

NAhtAsuutaaka' (White Shield) Newsletter

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Dorreen Yellow Bird, Editor

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White Shield Community celebrates the 4th of July on the 3rd



Theresa Hosie and child

White Shield – The White Shield community celebrated the 4th of July on the 3rd to keep Independence Day open for the many celebrations around the reservation and North Dakota.

This day and evening were filled with 3-mile Run & 1-mile- walk, free throw contest, karaoke family sing-off, watermelon eating contest, Best dressed dog or cat, face painting, horseshoe and prize bingo. Also chili, fry bread and cake decorating contests. For kids, darting balloon, bean bag toss, ring toss, hoop game, tug-of-war and swimming pool set kids. (4th of

July story continues on page 3)



From the desk of Fred Fox, Vice Chairman & Councilman for White Shield

Before I begin I would like to thank everyone for their condolences and support during this very difficult time for my children and family with loss of my wife, LaBell Fox. It was overwhelming to receive so many flowers and cards from everyone throughout the reservation. LaBell was a very awesome person and my best friend. She was dedicated to her job and she took it very seriously at TAT Social Services, she will be missed dearly by her co-workers. She was also my strongest supporter and was never afraid to tell me what she thought. So her opinion was very genuine and her personality reflected the same. What I admired most about LaBell was her honesty and integrity. I, the kids, her mother, Kim; her mother-in-law Nancy, her sisters, brother, aunts and uncles will miss her dearly.

I would also like to send my condolences to all our many relatives who have lost someone in these recent months. It's very hard to understand that our losses leave empty feelings in our whole community. I am praying that we can get through these hard and difficult times we are currently experiencing. With the losses, it is very hard emotionally and also financially for all of us.

During all the difficult times we've been having, there are a few celebrations happening also. During these past months, we have had the Refinery Ground Breaking, Casino Yacht blessing, Oil & Gas Expo, Community 4th of July, TAT Employee Appreciation Day and also this weekend will be the Arikara Celebration Powwow.

With the Arikara Celebration this weekend, the Segment Office wanted to make sure our Post 253 and Ladies Auxiliary was in new uniforms. The White Shield Segment Office has donated over \$15,000 to our Legion and auxiliary so they can have the nicest uniforms on the reservation. We also made sure the Old Scouts and the Spirit Riders received their traveling expenses for the summer. Also on July 17th after the Arikara Celebration there will be a clean-up day. The Segment has purchased over \$15,000 for Mega Bands, Season passes, and concert tickets for the North Dakota State Fair. So we hope everyone participates in the community clean-up day! The Segment has also purchased the MHA Times for all the elders and we are also sponsoring a Black Hills getaway in August. More details will be released at a later date.

I would also like to congratulate the newest White Shield School Board Members Daniele Henry and Dancing Eagle Perkins.

I'm hoping everyone has a great rest of the summer and enjoys the powwow. Thank you and God Bless.



Inside the complex, it was bingo for the elders sponsored by Beverly Wilkinson, White Shield elder. She has been ill lately, but is doing well now and she loves to play bingo.

Prizes for the bingo ranged from kitchen gadgets, tickets for the Bison Room to a television.

The aroma of grilled hot dogs and hamburgers filled the area around the complex and made everyone hungry. Next to the

grills, DJ Jay Standish played rousing music for the fun day.

The Community Board, Boy & Girls Club and members of the community brought food while the segment provided hot dogs and hamburgers.

The evening was complete with colorful, sparkling fireworks that filled the night sky like millions of stars exploding over White Shield.



Joyce Kruger wins \$100 Bison Room prize



Margie Hosie watches games.

Our Environment: Birds, Animals, Plants and small pests

Mosquitoes



White Shield - It's been a rainy season for North Dakota and it looks like summer will also be wet. Besides watching for severe thunder storms and tornados, there are clouds of mosquitoes this year who love the moisture.

It seems going outdoors will get you nothing but red welts and itching . . . and even more dangerous, West Nile or other diseases carried by mosquitoes.

We have all wondered why one person can stand casually and watch the rest of us slapping mosquitoes like crazy. Unfortunately, studies are finding that some people are more susceptible than others.

Mosquitoes do exhibit blood-sucking preferences, say the experts. "One in 10 people are highly attractive to mosquitoes," reports Jerry Butler, PhD, professor emeritus at the University of Florida. But it's not dinner they're sucking out of you. Female mosquitoes (males do not bite people) need human blood to develop fertile eggs. And apparently, not just anyone's will do.

It seems researchers are saying there are compounds that people exude that *might* cause mosquitoes to see you as a nice hunk of meat or piece of cake but the search is on to find more proof. There are more than 400 different compounds that they are looking at. They can say for sure that genetics account for a whopping 85% of our susceptibility to this pesky little insect.

"People with high concentrations of steroids or cholesterol on their skin surface attract mosquitoes," Butler tells WebMD. That doesn't necessarily mean that mosquitoes prey on people with higher overall levels of cholesterol, Butler explains. These people simply may be more efficient at processing cholesterol, the byproducts of which remain on the skin's surface.

Mosquitoes also target people who produce excess amounts of certain acids, such as uric acid, explains entomologist John Edman, PhD, spokesman for the Entomological Society of America. These substances can trigger mosquitoes' sense of smell, luring them to land on unsuspecting victims.

But the process of attraction begins long before the landing. Mosquitoes can smell their dinner from an impressive distance of up to 50 meters, explains Edman. This doesn't bode well for people who emit large quantities of carbon dioxide.

"Any type of carbon dioxide is attractive, even over a long distance," Conlon says. Larger people tend to give off more carbon dioxide, which is why mosquitoes typically prefer munching on adults rather than small children. Pregnant women are also at increased risk,

as they produce a greater-than-normal amount of exhaled carbon dioxide. Movement and heat also attract mosquitoes.

So if you want to avoid an onslaught of mosquito bites at your next outdoor gathering, sit in the stadium rather than dance in the center of the powwow grounds. Here's why. As you dancing, the mosquitoes sense your movement and head toward you. When you pant from exertion, the smell of carbon dioxide from your heavy breathing draws them closer. So does the lactic acid from your sweat glands. And then -- gotcha.

Wood Ticks

To begin with, authorities say ticks don't fly, jump or blow around with the wind; these



suspects are not ticks. Ticks are slow and lumbering. They are small, very patient and amazing in their capacity to locate their host/prey. Their purpose in life is only to propagate their species and unknowingly pass diseases to those hosts they feed on. They don't feed often, but when they do, they can acquire disease agents from one host and pass it to another at a later feeding. Their sensory organs are complex and they can determine trace amounts of gases, such as carbon dioxide left by warm-blooded animals and man. They can sense the potential host's presence from long distances and even select their ambush site based upon their ability to identify paths that are well traveled.

Although the number of tick species is in the hundreds, there are relatively few ticks that interact with mankind and domestic animals causing harm. When an infection moves from an animal host to a human it is called zoonosis. Lyme disease, babesiosis, ehrlichiosis and tularemia are examples of such diseases.

If the tick's origin is from an area known to have incidence of tick-borne disease and if the specimen is of a species of tick known to carry and transmit that disease, you can consider that the possibility of infection exists. Ticks can be tested reliably at the state-of-the-art facility run by Igenix.

2013 ARIKARA 2013 CELEBRATION

JULY 12, 13 & 14, 2013 • Camp Day JULY 11th
White Shield, North Dakota

Camper's & RV's Please Do Not Park on Walk / Bike Path
Friday & Saturday Supper Feed - No Rations!

GRAND ENTRIES

Friday 7:00 P.M.
Saturday 1 P.M. & 7 P.M.
Sunday 1 P.M. & 7 P.M.

ANNOUNCERS

Pete Coffey
Charlie Moran

HOST DRUMS

Dead Grass
Yellow Face
Eagle Ridge

VENDORS

\$400 for the weekend or \$200 per day
(Pay before you can set up.)
Contact Corrine Felix-Wells at 701-312-0151
or Melanie Minafore at 701-421-8494

FLAG RAISINGS

8:00 A.M.

Color Guard
Young Hawk / Bear Post 253
Breakfast served by
individual Family Members

Friday July 12, 2013

Bloody Knife - Arkaam Scout
Matthew White Bear - US Army
Richard White Bear - USMC

Saturday July 13, 2013

Bob Tail Ball - Arkaam Scout
David White Bear - USMC
Archie Hopkins - US Army

Sunday July 14, 2013

Little Brave - Arikara Scout
Gilbert Perkins Sr. - US Army
Danyl Price - US Air Force

DANCE CATEGORIES

• Men's & Women's Golden Age	1st \$1000	2nd \$800	3rd \$600	4th \$400
• Men's Traditional, Grass & Fancy	1st \$1000	2nd \$800	3rd \$600	4th \$400
• Woman's Traditional, Jingle & Fancy	1st \$1000	2nd \$800	3rd \$600	4th \$400
• Teen Boys Traditional, Grass & Fancy	1st \$300	2nd \$200	3rd \$150	4th \$100
• Teen Girls Traditional, Jingle & Fancy	1st \$300	2nd \$200	3rd \$150	4th \$100
• Jr. Boys Traditional, Grass & Fancy	1st \$200	2nd \$150	3rd \$100	4th \$75
• Jr. Girls Traditional, Jingle & Fancy	1st \$200	2nd \$150	3rd \$100	4th \$75

• Tim's Tots Paid Daily

\$10,000 Drum Split will be paid out Sunday
OVER \$40,000 TOTAL PRIZE MONEY!

2013 CELEBRATION COMMITTEE MEMBERS

President	Nelson Heart "Black Horse"
Vice President	Jason Morsette
Treasurer	Corrine Felix-Wells "Dear Chief Woman"
Secretary	Melanie Minafore "Flagwoman"
Flag Bearer	Robert Fox
Headwoman Dancer	Desiree Wells "Arikara Woman"
Headman Dancer	TJ Grace "Brave Warrior"
Drum Keeper	Clarissa Morsette
Princess	Daun Dixon "Cedar Berry Woman"
Jr. Princess	Brooklyn Driver "Buffalo Call Woman"
Area Directors	Joe Morsette
Area Directors	Richard White Tail

SPECIALS

All Weekend Long - Singing Contest in honor of Junior Morsette • Sponsored by Vice President Jason Morsette

FRIDAY

+ Golden Age Special Men's Traditional, Grass & Woman's Traditional \$800, \$600, \$400
Lunch to follow the Specials
Sponsored by Loretta (Bear) Meredith & Robert Bear, Jr.
+ Men's Grass Dance \$500, \$300, \$200
In Memory of Matthew "Jigs" White Bear
Sponsored by the White Bear Family

EVENING

+ Men's Fancy
In Memory of Karren Fox
Sponsored by His Grandchildren
+ Old Style Jingle \$500, \$300 \$200, Star Quilts & Jackets
Sponsored by Secretary Melanie Minafore
+ Veteran's Special
Sponsored by Headman Dancer TJ Grace

SATURDAY

+ All & Any Veteran's Special \$500, \$300, \$200, Satin Star Quilts & Jackets
Feed to be held at 2:00 P.M. on the West Entrance by the sign
In Memory of David White Bear
Sponsored by Deloris Wilkinson & Family
+ Men's Grass Dance Special \$800, \$600, \$400
In Memory of Frank Red Fox Sr.
Sponsored by the Red Fox Family
+ Grandmother / Grandson & Grandfather / Granddaughter Special
In Memory of Alvin & Mary Alice Wells
Sponsored by Rass & Wells Families

EVENING

+ Levens Sacred Tracks Memorial Dance - 45 & Older, Men & Women All Categories Winner Takes All!!!
In Memory of Thostas Albertz
Sponsored by the Alberts Family
+ Fancy Show! Special Total Payout \$4500
In Memory of Max Dickens
Sponsored by the Dickens Family
+ Tiny Tot Special \$100, \$75, \$50, consolation for remaining dancers
Sponsored by the Jr. Princess Brooklyn Driver Family

SUNDAY

+ Dog Soldier Special
Sponsored by Duane Bowen
+ Men's Traditional Special Total Payout \$2000
+ Men's Grass Dance Special Total Payout \$2000
Sponsored by President Nelson Heart
+ Tiny Tot Special
In Memory of Juliette "Rallie" Felix
Sponsored by Louis Felix & Family

EVENING

+ Fancy Show! Special
Sponsored by Headwoman Dancer Desiree Wells
+ Switch Dance Special \$500, \$400, \$300, 2 Consolation of \$50
Sponsored by Treasurer Corrine Felix-Wells
+ Men's Traditional Feather Cap Special (Veteran's Only)
Sponsored by Flag Bearer Robert Fox

OTHER EVENTS

Thursday, July 11th Fox / Morsette Reunion
Thursday, July 11th Memorial and Feed for Darlene Yellow Bird Meyers at the Ralph Wells Complex at 2:00 P.M.
Friday, July 12th Round Dance
Saturday, July 13th Fort Berthold Diabetes Program Run / Walk at 10:00 A.M.
Saturday, July 13th Horse Racing Located 4 Miles Straight South of the Powwow Grounds by the Lake
Saturday, July 13th Memorial and Feed for Julia "Sweet Blossom" Bluestone & Janet Marie Grady Slied at the Ralph Wells Complex starting at 5:00 P.M.
Sunday, July 14th Morning Parade Starts at 10:00 A.M. - Prizes will be given - Remember your numbers!
Sponsored by Spirit Riders

**COMMITTEE IS NOT RESPONSIBLE FOR
ACCIDENTS, THEFT, VANDALISM OR
LACK OF FUNDS.**

**Security will be Strictly Enforced. No Drugs,
Alcohol, or Fireworks Allowed!**

Showers will be provided at the White Shield School

2013 Arikara Celebration promises to be on the of the best of the best.



We apologize for the small print on the poster, but there were so many good and exciting things to emphasize so we tried to put them all on the poster. Here are some of the things you might take note of on July 12, 13, and 14.

- **There will be no rations this year , but we will have supper feeds on Friday and Saturday. Sunday is usually for completing the celebration, saying so long to friends and relatives, and packing up so no meal.**

- **We are proud of our young singers who are part of the drum groups as well as the truly great Dead Grass and Eagle Ridge drum groups. There will be other drums also that will add so much to the traditions and dancing.**

- **The flags to be raised are those who died in the Battle of the Little Big Horn June of 1876. The flags will be**

raised by relatives of those warriors.

- **There will be specials singing contests in honor of Junior Morsett, an outstanding member of community.**
- **Special gatherings of the Morsette/Fox families. Memorials for Darlene Yellow Bird Meyers, Julia "Sweet Bloom" Bluestone and Janet Grady Slind.**
- **Horses races will added as a special events this year.**

Lieberman receives Master's in Nursing from UND



(L to R) Melinda Incognito Baldaras, Elizabeth Yellow Bird, Rain Mentor; Kerilee Lieberman, MS; Denice Korniewicz, Dean of the College of Nurse and Lieberman's daughter, Crysta.

Grand Forks – In the 20 years, UND's RAIN (Recruitment/Retention of American Indians Into Nursing) program has been in business, they have grown tremendously. By the spring of 2013, the program graduated over 167 American Indian nurses with their BSN and 43 with MS degrees.

Among the Three Affiliated Tribes graduates are Lieberman, White Shield daughter of Duane and Yvonne Fox; Baldaras, also a graduate of RAIN, is the daughter of Elaine and Bill Incognito, Twin Buttes; Madonna Azure, White Shield; June Eagle also of White Shield and Marilyn Yellow Bird, New Town.

RAIN has the following strategies: Provides academic monitoring and advertisement; provides mentors to American Indian nursing and pre-nursing students; assists students in locating appropriate funding sources; promotes cultural identity by hosting an honor ceremony and traditional meal for graduates; promotes acceptance through a supportive environment and open door policy.

New White Shield Housing program information

The following is information about the \$3 million housing program (Home Buyers Program) allocated for each segment. In the White Shield area, the program has been named the Ree Lodge Management Program.

The White Shield Housing program board and staff are: Linda Gonzalez, program director and board chairman; Dorreen Yellow Bird, vice chairman; Ardeen Hosie, Secretary; Darren Meyers, treasurer; and Larry Trujillo, board member.

The board met with Dennis Fox, CEO of TAT on June 28 to discuss housing contracts, process for getting houses into Buyers Loan Program, and the board responsibilities for the housing program.

Fox identify the members of the housing board for the Home Buyers Program. They are: Karen Rabbithead, Chief of Staff, Tex Hall; Bonnie Red Fox, Federal Programs; James Grinnell, director, Human Resources; Cheryl Bruce, Program Analysis; and Whitney Bell, Chief Financial Officer.

Financial assistance from Home Buyers program is \$150,000 per house, \$10,000 loan assistance, new financial assistance \$10,000 for appliances, furniture, flooring, gutters, things beyond furniture.

See Toni Star for more information on funds and costs.

For help, ask these staff members:

- Toni Star, Director, business development officer
- Val Mayer, mortgage program coordinator
- Barlow Wells, public work.
- Gloria Brennan, mortgage loan officer

Each applicant must have a credit rating for a mortgage, but that doesn't necessarily mean they will not be accepted if credit rating isn't high enough. They will factor in things like your record of paying bills and so on.

Important, however, is the person's ability to make the payments. Fox said they do not want to put someone in a house that costs too much for their budget.

That cost is figured at 15 percent of income.

Bonding from contractors required. Tribal inspector is Jeffery Fox or program can use someone else who is a certified inspector. After one year, lease is up and that house will need inspection.

OBITUARIES

WHITE SHIELD — **Loren Lee White Sr.** was born April 18, 1953, at Garrison Memorial Hospital to Eugene Sr. and Matilda (Waters) White. Loren made his journey into the spirit world on July 1, 2013 surrounded by his family.

Loren was an extremely amazing and talented athlete. During his high school years, he excelled in both track and field and basketball. During his senior year, he was recruited to play basketball for Saint Mary's of New England. During that year, their basketball team went to the state championship. He continued his basketball career at Minot State College for a year and then returned home to raise his first born son. After which time, he continued playing independent basketball throughout his lifetime and won numerous championships, MVP and All-Tourney awards. He continued and shared his love for the game of basketball through mentoring, coaching and refereeing both grade and high school students during their games.

Loren married the love of his life, Jodie, and had two sons, Loren Jr. (Beaver) and Mercury. Loren helped raise his beloved brother Tyrone's sons, Lance and Lyle, from the ages of 6 through 13. Loren considered both Lance and Lyle as his sons.

Loren was a well-known and accomplished musician throughout his lifetime. During his grade and high school

years, he received numerous awards for his drumming abilities and musical talent. During which time he placed first in state music drumming competitions repeatedly. He played, started and toured with numerous bands over the years. He was an excellent drummer and taught many others how to play as well.

Loren was a great carpenter and was a perfectionist in everything he did while working in the carpentry field for nearly 40 years. He excelled in all aspects of carpentry and worked for Fort Berthold Housing Authority in various capacities for well over 30 years, most recently as the renovation/construction superintendent.

Loren had a natural affinity and love for all animals. He raised three baby hawks and taught them how to fly and released them into the wild. They remained around his home for several years and when he would call them by imitating the hawk's call they would appear out of nowhere and would circle above or land close to him.

Loren loved and respected everyone with all of his heart and never refused to help anyone in need nor did he ever look the other way or deny anyone who asked for his assistance by any means. Loren was a loving and caring father, uncle, brother-in-law, son-in-law, grandfather, great-grandfather, friend and husband. Loren will be missed terribly by all of his family and loved ones and by all his friends.

Lois WhiteCalfe YoungBird was born to Albert and Sadie (Inkster) White Calfe in Elbowoods, ND on September 23, 1930 and began her journey home to her waiting family on June 15, 2013. Lois was a member of the Three Affiliated Tribes.

She attended school in Nishu up to 8th grade but due to illness she never finished school. Lois loved spending time with her family, especially her sisters Elva and Phyllis, and looked up to her brothers, Skeezix and Oscar. Her nickname from her family was “innani,” which means sister in Arikara. She married Benjamin “Jimmy” Young Bird Jr. and together they had two children, James Deane and Lori April.

Lois and Jimmy moved to Garrison, Pierre, Lemmon and finally settled in Rapid City, where she made her home for over 33 years. While living in Rapid City she made many lifelong friends, whom she considered her South Dakota family. Lois enjoyed spending time with her children and grandchildren. She was always laughing and had something crazy to say or a trick to play. She enjoyed company and always had something to eat when someone would stop by. She would love to visit, have coffee and smoke cigarettes. Lois had very large angel and cookie jar collection, and was well-known for her wonderful cooking. Bingo was her favorite hobby. She LOVED shopping from Fingerhut. In 2001, Lois moved

back to North Dakota, residing in Wilton. In 2007 she relocated to the Benedictine Living Center in Garrison, ND where she resided until the time of her passing. We would like to thank the staff of the Benedictine Center for all of their love and care for Lois.

Lois is survived by her son, JD Young Bird (Patti) of Wilton, ND, daughter Lori Rosales (Martin of Buds, TX, grandchildren, Brent “BJ” (Selene), Buda, TX, Sadie Parshall. ND, Rigo Plaza, ND, Chantal, San Marco, TX, Jimmy, Parshall, ND Braulio “Chacho”, Buda, TX Callie, Wilton, ND, Jose, Buda, TX; Great-grandchildren Aspaisa and Aviana Young Bird and special grandchildren Justin, Garrett, Tyler, Jessica, Jackie, Mark, Daniella, Monica, Everett, Theresa, Ree Sisters, Elva Karlson, White Shield and Phyllis Kylo, Sioux Falls, SD, Sister-in-law Greta WhiteCalfe, White Shield Nephews/Sons, Frank WhiteCalfe and Neil Karlson Nieces/Daughters, Verlee WhiteCalfe Jody Kylo, Carol Seela, Birdie Nelson, Beda Lois Nankiville, and Shawn Lekander, and Special friends, Arlene Saiz, Mary Siravajanakul and Della Foolish Bear.

She is welcomed home by her parents, Albert and Sadie, Brothers, Skeezix and Oscar, Husband Jimmy, Granddaughter, Pricilla Jean, grandparents, aunts and uncles

KASEY RACINE, 23, Bismarck, formerly of White Shield, died Thursday in a Bismarck hospital. Funeral Wednesday, 11 a.m., Ralph Wells Jr. Memorial Complex, White Shield. Wake service Tuesday, 5 p.m., at the complex. (Thompson Funeral Home, Garrison)

THE FOLLOWING ARTICLE IS THE 3RD SUBMISSION IN THE WAR AGAINST DRUGS. THESE ARTICLES WERE INSPIRED BY NEW TOWN HIGH SCHOOL STUDENTS WHO PRESENTED THEIR STUDY ON THIS DANGEROUS DRUG. THE MORE ONE READS ABOUT THE DRUG, THE MORE YOU CAN SEE HOW DISTRUCTIVE IT IS TO OUR COMMUNITY.

METH AND THE BRAIN

- Meth releases a surge of dopamine, causing an intense rush of pleasure or prolonged sense of euphoria.
- Over time, meth destroys dopamine receptors, making it impossible to feel pleasure.
- Although these pleasure centers can heal over time, research suggests that damage to users' cognitive abilities may be permanent.
- Chronic abuse can lead to psychotic behavior, including paranoia, insomnia, anxiety, extreme aggression, delusions and hallucinations, and even death.

"There [are] a whole variety of reasons to try methamphetamine," explains Dr. Richard Rawson, associate director of UCLA's Integrated Substance Abuse Programs. "[H]owever, once they take the drug ... their reasons are pretty much the same: They like how it affects their brain[s]." Meth users have described this feeling as a sudden rush of pleasure lasting for several minutes, followed by a euphoric high that lasts between six and 12 hours, and it is the result of drug causing the brain to release excessive amounts of the chemical dopamine, a neurotransmitter that controls pleasure. All drugs of abuse cause the release of dopamine, even alcohol and nicotine, explains Rawson, "[But] methamphetamine produces the mother of all dopamine releases."

For example, in lab experiments done on animals, sex causes dopamine levels to jump from 100 to 200 units, and cocaine causes them to spike to 350 units. "[With] methamphetamine you get a release from the base level to about 1,250 units, something that's about 12 times as much of a release of dopamine as you get from food and sex and other pleasurable activities," Rawson says. "This really doesn't occur from any normally rewarding activity. That's one of the reasons why people, when they take methamphetamine, report having this euphoric [feeling] that's unlike anything they've ever experienced." Then, when the drug wears off, users experience profound depression and feel the need to keep taking the drug to avoid the crash.

When addicts use meth over and over again, the drug actually changes their brain chemistry, destroying the wiring in the brain's pleasure centers and making it increasingly impossible to experience any pleasure at all. Although studies have shown that these tissues can regrow over time, the process can take years, and the repair may never be complete. A paper published by Dr. Nora Volkow, director of the National Institute on Drug Abuse, examines brain scans of several meth abusers who, after 14 months of abstinence from the drug, have regrown most of their damaged dopamine receptors; however, they showed no improvement in the cognitive abilities damaged by the drug. After more than a year's sobriety, these former meth users still showed severe impairment in memory, judgment and motor coordination, similar to symptoms seen in individuals suffering from Parkinson's Disease.

In addition to affecting cognitive abilities, these changes in brain chemistry can lead to disturbing, even violent behavior. Meth, like all stimulants, causes the brain to release high doses of adrenaline, the body's "fight or flight" mechanism, inducing anxiety, wakefulness and intensely focused attention, called "tweaking." When users are tweaking, they exhibit hyperactive and obsessive behavior, as journalist Thea Singer's sister Candy did on her meth binges. "When she was high, which was almost always, she had to be on the computer -- diddling with programs to make them run faster, ordering freebies on the Internet," writes Singer. "Then computers faded, and she was obsessed with diving into dumpsters -- rescuing audio equipment from behind Radio Shack, pens from behind Office Depot." Heavy, chronic usage can also prompt psychotic behavior, such as paranoia, aggression, hallucinations and delusions. Some users have been known to feel insects crawling beneath their skin. "He picks and picks and picks at himself, like there are bugs inside his face," the mother of one meth addict told *The Spokesman-Review*. "He tears his clothes off and ties them around his head." The same article told the story of another former addict, who, even after five years of sobriety, can't go to the bathroom without propping a space heater against the door, in case someone is after him.

Review of “The Lone Range” by Kevin Gover, Director, National Museum of the American Indian, Washington, D.C.



I admit that I went to see “The Lone Ranger” expecting to be disappointed and quite likely offended by the portrayal of Indians in the movie. Both Disney and Johnny Depp, the star of the movie, had promised to remake Tonto, the iconic Indian from the television series of the 1950s. Mr. Depp’s Tonto, they said, would not be simply the “faithful Indian companion” to the title character. No, indeed. Mr. Depp’s Tonto, they said, would be the

star of the movie, a character who would make Indians proud.

That is a lot to promise. Hollywood, after all, has been a leader in stereotyping and demeaning Indians. The Indians we have seen in the movies have largely been dim, hostile and violent. Along with the degrading practice of making Indians mascots for sports teams, Hollywood’s portrayals of Indians have created in the minds of much of the American public a thorough misunderstanding of how Indians were in the 18th and 19th centuries and how they are now.

Still, many of us were concerned that the movie would just be one more exercise in stereotyping Indians. Fortunately, “The Lone Ranger” does little harm in this regard, in my opinion. Most of the Indians in the movie are articulate and thoroughly aware of their circumstances. They even have a sense of humor. All of the Indian characters—except Tonto, of course—are played by Indian actors.

Mr. Depp’s Tonto is understood by all—especially the Comanches in the movie—to be a very strange man. We learn from the plot that his eccentricity is actually a mostly good-natured madness arising from a childhood trauma. So Tonto’s weird dead-bird headdress, which has generated much discussion among Indian cultural critics, is not presented as traditional Indian dress. Rather, it is a manifestation of Tonto’s madness.

There is also a dark side to his madness. He believes his destiny is to hunt and kill men like bad-guy Butch Cavendish. Tonto believes the villain is a supernaturally evil creature that can only be destroyed by a silver bullet. Unfortunately, in what

seems to be a failed attempt at authenticity, he refers to Cavendish as a “wendigo.” That is a mythological creature in a number of northern woodlands cultures, but not a part of Comanche culture.

The movie works self-consciously and a little too hard to overturn the old Hollywood stereotype of villainous Indians. Indeed, it is the Indians who are framed and brutalized by an evil robber baron in league with a mechanized U.S. military. (This is not a movie for children, so parents do heed the PG-13 rating.) The movie, which runs two and a half hours, would have done better by excluding this subplot. It added elements of drama and tragedy that were out-of-place in a mostly fun and funny movie. There were also some bizarre and unnecessary scenes about scorpions, fanged rabbits and the Lone Ranger’s horse, Silver. In this telling, Silver is a “spirit horse” that is nearly as eccentric as Tonto. Spirit horse? Really?

If, as I believe, non-Indian Hollywood is incapable of reforming itself, Indians still have the right to demand that Hollywood do no harm. In this, “The Lone Ranger” succeeds. It does not revolutionize the presentation of Indians in the movies. It is not history. It is not drama. “The Lone Ranger” does not deliver on the promise to dignify Tonto and make him a source of pride for Indian kids, except in this sense: the talented Johnny Depp has created another memorable, offbeat character, and that character is an Indian. Perhaps one day an Indian film maker will make a Tonto who resembles a real Indian. Until then, if people think of Tonto as Mr. Depp’s wacky Comanche, I can live with that.



Dorreen Yellow Bird
1610 16th St. NW
Garrison, ND 58540

News Bits

Story about the progress at the Culture Center will be in August issue of newsletter. Dancing Eagle and Whirl Wind Bull were participating in a White Shield Sun Dance. The Sun Dance was a vision of their father, Glen Perkins. Expect a full story Culture Center in next issue.

Forest Dickens, who is in Iron Man Games, will also be featured in August issue.



Winners of Cook-off contest at Independence Day celebration were:

Chili – Debbie LaCroix - \$100 and Rachel Ray Cookware.

Fry Bread – Maria Gonzalez Felix - \$100 and Rachel Ray fry pan set.

Cake Decorating – Reba Jensen - \$100 and cake pan set.

Kathy Eagle and daughter Alana, with grandmother June Eagle. She is choosing swimming over eating at 4th of July event.

