

~LWHS TIMES~

ONCE A MUSTANG ALWAYS A MUSTANG!



ENOLA RUNNING HAWK
SEPT. 9

Election Results

The student council results for the overall election are in. We have Senior, Wyatt Hunter as Student Council President. Vice President we have a Junior, Jacinta Mesteth. Junior, Richard Patton as secretary and last, but not least we have Senior Tara Rouillard as Treasurer.

Mr. Hunter says, “I am very honored that the students of Little Wound chose me to be their president. I am really looking forward to representing them well and being the best president that I can be.”

He continues to say that the students can look forward to fun activities and events in-person. “I know my opponent in the race felt very strongly about Little Wound’s dress code and I would love to work with her and the school board to change that,” Mr. Hunter says.

Congratulations to our Little Wound student council!

IMPORTANT DATES:

- Oct. 11 to 15 - Homecoming Week
- Oct. 19 - ASVAB Test @ 9 a.m.
- Oct. 21 - ACT Test



PICTURED (Left to Right): Richard Patton III, Dawson Rooks, Jada Good Crow, Breana Brave Heart, Wyatt Hunter, Ohiyesawin Ramirez, Tara Rouillard, and Kansas Clifford standing proudly for their rights to education.

Possible Elimination of Native American History

Tionna Pourier and Jada Good Crow
Sept. 13

Throughout history, the Native American culture has always been a struggle to teach in schools since our ancestors were forced to become civilized. Native American people have been forced to learn about the “great Christopher Columbus” while Native history is largely left out. Earlier this year, Governor Kristi Noem, South Dakota Department of Education, and without the consultation of South Dakota educators released a draft of new social studies standards in which Native American topics will be removed from the curriculum.

This is a tough situation to think about because the movement to eliminate the Oceti Sakowin Standards out of the South Dakota Education will cause great chaos throughout the Lakota, Nakota, and Dakota territories.

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CHILDREN

MET GALA UPDATES

Teacher Spotlight

Meet your new teachers!

ENOLA RUNNING HAWK
SEPT. 14

Say hello to Mr. Cameron Remington, one of the high school math teachers. He taught this past school year, but this year we finally met Cameron non virtual. He is an early bird and likes to start his morning off with a walk and some coffee. Remington was off track after college and didn't know what he wanted. He ultimately chose the education route as a math teacher because he wants math to be a connection to something in real life. A weakness that he pushes through everyday is "all business but trying to balance learning experience for the students." He sees teaching as a strength and continues to teach!

Another welcome to Little Wound high school is Jeremia (Mia) Gapasin! Becoming a teacher she sees it as a value and to her knowledge is power and wants to help create powerful minds. Teaching is a bit more challenging right now because as she is coming back into teaching we are in a pandemic with hybrid learning. Learning something new everyday, seeing students succeed, being around colleagues she sees as her strengths. Between taking care of her family and trying to stay on task with her own job it's a stressful time and is a weakness from time to time. Mrs. Gapasin looks forward to continuing the teacher route.

Let's give another welcome to Mr. Tony Yambor, he is one of our high school science teachers. Yambor came about teaching when he worked a summer job that involved teaching middle schoolers. From there he enjoyed it and wanted to be a teacher. He loves working with kids and wants to help them achieve. He says "I'm not that organized" and he finds that difficult with teaching from time to time. Being a young teacher he finds he can relate with the students. He says he can be laid back, but serious when I need to be. A message from Tony "Everyone is capable of doing something you just go to go for it and never give up on it."



Cameron Remington, Algebra I, Geometry, and Statistics Teacher



Jeremia Gapasin, World Geography, World History, US History, and Personal Finance Teacher pictured with her fiancé Josh Huffman and son Maddox Huffman.



Tony Yambor, Biology and Physical Science Teacher

CONTINUED FROM FRONT PAGE

TIONNA POURIER AND JADA GOOD CROW
SEPT. 13

Educational Reform

Although the COVID-19 pandemic is a big issue, Ms. Noem's movement to cut out the standards of the Oceti Sakowin will be a bigger issue in South Dakota. Ms. Noem says that these new standards are the "honest, patriotic education that cultivates in our children a profound love for our country."

The Oglala Sioux Tribe has lost many elders since COVID-19 hit back in 2019. Within two years, we lost more of our influential speakers and storytellers. We are losing our roots in life as Lakota people.

Twelve students traveled to Pierre to protest and march against the new standards created for South Dakota K-12 schools. These students were: Kansas Clifford, Tara Rouillard, Ohiyesawin Ramirez, Jaida Jacobs, Breana Brave Heart, Dawson Rooks, Jada Good Crow, Wyatt Hunter, Zintkala Rooks, Jacinta Mesteth, Helina Brings Plenty and Richard Patton III.

Junior Breana Brings Plenty says, "It's important to include Oceti Sakowin Education standards in social studies because the department of education is trying to create an abolishment to erase all Lakota, Dakota, and Nakota history from social studies," Brings Plenty shared how South Dakota's true history will be a tragedy if gone from the department of education.

"The children and youth today are the important people that will lead us tomorrow," Nick Tilsen, President and CEO of Indian Collective says.

It is imperative that we learn the full history of our country so we can learn from the mistakes made in the past, improve decision making for the next generation and most importantly heal. With history we can learn more about our family roots and even make personal growth. Teaching Native American heritage, culture and history can also help reduce racial stereotyping, fear based ignorance and can even lead to greater academic success.

Senior, Kansas Clifford showed remarkable strength and resiliency in her speech at the protest. She said, "history is meant to stand as factual accounts, but more importantly as lessons to learn."

"Our state has many lessons to learn from past events and those realities are harsh," Ms. Clifford asserted unapologetically.

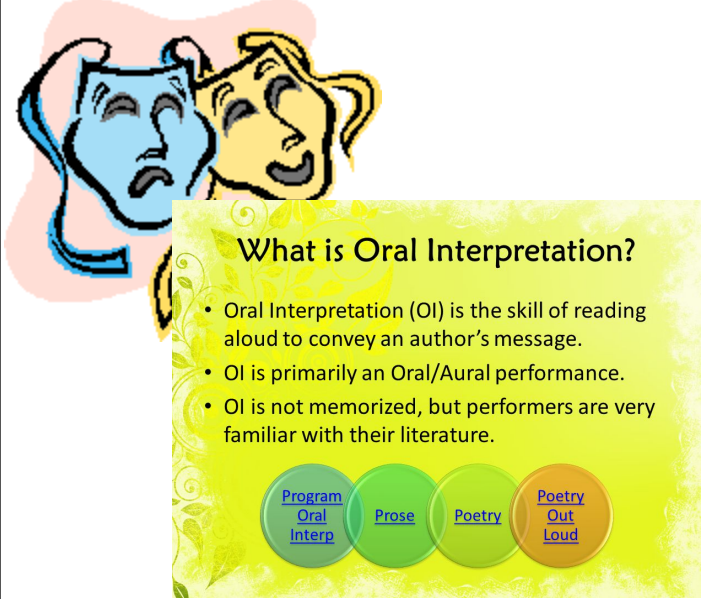
We are the prayers our ancestors were praying for, being born into the Oceti Sakowin roots, and we will forever be warriors. "We deserve the truth," Ms. Clifford said, instilling hope into the protestors..




PICTURED (Left to Right): Ohiyesawin Ramirez, Tara Rouillard, Kansas Clifford, and Jaida Jacobs with the signs they made for the protest.

Hybrid Learning: What does it mean for sports?

ENOLA RUNNING HAWK SEPT. 24	<p>We have our Lady Mustangs volleyball team coached by Kelsey Brave Eagle and assisted by Shay Janis.</p> <p>The Lady Mustangs started off their season with several losses, but no hope is given up. On Sept. 14 the Lady Mustangs played Pine Ridge which left varsity with a head to head game. The game had the gym bleachers cheering for the Mustangs and Thorpes back and forth shouting for either team. Five sets played and the Lady Mustangs did a great job, the thoropes walked away with a win.</p>	<p>The covid vaccine is needed in the situation of sports and being on a traveling team. The vaccine is more of a mandate for sports, but if the vaccine goes against a religion or for health reasons then “parents may apply for reasonable accommodations exempting a student from the vaccination requirement on the basis of a religious or spiritual belief or based on a medical exception. These cases will be looked at individually by the LWS Administration.”</p> <p>You can read the entire letter on sports on the LWHS website.</p>
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 <p>What is Oral Interpretation?</p> <ul style="list-style-type: none">• Oral Interpretation (OI) is the skill of reading aloud to convey an author’s message.• OI is primarily an Oral/Aural performance.• OI is not memorized, but performers are very familiar with their literature. <p>Program Oral Interp Prose Poetry Poetry Out Loud</p> <p>Want to join oral interp? Contact Dan Snethan or Jennifer Egan-Janis for more information!</p>	<h2>Oral Interp is seeking new team members!</h2> <p>HEATHER HINKLE SEPT. 26</p> <p>Oral interpretation is a long standing program at Little Wound High School that allows students to perform. Assistant Coach, Jennifer Egan Janis describes oral interp as non-original oratory that involves both humorous and serious storytelling through poetry and prose. Students can perform duets, individually, or conduct a reader’s theater with a group of more than two people.</p> <p>Oral interp is coached by Mr. Daniel Snethan (head coach), Ms. Jennifer Egan-Janis (assistant coach), and Mr. Alejandro Tellez-Cruz (volunteer). All coaches are teachers at LWHS.</p> <p>In-person practice is Monday-Thursday from 4 to 6 p.m. Occasionally there will be online practices from 7 to 9 p.m. depending on the circumstances.</p> <p>“Practice is going well. People are trying out different pieces that they connect with and enjoy performing,” Ms. Egan-Janis says. “The thrill students receive competing at oral interp events is due to its daring and spectacular nature. We have a lot of fun practicing and traveling across the state.”</p> <p>The coaches are encouraging more participants to join! Students can still sign up by contacting one of the coaching staff via email or in-person sign up.</p> <p>The first meet will be on Oct. 9 at 9 a.m. in Sturgis High School. There is the possibility that LWHS will host two future home meets and will update us as they know more.</p>
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The Met Gala theme sparks conversations about social issues through fashion.

KANSAS CLIFFORD SEPT. 14	<p>Alexandria Ocasio-Cortez, a New York Representative was another politician who wore a dress with a message. Her seemingly simple white dress revealed the message “tax the rich” in large red letters on the backside. Ocasio-Cortez took to instagram to say “the medium is the message.”</p> <p>It’s assumed Ocasio-Cortez was trying to make a statement about the wealth inequality in the US. Influencer/ makeup artist Nikkie de Jager used her dress to pay tribute to the infamous American transgender activist Marsha P. Johnson, who people often referred to as Marsha Pay it no mind Johnson. This reference seemed fitting as Jager came out as transgender last year, after being black mailed to do so. Jager took her power back by embracing her transgender idenity and becoming an activist for not only transgender issues but all LGBTQ issues.</p>	 <p>Pictured: Congresswoman Carolyn B Maloney’s 2021 met gala look.</p> <p>There were many different ways to interpret this year's theme and that is arguably the main point of the Met Gala, to see how each attendee will interpret and conceptualize the theme.</p>
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Counselor’s Corner: The Anxiety Monster

HEATHER HINKLE
SEPT. 23

Everyone has experienced anxiety, either by worrying or feeling overwhelmed. That moment when your pulse starts to race and the pounding begins to drown out all other sounds. For some, your mouth will go dry and you find yourself not able to speak.



Sometimes, anxiety can be a good thing because it can push you toward achieving your goals and even motivate you; however, anxiety becomes a problem when it becomes paralyzing, causing you to shut down.

Anxiety is not the same as fear. Fear deals with your emotions while anxiety originates from excessive worry. Not only does it affect the brain, anxiety can cause physical symptoms such as increased heart rate, tense muscles, nausea, headaches, rapid breathing, etc.

Anxiety can make you angry, defiant, cry, lose sleep, and avoid social situations. Sometimes anxiety comes like a wave, unexpectedly and rough. It can happen for seemingly no reason, giving you zero time to brace for impact. An anxious brain is a distracted brain causing you to not be able to focus on your schoolwork. Sometimes it can take up to an hour after an anxiety attack for your brain to “reset” to normal!

It’s important to know that anxiety is normal. You are not alone. You are not a burden. You are not weird. And you should not be ashamed. We have all been there.

So what can you do when feel the anxiety wave come crushing down? Check out this coping strategies!

1. Distraction! Distracting yourself can give you a break from depression & anxiety. It won’t make the situation go away, but will give you a break from thinking about whatever is making you depressed or anxious. Distraction activities include playing video games or sports, reading, or exercising!
2. Improve the moment! Improving the moment is all about accepting the depression & anxiety and reducing the emotion, it is important to not push down the feeling. Recognize it, release it, move forward. You can do this by:
 - a. Imagery: go to your safe place!
 - b. Meaning: Find a deeper meaning for the emotion. Think about what you can learn from this moment.
 - c. Relaxation! Go for a walk, do yoga, take a bath. Allow your body to feel less tense.
 - d. One thing in the moment! Let go of all thoughts of the past and future, bring all of your attention to the present moment. Don’t focus on what “should have” happened, focus on the right here, right now.
 - e. Vacation! don’t talk to anyone for an hour, take a nap, get outside.
 - f. Encouragement! Say “I can do hard things”, post inspirational quotes on your bathroom mirror. Use positive affirmations (self-talk)!
3. Release Control! There are only a few things we can control in life. Sometimes anxiety feels like it is contained when we try to control everything around us, but that’s not always possible. It’s important for you to recognize what you can actually control and release what you cannot.

Welcome Home

TARA ROUILLARD
SEPT. 19

Residential schools have been around as early as the 1830s. They have been created by Christian Churches and the Canadian government. There were two main objectives of residential schools, one was to isolate and remove children from the influence of their families, cultures, homes and traditions, the other was to incorporate the children into the dominant culture.

The last residential school closed in 1997, which was the beginning of an era to gaining freedom. But listening to the stories and reading the articles of residential school survivors, revealed that they weren’t the same people they were when they left for school. I talked to some of the relatives of the boarding school survivors and they stated that it was like they weren’t telling them the whole story of what went down in the residential schools.

Sometime in June of 2021, over 200 body remains were found at Carlisle Indian Industrial School. It started an uproar within the Native American community, they demanded searches for the rest of the residential schools so they could “bring their spirits to peace.” As of today, the current number of native american children recovered is 6,128, with 5,048 in Canada and 1,079 in the US. That was only 20.

schools searched and that isn’t even a quarter of the amount of residential schools in the US and Canada

After the many articles and upbringing of the children being found, many residential school survivors have come out with their stories about what really happened in the schools. The Rosebud Tribe even had an official funeral for some of the children they’re able to mark. Many people and survivors expressed that they feel at peace knowing they were able to bring home some of the children.



PICTURED: “Broken Trust”
by Robert McAfee