental Disabilities).

It’s important for children with disabilities to get adequate attention during developmental and physical check-ups. People with developmental disabilities are more prone to some health conditions like asthma, eczema, and skin allergies.

“Nearly one in fifty-four children out of the billions of people are diagnosed with Autism Spectrum Disorder (ASD).”

When I had interviewed my uncle about his two children, he said, “It’s quite the challenge to have to care for two children who have autism. I would not trade it for any other way, I love my children.” My male cousin, who is ten years old, has been diagnosed with ASD. When he was almost three-years-old. It would frighten me how people would view him as he got older. He was bullied in North Dakota, pulled out of school, and has transferred to Little Wound Elementary.

The world alone is scary and I find it difficult to understand how people can be so cruel to people who need extra help. Of all the billions of people out there, a good quarter of those people face depression, lifelong disabilities, or even diseases. The world needs to treat special needs children with more respect and love. They surely are one of a kind.