

Cheyenne Whiting

The Bullying Problem

Oct. 23 - Bullying has been going on for a long time. Millions of kids are getting bullied all over the U.S. Bullying needs to stop. Stand up to the bully. When people see bullying they do not do anything about it except pull out their phones to record rather than help a friend in need.

According to the Stop Bullying organization, bullying is defined as unwanted aggressive behavior, observed or perceived power imbalance, repetition, or high likelihood of repetition of bullying behaviors.

Studies have shown that 20% of students aged 12 to 18 have experienced bullying nationwide. With the rise of technology, cyberbullying has become more prevalent.

Ms. Valerie Charging Eagle, Dean of Students, has dealt with bullying both virtually and in person at Little Wound High School. She says, "It can take a toll on students, 20% of students go to the office for help with a bully."

If you are experiencing or bully or know someone who is, here are a few ways to address it:

- ❖ Stand up to a bully
- ❖ Talk to someone about it
- ❖ Don't be scared to do something about it
- ❖ Ask to get them help, talk to someone about it
- ❖ Stand up for someone that's being bullied
- ❖ Remember to talk to a teacher or your parents or family remembers
- ❖ You're not alone go talk to someone or your friend what are you guys doing about it

Solutions to bullying are not simple. Stop Bullying says, "Bullying prevention approaches that show the most promise confront the problem from many angles." It takes a village including the entire school community—students, families, administrators, teachers, and staff such as bus drivers, nurses, cafeteria, and front office staff. When the community is involved, it helps "in creating a culture of respect. Zero tolerance and expulsion are not effective approaches," Stop Bullying says.



Introduction to  
Political Cartoons

Kansas Clifford

Political cartoons first started appearing on printed media around the 1760s and served as a way to convey editorial commentary on current events such as politics. Political Cartoons are still created today and still serve the same purpose.

Political cartoons in the current day are meant to be biased and light hearted. However, this does not mean that political cartoons are completely inaccurate. Most of the time political cartoons just exaggerate the truth so that others find it funny.

LWHS Times will begin publishing original political cartoons. It is our ask that you do not take it personally and understand that it is light hearted and meant to make you laugh.



Little Wound Mustangs Line Up

Enola Running Hawk, Kylee Whirlwind Horse

Mustangs Bounce Back With Another Successful  
Homecoming After A Year Out Of School

Oct. 12 - Homecoming week 2021-2022 here in Mustang Country was one to remember. Because COVID-19, students did not have homecoming last year. The Mustangs came back this year with another successful homecoming.

Day one of homecoming consisted of tipi raising practice and a fun tournament of dodgeball! The dodgeball tournament had five teams participating and only one of those teams was able to come out on top. The intensity of the dodgeball games was entertaining for both students and staff.

The students were game-ready. The staff team was also prepared to demolish the students. As a result, the atmosphere inside of the gym was like an actual tournament with all the excitement.

Kansas Clifford, Senior, who served as a judge declared a rematch in the game between the gold team and the teachers. There was an alleged headshot by Mr. Mark Hetzel and it was decided that there should be a rematch.

At the end of the tournament, the Gold team claimed victory while the staff walked away outraged. Setting the tone for the rest of the homecoming events.

Oct 14 - The second half of homecoming began with the Buffalo Kill ceremony. The Little Wound students had to walk to the buffalo site because the roads were too muddy to cross. The buffalo site was about four miles out which resulted in an 8-mile trek there and back for students.

They had to walk through a wet and muddy terrain while most students did not make it in time for the ceremony and had to turn around.

Before the Buffalo Kill, we had performed a ceremony where women formed a circle and the men created a circle around them. Then a prayer was said to protect the people and a song was sung.

When we first arrived at the pasture, kids got off the buses and were climbing on hay bails. Teachers gave students a ride back to the buses so they didn't have to walk through the muddy terrain again. President Wyatt Hunter was the shooter, the day prior he had performed a ceremony, offering items in return for the Buffalo's life. The Coronations Started at 9:30 a.m. with a total of 6 candidates for king and queen. The king and queen were awarded to Trevin Vasquez and Tionna Pourier.

There was a volleyball tournament going on after the buffalo kill. There were a total of 6 teams in the end All Nations and All-Stars tied for first place. All Nations went through the tourney undefeated and All-Stars came back from the losers bracket.

Mark Hetzel and his team won the Tipi setup contest. The competition was very relaxed for the people watching but for the competitors, it was a close call on who was going to win. They were all trying their hardest to be the fastest. It was all good and fun. But in the end, Mark's team won.



Photo Credit: Oregon Live



Wyatt Hunter

Oral Interp Performs at Sturgis, Deadwood and Custer

Oct. 22 - The oral interp team went to Sturgis where they put on a great show. The Mustangs placed second in readers theater. They also had two people place in storytelling. Kimimila Pretty Bear, the Senior, earned second place. Ms. Pretty Bear says, “It felt good because it was my first time doing oral interp ever.”

Charlee Apple, the Freshman, also placed third. It was a great outcome for the Mustang’s first competition of this season.

Dan Snethan, Head Coach, will be hoping to build on this strong start from his squad going forward.

Senior Christina Plenty Wounds traveled to Deadwood as the sole representative of LWHS on Oct. 15 and 16. She placed third in storytelling and poetry.



Oral Interp Team

Additionally, she placed second in serious reading.

Ms. Plenty Wound says, “I felt really proud and empowered for placing especially in serious reading because it’s one of my favorites.”

Ms. Jennifer Egan-Janis, Assistant Coach, accompanied Ms. Plenty Wounds to the event. “Christina bravely went up against many other contestants at the meet. She worked hard to place in all 3 categories she competed in. I thoroughly enjoyed her performances and I am very proud of Christina’s success,” she says.

Christina has had a great season so far and will try to continue her success thus far in her senior campaign.

Last Friday, the team traveled to Custer. Senior Christina Plenty Wounds, Senior Kimimila Pretty Bear, Freshman Charlee Apple, Freshman Kaydence Weston, Freshman Darcy Plenty Bull, and Freshman Wanachca Martinez earned second place in readers theater showing great chemistry from the mostly freshmen ensemble.

Mr. Alejandro Tellez-Cruz says, “The team practiced late into the night and

there was a ton of leadership shown, especially by senior assistant Enola Running Hawk. We got some freshman recruits this past week and we were impressed by their ability to take a risk and work alongside interpreters that have done this for years now.”

Ms. Plenty Wounds once more shined as she placed first in storytelling.

She says, “Before, since I was in three events, while others were in up to two at most, I never watched anyone. I would always perform and be on the go for my next event.

This time I watched and mimicked other performers' emotions with their pieces.”

This weekend the team will travel to Yankton and Sioux Falls. Congratulations Oral Interp team!



Smudge Stories

Jada Good Crow

Oct. 23 - It is not news to hear about how our school is haunted. As students on the reservation, this is common knowledge. In fact, we all know that most of the schools here are “haunted” or have some type of poltergeist.

The janitors and security workers who work overnight encounter these entities more often than the general student population. Mr. Darroll Littlewhiteman is a former janitor for LWHS. He worked here from 1997 to 2018, favoring the late shift from 3 p.m. to 11 p.m. where he walked the haunted hallways of LWHS.

His first story mentions a very prominent item in our lobby. “I was actually subbing for security on the weekend, about midnight to 8,” said Mr. Littlewhiteman. “About 2am I was sitting in the security office watching the security monitors. There’s an ‘ed young man chair’ out in the lobby and it’s kind of a heavy chair. About 2 O’clock, I heard that chair slide across the lobby area REAL LOUD and it kind of woke me up. I jumped up, walked out there, and looked but it was still sitting in the same area.. I don’t know how that chair made that noise but it kind of freaked me out a little bit.”

“Most times you’d hear voices in the classrooms and you know there’s nobody in the classrooms, but you’d peek in the door & it’d be dark in there. In the middle school area, it was probably the worst. On the north side, you’d always hear a woman talking. The lights would be off & you couldn’t make out what she was saying. We’d walk over there, peek in and there’d be nothing but as soon as you’d close the door, you’d hear her talking again,” Mr. Littlewhiteman continues.

To conclude his storytime, Mr. Littlewhiteman gave advice to any new janitors that may have just started. “If you hear something, don’t freak out. Ghosts never touched anybody the whole time I worked there but you’d just hear noises. No one was ever really harmed by a ghost, they’ll probably make their presence known but they’re just noises.”

Thank you to Mr. Littlewhiteman for sharing the ghostly tales for us to think about while walking around the school. Don’t believe us? Use the code above to access video proof.



Tokala Janis

LWHS Volleyball Drops To 3-15 After Disappointing Loss

After three disappointing losses in the 2021 Lakota National Lakota Invitational Volleyball Tournament, the Little Wound Mustangs were 1-14. The Mustangs got their second win in their game against Cheyenne-Eagle Butte, 3-1 on Tuesday, Oct. 5. The Lady Mustangs got another win against St. Francis, 3-1 two days later. The Mustangs then extended their winning streak to three games, winning 2-0 against Oelrichs on Saturday, Oct. 9. /\*-596 Unfortunately, the winning streak ended later that day in a 0-2 loss against Lakota Tech. The loss to Lakota Tech was followed by a 0-3 loss against Pine Ridge on Tuesday, Oct. 12.

On Thursday, Oct. 21, the Mustangs played their last home game of the season against the Todd County Falcons. The Falcons dominated the whole game, winning 3-0. This loss is now the Mustang’s third straight, continuing their season struggles. Senior Tionna Pourier contributes a large portion of the struggles to communication issues. She says, “I would have to say lack of communication and trust has been the reason.”

The Mustangs will travel to Oelrichs for their last game of the season on Monday, Oct. 25.

Ohiyesa Ramirez

Online Vs In-Person School

The extended trial of online learning has been a dud, a disappointment. Turns out most people do not like online learning. Based on overwhelming public response, remote, online learning is a lousy product. Even with recently generated excitement for online programs, it is important to recognize that some subjects should not be taught online because the electronic medium does not permit the best method of instruction.

Examples include hands-on subjects such as public speaking, traditional and cultural teachings, and sports where physical movement and practice contribute to the achievements of the learning objectives. These subjects are best taught in a face-to-face traditional learning environment. Phycologists who specialize in education research are concerned about how kids will cope psychologically with the ongoing loss of access to the friends, teachers, and routines associated with going to a physical campus.

Little Wound recently made the decision that all students have the opportunity to return to campus Monday through Thursday, while Fridays will remain virtual. Successfully ending the hybrid model and designated blue and gold groups. The Little Wound School Board has given parents/guardians autonomy over if their students will participate in on-campus or remote learning.

However, high school students will remain on campus until 4 p.m. rather than the typical 3:30 p.m. schedule. The School Board made this decision in order to accommodate two transportation schedules: one for elementary and another for middle and high school. The tentative plan for this extra 30 minutes of class time is to extend 7th period. The lengthened time will be used for homeroom activities such as homework or mindfulness exercises.

In light of the disappointment that was online learning, returning to on-campus learning should have a positive impact on the mental health of students.



Christina Plenty Wounds

A Wrap on the Little Wound Football Season



Last Football Game Under the Lights

Oct. 16 - The Little Wound Mustangs hosted the Pine Ridge Thorpes for the homecoming game. Senior Inyan White Crane had two interceptions against the Thorpes. Daelen Lebeaux caught two touchdown passes and had an interception to which he scored a touchdown.

According to Max Preps, #7 Trevin Vasquez was named the Offensive Player of the Game and Overall Player of the game. Inyan White Crane #56 was named Defensive Player of the game and #26 Joey Gerken was named Special Teams Player of the Game. Congratulations to these young men for being selected Little Wound Football Players of the Game!

The Little Wound Mustangs hosted another conference against Red Cloud on Oct. 22. It was not until the third quarter we scored. Little Wound had a 9-yard pass which was completed for a touchdown by Senior Wakinyan Cuny. Cuny rushed the 2 point conversion successfully. It was a tough loss, the end score being 45-8. The Mustangs ended their season on a 4-4 win-loss record.

Head Coach Nick Shriver remarks, “I’m really proud of how they played. They had good attitudes and stepped up as leaders.” He says that he felt good about the season despite how tough it was with inconsistent schedules, injuries, COVID-19, and all of the traveling. Shriver’s main goal for the team was for them to be healthy and have fun, which he feels was achieved. Congratulations on the 2021 season!

Tionna Pourier

Get To Know Your LWHS Times

Photographer

Oct. 18 - Senior Tara Rouillard is this year’s LWHS Photographer! Her favorite subjects are Art and English because she enjoys being expressive.

Rouillard has six siblings, out of the six, she is the only one who has participated in journalism here at LWHS.

She has a strong interest in her future. She is determined to be a fluent Lakota speaker.

Rouillard says, “I enjoy capturing moments that can hold a lot of memories.” Being a photographer is very fun and keeps her busy!



Tara Rouillard

Cross Country Comes To An End

Christina Plenty Wounds

Oct. 14 - The Mustangs traveled to Rapid for the annual regional meet. Unfortunately, no one placed high enough to go to state, but a few came close. Before this meet, the team attended the Haskell Invitational in Lawrence, Kansas. The junior varsity girls had good standings come to the end. It was a great experience for the team to see collegiate athletics.

Coach Shonna Hunter says, “The most challenging part was starting over with a younger team. It was such a different season this year. It was a lot of teaching.”

Hunter’s goals were primarily to get the teams’ times down so that they could all run on varsity. All of the runners had improved exponentially throughout the season. Congratulations on the season, cross country!



Cross Country Team

Meet Your Student Council President

Tara Rouillard

Oct. 18 - The Little Wound High School 2021-2022 student council president is Senior Wyatt Hunter. Hunter’s passion for becoming president roots from experience.

He has been a part of the student council for six years and felt it was his time to become the leader. While the votes were being counted for an executive president, he remained hopeful knowing that his opponent was a tough competitor with strong goals.

As for his goals, he aims to make the school year as fun as possible while staying safe. Hunter hopes to have a haunted house for Halloween, a New Years Party, and a community clean-up.

For his personal goals, he is undecided on a career path but wants to attend either SDSU or New Mexico State. Hunter is pleased with all of the elected student council members and is excited to work with everyone.

“Working with people and getting to plan stuff with students, and having fun, good senior year,” Hunter says is his favorite part of being student council president.



Wanakiwin Janis

The Art of Dance

There are many different dances including ballet, ballroom, contemporary, hip hop, jazz, tap dance, folk dance, Irish dance, Indigenous dances, belly dance, modern dance, samba, jive, disco, charleston, lindy hop, quickstep, jitterbug, flamenco, mambo, waltz, swing, cha-cha-cha, tango, salsa, tap dance, polka, Cuban rumba.

The top ones most people know are ballet, ballroom, contemporary, hip hop, jazz, and Indigenous dancing. Dance is a performing art form consisting of a sequence of movements either improvised or purposefully selected, according to Webster’s Dictionary. “This movement has aesthetic and often symbolic value.”

Dance is dependent on the historical period and where it originated. Additionally, dancers are considered athletes. According to Kaplan International dancers have increased

“muscular strength, endurance and motor fitness. In fact, most dancers retire in their mid 30s due to the high demands on their bodies. “They also have better coordination, agility and flexibility.

A little known fact about dancers is that they have better than average peripheral vision! “Head angles are prescribed by the dance, so dancers have to use their eyes themselves if they want to look to the side without turning their heads,” Dance Academy USA says.

There is an ongoing debate on whether or not dance is a sport. Some say it is because of the amount of stress they put on their bodies to be in shape for the art. Others say that because there is no universal scoring procedure for dance. If you are interested in dancing there are YouTube videos for moves which mimic actual dance classes or you can pay for the classes elsewhere with a live instructor. When you dance, you will create a unique style and make it your own.



# Farewell Nellie Two Elk

Heather Hinkle

Oct. 21 - Ms. Nellie Two Elk has been an educator at LWHS for three years. She has taught World History, US History, World Geography, and AP US History. Ms. Two Elk graduated with her Bachelor's of Science in Secondary Education from Sinte Gleska University (SGU).

Recently, Ms. Two Elk has made the decision to return to her roots as a Todd County Falcon. She was offered the position of Coach of the Lakota Language and Culture in Curriculum. In this position, she will be working with teachers and principals to implement Oceti Sakowin Standards in every school from kindergarten to twelve grade.

Moving to Little Wound from Rosebud was a challenge that she accepted wholeheartedly. She says, "It was different, but the students made it all worthwhile."

The staff and students of LWHS are preparing themselves for Ms. Two Elk's exit as a Mustang.

Ms. Marla Herman says, "I'm glad she will be with other people that love her, we sure do!"

**"She has been a great mentor and teacher. She may seem strict, but she just wants us to succeed in life! We basically grew with her as we went to school. And it's sad to see her leave but, we all know she's creating more opportunities for herself and is building her experiences. And she wants at least 20 graduation invitations, or she won't come."**

**-Zintkala Rooks**

**"For the few years I've known Nellie, she's always been quite humorous, kind, and pushy. There's never a dull moment with Nellie. She likes to push people, by encouraging them. I am going to miss my burrito stand runner but love her always."**

**-Tionna Pourier**

**"Nellie is truly one of the best teachers I've ever had. She's one of the most caring and genuine people you'll ever meet in your life. She's a great teacher and she always wanted her students to be the best they could be. That's why she would push us so much. It is very saddening that Little Wound is losing such a great teacher."**

**-Wyatt Hunter**

**"Nellie Two Elk's unwavering belief in her student's ability to succeed and her calming, caring, and positive spirit have inspired me to do better. Nellie's respectfulness, compassion, sincerity, and wisdom will continue to make the world a better wherever she goes. But I will miss her very much!"**

**-Jennifer Egan-Janis**

Mr. Cameron Remington says, "I didn't get to work with Nellie last year, then this year as soon as I realized how great she was she left. And my therapist wonders why I have abandonment issues."

"Nellie is a teacher that challenges students. A teacher that believes in the students. A teacher that loves what she does. But she is a great teacher because she genuinely cared for her students," Senior Tara Rouillard says.

Ms. Carrie Romero says, "I remember when I met Nellie, it was last year summer time after she had her baby and she started to walk. We would pass by and have our headphones in, then one day I wanted to say hi and started to visit with her. We shared our war stories and I just love her personality. She is very outgoing and has a very beautiful aura around her all the time.

**"She's been one of the most helpful and loving teachers that I've met. I definitely wouldn't have made it through high school if it wasn't for Nellie. Not only is she a teacher but she's a friend to a lot of us students. I enjoyed the good laughs, the serious talks, and both the happy and sad tears that I've gotten to share with her throughout these past four years. I'm sad that she is leaving but I'm proud of her for doing what she needs and wants to do but also, very honored that I've gotten to experience having her as a teacher."**

**-Jada Good Crow**

**"The only positive thing about Nellie leaving is that she'll still be wearing Mustang colors."**

**-Ximena Prudencio**

It's like I was watching one of my children grow and grow into such an amazing beautiful Lakota woman, like a butterfly getting her wings. I will miss her and seeing her happy smiling face here at the school. Thank you Nellie for being you and the beautiful woman and mama that you are. Love you babe, stay in touch."

Mr. Alejandro Tellez-Cruz says, "There are many things I have

respected and admired about Nellie Two Elk in the short number of years I have known her. Her commitment towards education and her students have brought an air of positivity to our campus. She is someone I could always come to whenever I needed someone to listen to my struggles as an up-and-coming educator and her passion about history and Lakota culture has given me a greater understanding of my role as a Rez educator. Her balance of work, home, and family life is nothing short of Herculean. She might not realize this now, but her role in her students' lives will have a huge and positive impact on the futures of students she has taught here at Little Wound High School. I am proud to have not only been able to call her my coworker, my colleague, and my educational co-conspirator in pursuit of educational equity; but I am also proud to have her as my friend. Nellie, I wish you the best of luck at Todd County! I am confident that you will find great success in all your future endeavors. You will always have a home in Mustang Country."

Ms. Jeremia Gapasin says, "Even though I've been at Little Wound before as a MS English teacher, I greatly appreciate Nellie for guiding me in my new position as a History teacher here at the high school. Not only do I appreciate her guidance, I also appreciate her friendship! I'll miss brunch, board games, doing laundry, and random trips to Rapid for Fuji and pho. I am sad to see Nellie go but I wish her all of the best in her new position at Todd County!"

"She will always be loved by us Mustang's and she'll never not be one. She made my freshman history class one to remember and I won't forget her," Senior Kimimila Pretty Bear says.

It has been a great pleasure and honor to have worked alongside Ms. Two Elk for three years. We wish you luck at Todd County and you will be missed!

"We welcomed her with open arms and will release her with open arms to the next chapter of her educational journey and I know she leaves with knowledge and experience that will truly enhance her endeavors in life. Nellie came in quiet, reserved and she is leaving vitalant and confident. She is a strong teacher with high expectations and worked well with many students. I know she is a champion handgame player and we never had the opportunity to see her in action, We will definitely feel the void of her presence, but we can only wish her the very best in her next chapter and will hope she stops in to visit," Principal Sharei Ricketts says.

## Teen Suicide

Ohiyesa Ramirez



Suicide Awareness Ribbon

The burden of poverty falls most heavily on certain groups. Indigenous people are not merely "disadvantaged citizens." The poverty and inequality that they experience is a contemporary reflection of their historical treatment as people. The disparities in health status that they continue to experience can be linked to systemic discrimination.

Because poverty and poor health are both positively related to mental health disorders, indigenous minorities are subsequently more prone to health and mental health disorders than non-indigenous people are. Indigenous people are at the bottom of almost every available index of socio-economic well-being.

Indigenous peoples do not have an equal opportunity to be as healthy as non-indigenous Americans. The relative socioeconomic disadvantage experienced by indigenous people compared to others places them at a greater risk of exposure to behavioral and environmental health risk factors.

According to an article in humanrights.gov, important determinants of indigenous health disparities in the United States include the lack of equal access to primary health care and the lower standard of health infrastructure in Indigenous communities. This can contribute to a greater burden of unhealthy stress, where prolonged exposure to physiological demands where possibilities to control the situation are perceived to be limited.

Health disparities vary depending on the difference of factors in health outcomes based on gender, race/ethnicity, income, urban vs. rural, etc. Many health disparities exist between residents of the Pine Ridge Reservation (and the surrounding areas) and other populations. Teen suicide rates on the Pine Ridge Reservation are among the highest in the country being 150% higher than the national average. According to the New York Times (2015), in the months of December to March 2014-2015, children and young adults aged 12-24 have attempted suicide 103 times. Pine Ridge Indian Health Services (IHS) reports only 6 mental health professionals to serve over 45,000 people.

**"Indigenous peoples do not have an equal opportunity to be as healthy as non-indigenous Americans."**

A cultural heritage of colonialism may play a role as evidenced by a substantial body of qualitative research and a wealth of personal testimony, the now defunct federal Indian residential school system left a legacy of psychological trauma which has contributed to the disproportionately high suicide rate seen in most indigenous communities. A report provided by the United Healing Foundation summarized aspects of the residential school system and how they contributed to a trauma cycle and its associated physical and psychological abuses, cultural deprivation, and forced isolation of students from their homes and families, created a milieu for the traumatization of thousands of children directly or indirectly through intergenerational trauma.