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Crazy Horse was a visionary leader of the Lakota people. For an Indian perspective of the life of Crazy Horse, find out about a tour you can take this summer through the Badlands and Black Hills of South Dakota.

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The Great Northern Plains

Images of People and Landscapes of the Great Northern Plains
Everyone needs an opportunity to get away from the stress and hectic pace of daily life.

But is it really getting away when you go to the same place year after year?

Just down the road, over a hill and around that curve may be the next NEW place to get away to. “But,” you say, “I want something different, a foreign place, culture, savory foods.” That’s where Stomping Ground comes in to help you!

Published four times a year, Stomping Ground brings you interesting, in-depth articles about destinations rich in history, culture and people located in the rural areas of the Great Plains and the backroads of the Southwest.

Cultures as intriguing as in any foreign land await you in the corners of America from Canada to the boarders of Mexico. We tell you how to find them, how to get there, what to do and where to stay.

Experience America from the grassroots perspective that are waiting to be shared with you in these wonderous places. See the landscapes, meet the people, explore their cultures and build memories to last you a lifetime.

We are pleased to bring you this issue of the Northern Great Plains with a focus on the indigeneous lands and people in the state of South Dakota.

Don’t miss our Fall issue - The Rural Spanish American Communities of the Southwest!

The Publisher,
At what speed does the age of discovery happen?
It depends on how tightly shoelaces are tied.

Devils Tower National Monument, Wyoming
Better Than History Books

It was too early to be awake. My traveling companions slumbered around me in tents and on open ground. I lay still, thinking about the stars, seeing them as Crazy Horse had generations ago.

I stirred in my sleeping bag and felt a cushion of prairie grass beneath me. It was September 2002 and I was camped in the Bad Lands of South Dakota. The Oglala Lakota call this corner of their land "mako sica" or "land bad."

In the early morning darkness, I located a constellation known as the "Racetrack." I contemplated the generations of Lakota people that had made an annual circular journey through the Black Hills, always correlating their travels to the heavens.

The evening before, I sat in a moonscape of barren beauty listening to stories our guides told. There was the story of Crazy Horse, the captivating Lakota leader who risked his life to keep invaders from entering and destroying the clover clad hills and forested mountains of his homeland. His dreams died at Fort Robinson, Neb., in 1877 when a Lakota scout betrayed him and the bayonet of a Calvary soldier pierced him deep.

There was another story about the "Stronghold," a place far into the Badlands where a small group of Lakota people secretly performed the Ghost Dance, a ritual intended to rid the land of European invaders and return the prairie to the old ways and the abundant herds of buffalo.

We learned from our guides that the Lakota call Devil’s Tower "Mahto Tipi Paha" and Bear Butte "Mato Paha." These sacred places to the Lakota echo stories of nomadic life and ceremonies of generations past.

Our guides, Ben and Richard Sherman, are not historians, nor are they book authors. They are members of the Oglala Lakota tribe and are known for their elite historic cultural tours.

For them, the legend of Crazy Horse is as much a part of this strangely marvelous place as are trugged eroded ravines of the badlands and the darkly greened slopes of the Black Hills.

In August 2005, they will begin a new tour following the life of Crazy Horse through the Black Hills of South Dakota.

Born and raised on Pine Ridge Reservation. Undeniably brothers, Ben and Richard resemble one another. Ben being the elder has long white hair tied back in a
“As morning stars began to fade, washed out by advancing sunrise, a strong thought floated through me, “Some places like the Badlands and the Black Hills, are better than history books for telling their stories.”

ponytail. They are direct descendants of “Makes-the-Song”, grandfather of Crazy Horse and their home stomping ground is the homeland of Crazy Horse.

Richard has trekked thousands of miles solo in the backcountry of the Badlands. His knowledge of indigenous flora and fauna is impressive and with little effort, he can tick off the Latin genus and Lakota names of a multitude of native plants.

Ben is the business side of the tour endeavors. As chairman of the Native American Tourism Alliance, Ben’s organizational goals are to promote and encourage tourism as a path to economic sustainability on reservations.

Ben’s research into the life of Crazy Horse is extensive. He states that although many historians have written about Crazy Horse it has been difficult to get the Indian perspective.

“As you can see,” he said, “Indian people for many years have not talked about Crazy Horse. Crazy Horse was very unpopular with the U.S. government, so Indian people felt that to talk of Crazy
of the times was a visionary man of by the military, the Badlands where his retreat, and home was the Black Hills, “He Sapa, The heart of everything that is” as the Lakota people say.

Crazy Horse and his band watched the stars and traveled the same paths generations of Lakota people had before them. Weaving their way through the Black Hills they traveled to each sacred place depending on alignment of the stars above them. Devils Tower, Bear Butte and Inyan Kara are places in the Black Hills that are reflected in the Racetrack constellation. According to Lakota belief, “what is above is also below.”

The Crazy Horse tour will retrace some of the major points in Crazy Horse’s life. He may have been born on Rapid Creek that flows through Rapid City, or perhaps near Bear Butte, no one knows for sure. Either way, both places are on the journey.

“We’ll go to Devil’s Tower where the Sun Dances were held during his lifetime,” say’s Ben. “We’ll go through the area in Wyoming where he wanted his reservation to be, and travel to Fort Robinson in Nebraska where he was killed. We’ll also make a journey onto the Pine Ridge Reservation where some think he was buried, and while there, we’ll attend a powwow to experience songs and dance of the Lakota people.”

At powwows, Lakota voices rise high and mix with the vibrating pounding of the drum, regalia is bright and the rhythm of dancers feet allude to the traditions of the past.

To travel in Indian Country is an ethnically rich experience, equal to any exotic culture in a foreign land.

This tour is about the Lakota people and their culture. “Crazy Horse grew up to be a great man, a great patriot and was revered
by all the Lakota people. When you tell the story of Crazy Horse, you tell the story of the Lakota people,” said Ben.

This is more than a sightseeing tour through Pine Ridge Reservation.

“In the Black Hills, Americans can find those special places of tragic history, quiet solitude and natural beauty where they can listen to the earth and hear the far off sounds of the past,” said Ben.

In his quite, unhurried way, Ben one last thought.

“If you get away from the noise of vehicles, the noise of TV and radio and listen to the land, if you are patient to observe the land while you are quite, you will come to appreciate the land itself, the landscape and perhaps come to love the land the way that we do.

You will leave our lands with understanding and a heightened respect for the history, the people and our culture.”

---

**If You Go**

Tour Date:
August 4th - 7th, 2005

The Tour will originate in Rapid City South Dakota.

Space is limited to 12 people.

For additional information contact:

Ben Sherman
(303) 661-9819
bsherman@indiancountry.org
www.indiancountrytourism.org

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Ad Source: *EnCompass The AAA Companion.* March/April 2005

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**Visit the Land and Legend of Crazy Horse**

* Bear Butte
* Devils Tower
* Inyan Kara
* Fort Robinson
* Pine Ridge Indian Reservation
* Badlands

---

**Crazy Horse Tour**

August 4-7, 2005

To book your reservation call: (303) 661-9819
info: www.indiancountrytourism.com
Indian Art
.....or not!

Don’t be fooled with replicas!

For over two hundred years, the legends and vivid imagery of Native Americans have captured the imagination of travelers. Their art, based on the essence of their culture, is highly favored by collectors and tourists alike.

Tribes today are taking responsibility for preserving and reviving their rich artistic traditions and for some their rural economies are based on sales of their art. One organization that realizes the connection of Native artists to the sustainability of their communities is First Peoples Fund (FPF). FPF provides funding and training for Native artists. Their goal is to “honor and support creative community-centered artists; and nurture the collective spirit that allows them to sustain their peoples.”

Non-Indian tourist shops spring up and down roadsides and highways offering cheap imitations of the regions authentic arts and crafts. This diminishes the livelihoods and self-sustainability of Native communities. Tourists return home with cheap worthless trinkets unfamiliar with the authentic beauty and craftsmanship inherent in traditional Native American art.

Many misinformed tourists believe they are purchasing the real thing and would be shocked to learn they have a ‘knockoff’ of a one-of-a-kind piece. The market is flooded with cheap imitations from sweatshops in foreign lands. Turquoise and silver jewelry made in the Philippines and Taiwan is so close to the original that even Native artists have a difficult time recognizing the impostors. Beadwork that copies and replicates the designs of the Northern Plains Lakota or Blackfeet tribes is imported from Hungry and undercuts the price of Native artists in their own home territories.

Each summer, families across America hit the highways to travel west into Indian Country. In response to billboards that promise real Indian jewelry, pottery and drums, they swerve their cars into tourist trap parking lots searching for trinkets and arrowheads to take home as tokens of their days on the road.
Indian art is protected under the Indian Arts and Crafts Act of 1990, (P.L. 101-044.) As a truth-in-advertising law, it prohibits misrepresentation in marketing of Indian arts and crafts products within the United States. Simply stated, it is illegal to offer, display or sell any art or craft product in a manner that falsely suggests it is Indian produced, an Indian product, or the product of a particular Indian tribe.

But the law has few teeth. Shop owners are not monitored or prosecuted unless a complaint from a buyer is filed against them. Indian souvenir shops often sell anything and everything. Handmade jewelry by Native people and imports sometimes lie side by side under glass in black velvet lined cases, both marketed as “Indian Made.”

Paulette Montileaux, curator at the Sioux Indian Museum in Rapid City South Dakota says “It’s hard to tell if a piece is authentic if you don’t know or are not familiar with the work and art of the people in the region you visit.”

Tourists looking for a $10 pair of beaded earrings will get just that - a $10 pair of beaded earrings. Keep in mind that some of these inexpensive souvenir-type items are authentic and made by Native Americans. Lower cost items are often made repetitively using the same design over and over. Ask the seller to be sure which items are Indian made and which are imported.

And then there are those among us who cherish the one-of-a-kind item, knowing that the creative artist was in touch with the art and culture of his ancestors. This is a rare thing. So, how can we be sure that the beaded earrings we buy are one-of-a-kind and made by a Native artist?

Recently in Albuquerque New Mexico, my sister and I went to an Indian arts and crafts store in downtown. She purchased several pair of silver turquoise earrings. I asked the clerk about the artist and was told it was a Zuni woman, but the clerk could not remember the artist’s name.

“If a store sells products labeled as Indian made,” said Paulette, “they should make an effort to have inform artist and his or her bio. They should have documentation on file and buyers should ask for a copy.”

Cradleboards

Many Indian infants from the Northern Great Plains tribes traveled in cradleboards. Some parents wove the baby carriers like baskets; others tied sticks together with sinew to form a rigid frame. Babies rode in a soft pouch made of leather. The boards could be worn like a backback or leaned against a solid surface when the family stopped to rest.

The Northern Great Plains tribes are known for their quill and beadwork. Show below, beaded cradleboard by artist Frank Sheridan of the Cheyenne Arapaho tribe.
Although replicas are labeled as made in Taiwan, some store operators deceitfully remove the tags before placing them in display cases. Other shop owners are not as dishonest but fail to keep documentation on the Native artists they purchase from. “Shop owners who buy and sell willy-nilly do not always have documentation on the artists,” said Paulette.

She suggests, “Regardless of whom you buy from, request an invoice that identifies, in writing, the name of the artist and have the seller sign the invoice.”

Tony Eriacho, a Zuni jewelry artist, travels the country as a crusader to educate the public on the threats to Indian arts and crafts. I met Tony In spring 2003 at an Indian art show at The Fort Restaurant outside of Denver Colorado. He was displaying beautiful Zuni jewelry next to identical pieces made in the Philippines. He challenged me to tell the difference. I couldn’t.

Tony and other Native American artists have formed the Council for Indigenous Arts and Culture (CIAC). Their non-profit organization provides education and works with law enforcement to preserve the integrity of Indian handmade arts and crafts. They offer education to groups and are committed to protecting the livelihood of their fellow Indian artists.

Determining the difference between real Indian made may not always be possible. It is an educational process.

When you pack you suitcases and prepare to travel consider buying a book on the region, including its art. Read to get acquainted with the region you will visit, its people, culture and arts.
Man-made amusement parks have always left us scratching our heads

in Wyoming

It's called a road trip!

There's a reason you have all those cup holders in your vehicle.

Old faithful

Buffalo Bill Historical Center

Devils Tower

Grand Teton National Park

In the spirit of good sportsmanship we're only showing a fraction of what there is to see.

Oregon Trail

Flaming Gorge

Fort Laramie

All roads lead to something in Wyoming.

Call 800-225-5996 or visit www.wyomingtourism.org for a free Wyoming vacation packet.
Advice for Visitors into Indian Country

As a visitor into Indian Country your visit will have some kind of impact upon the people and their communities. As you travel be aware of that impact, and take steps to ensure that the outcome of your visit will be positive in all aspects.

The following pieces of advice will make your visit more enjoyable for you and your host communities:

- If there is a visitor center, go there first and register.
- Never photograph a person or group without asking first. You may be asked to pay a photo permit fee.
- Never photograph dances or ceremonies. These events are traditional (and sometimes religious) - not entertainment. Applause is never appropriate.
- Never take alcohol onto Indian lands.
- Do not hike, bike or four-wheel across open Indian lands without permission.
- Respect and do not disturb protected areas - they have been protected for a reason.
- Try to learn beforehand some of the tribal history and culture.
- As you buy local products, remember that it is inappropriate to attempt to bargain down prices. Most handmade products are very labor intensive.
- Do not expect to participate in native ceremonies unless you are invited.
- Leave communities alone that are not specifically advertising for visitors. When in doubt, check with tribal or community officials.
- Dress sensibly. Over-exposure of bare skin can be offensive to some.
- Dispose properly of your garbage.

Reprinted with permission from Native Tourism Alliance. Are you planning a trip to visit Indian Country? Search for Indian destinations and travel at www.nativetourism.org.
Bird’s-Eye View
The Northern Great Plains

Men’s Traditional Dancers, Denver March Powwow, 2005. Photo by Dana EchoHawk
Perhaps the most indigenous of American art forms, Native dance has a rich history stretching back to prehistoric times. Inseparable from the accompanying music, Native American Dance has not only served to keep native cultures alive and thriving but to promote intertribal communication as well.

Northern Plains song and dance activity continues within both rural reservation and urban Indian communities.

Photo: Women’s traditional dancers. Denver March Powwow, 2005
People of the Northern Great Plains

Bill Center, Oglala Lakota Sioux from Pine Ridge Reservation, South Dakota.

The American buffalo, also known as bison, has always held great meaning for American Indian people.

To Indian people, buffalo represent their spirit and remind them of how their lives were once lived, free and in harmony with nature.

"The Indian was frugal in the midst of plenty. When the buffalo roamed the plains in multitudes, he slaughtered only what he could eat and these he used to the hair and bones."

......Luther Standing Bear, Lakota
Landscapes of the Northern Great Plains

Badlands National Park consists of sharply eroded buttes, pinnacles and spires blended with the largest, protected mixed grass prairie.

The Stronghold Unit is co-managed with the Oglala Sioux Tribe and includes sites of 1890s Ghost Dances.

Little Big Horn National Monument commemorates the battle between Custer’s 7th Calvary and Native Americans.

Native American horsemen line up at dawn on the ridge behind a row of tipi’s.
Tour Native America...

....and experience the people, culture, places and history of indigenous America.”

Through tourism we can reach out in peace and friendship to the larger world.

Become acquainted with the many opportunities to visit Indian reservations and destinations and share our spirit and culture. Experience our unique homelands - the places we hold sacred, the places of our ancestors, the places of great beauty today and the places we strive to preserve for future generations to come.

Come visit with us soon - - -
This web site has been designed to assist travelers and travel planners in locating Native American tour attractions and tourism services throughout the United States. The lands of this country are home to more than 550 different indigenous nations, reservations, pueblos, rancherias and villages. There exists a great deal of rich and interesting history, culture and landscapes awaiting your exploration and enjoyment.

Log on and Search for Destinations in Indian Country. Once you visit, you will never forget!

Native Tourism supports the growth and economic vitality of sustainable Native American tourism enterprises in the United States. Tourism contributes to the well being of indigenous peoples and the preservation of valuable assets: lands, culture, heritage and language. The focus of Native Tourism is to strengthen the capacity of American Indian tribal communities and individual entrepreneurs to develop such enterprises and to participate in the global tourism market.

Native Tourism Alliance 1900 Wazee, Suite 100, Denver, Colorado 80202
(303) 661-9819 / bsherman@indiancountry.org
Say the word ‘art’ and most people think of something to look at, to admire and hang on their wall, to place on a shelf or perhaps wear. But, as an expression of the artist and his culture, art takes many shapes, and forms... including the sounds and rhythms of music.

When a tourist asks me what type of Indian art to buy during their travels I tell them this. “Before looking at the beautiful quillwork, beaded pouches or paintings to carry home with you, listen to the songs, feel the drums and watch the dances.”

The sounds and rhythms will lead your senses to the heart of the people you are visiting. Through their music, you will begin to know their culture. Then your selection of art will retain a special meaning. Years from now you will remember and hear the music in your head and heart. You will remember the people, the landscapes and their culture.

The art of song and dance are the strongest form of art available for sharing culture. It can be traditional coming from historical and cultural places or it may be contemporary.

So yes, my advice to travelers is this. Before buying art when traveling to a unique cultural area, listen to the songs.

As you travel through the Northern Plains, you will hear the pounding rhythm of the drums. It’s part of the landscape.

There are many sources of Native American music for travelers. Turn up the radio and find KILI Indian Radio broadcasting out of Pine Ridge Reservation; check for powwow dates you can attend; buy a CD of a northern drum group...
like Black Lodge. Roll down your car windows, let the wind blow and drive through Indian Country with the songs and drumbeat of Native America in your ear.

Bill Center, an elder Oglala Lakota man, knows about northern plains songs. He holds a small hand drum when he sings, his old hands beating it slowly, repetitively.

He tells this story. “My uncle Charlie Killsree composed lots of songs.” Bill is thoughtful for a moment and then chuckles to himself. “I saw it once with my own eyes.”

“There's a big hill on Pine Ridge Reservation. It's called Csheopa. It means Quails or Pheasants. It's near Grass Creek outside Manderson.” He stops talking for a moment, remembering and then he continues. “The hill is hard to climb in a wagon. But one early morning, we went up and right on top they were there. One rooster was singing and all the others were dancing around him in a circle. When we got closer and they scattered and flew off, their little scratch marks were there in the grass and dirt, all around in a circle. My uncle Charlie uses the Quail as his inspiration for his songs.”

Together with his friend John Old Horse, they sing battle songs; love songs and chicken scratch songs. The “Sad For Four Days Song” simply translates, “When the people get together and my other half is not with me, I get sad for four days.”

The drum is not the only instrument of song for Native people. Listen close to the wind and you will hear the flute.

Calvin Standing Bear, Lakota, plays his Native American flute, melodious and pure. The memories and dreams of his audience sail with him as he plays his Siyotunka Bird Head or Goose Neck flute. Without words, the flute has its own song. Calvin stretches his arm out as if pointing to an Eagle flying off in the distance and sings about Lacrosse, an old game played by Native people.

Songs are part of Lakota tradition and culture, as important today as they were hundreds of years ago. While in the northern plains, listen and you may hear Calvin’s flute and song.

“They're ready out on the field
Our warriors are for real
They're ready to play the game
And this is what they say
Heya ha, Heya ha.”

Bill sings his uncles songs.
Congratulations to this year’s GRAMMY® Finalists!

R. Carlos Nakai
Sanctuary
This collection, performed by multi-GRAMMY® nominee R. Carlos Nakai, includes selections featuring the richness of the bass cedar flute in addition to the grace of the standard flute.

Northern Cree
Still Rezin’
For nearly two decades GRAMMY® nominee Northern Cree have taken their singing and drumming to all corners of pow-wow country and beyond. They continue their well-respected tradition with this powerful live recording made on their home reserve in Saddle Lake, Alberta.

R. Carlos Nakai
In Beauty, We Return
This collection of songs draws from the best of multi-GRAMMY® nominee R. Carlos Nakai’s recordings and shows the range and versatility of his artistry. Includes solo flute, collaborations with ethnic artists and flute with rich orchestral arrangements.

Burning Sky
a simple man
GRAMMY® nominee Burning Sky features the haunting sound of the Native American flute accompanied by guitar and bass. This multi-talented trio melds traditional melodies and contemporary forms to create a new music that reflects today’s Native America.

For a free color catalog with 80 minute CD sampler of Native American music from Canyon Records call (800) 268-1141.

Listen at www.CanyonRecords.com
Tips for purchasing authentic Indian made arts/crafts

- When possible, purchase art and crafts direct from Indian artists.

  Indian arts shows and powwows are excellent places to meet Indian artists and purchase their arts and crafts. Most events require participants be enrolled in a federally recognized tribe and that the product being sold is authentic Indian made.

- Talk to the artists and learn about their materials, processes and why they created the piece you are drawn to.

  One of my favorite baskets became a keepsake after talking with the artist and learning that it was woven from pine needles and sweet grass. Now, on humid days, the pine and sweet grass mixed scent still emerges from the basket, reminding me of the artists and her stories.

- You don’t need to spend thousands of dollars to enjoy Native American arts and crafts.

  There is art for everyone’s budget. Consider posters or lesser-known artists who may have less expensive pieces. "Just because it has beads and is expensive doesn’t mean a lot," said Paulette. "Knowing the artist makes the piece more valuable, it can be an investment or an heirloom.”

- If purchasing from a store, try to determine if the owner is an established, reputable dealer. Check around if necessary.

  Ask for a written guarantee or written verification of authenticity. Always request an invoice and ask the owner or clerk to sign the invoice. If they are not willing to guarantee their products as Indian made, they probably are not.
Powwow Schedule

Montana

June 18-20: Frazer.  
2005 Red Bottom Celebration.  
Info: Niki Smoker (406) 695-2310  
ismoker@nemontel.net  

July 14-17: Poplar.  
Wahcinca Dakota Oyate Celebration.  
Info: Sunee (406) 672-5462  
wahcinca @nativeweb.org  

Nebraska

July 28-31: Winnebago  
Homecoming Celebration  
Info: (402) 876-2272  
www.winnebagotribe.com  
info@Winnebagotribe.com  

North Dakota

July 29-31: Fort Totten.  
Spirit Lake Oyate 38th Annual Powwow.  
Info: Mike Thompson (701) 351-7421  

September 8-11: Bismarck.  
36th Annual United Tribes International Powwow.  
Info: (701) 255-3285  

South Dakota

October 7-9: Rapid City  
19th Annual He Sapa Wacipi (Black Hills Powwow)  
Info: www.blackhillspowwow.com  

Tours

Montana

Summer, 2005: Browning.  
Lodgepole Gallery & Tipi Village  
Blackfoot Art & Cultural Center,  
Manista’m i Gallery ki aka’poiyists.  
Info: (406) 338-278  
www.blackfeetcultercamp.com  

South Dakota

August 4-7: Rapid City.  
Crazy Horse Tour  
Fort Robinson, NE, Pine Ridge Reservations, S.D..  
Devils Tower, MY, Badlands S.D.  
Info: Ben Sherman (303) 661-9819  

Dont Miss the Summer Issue  
of Stomping Ground:  
Lands of Enchantment, the Great Southwest  

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NATIONAL MUSEUM of THE AMERICAN INDIAN

NATIONAL POWWOW

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Smithsonian
National Museum of the American Indian
www.AmericanIndian.si.edu
Cuny Table Café is exactly the type of unique little restaurant you sometimes stumble across and end up telling all your friends “you have to go there!”

There’s just one little catch.

Cuny Table Café is in the middle of nowhere. Unless you are exploring the Badlands of South Dakota, you’ll never just stumble across it.

Perched on a mesa, the café is owned by two Lakota Indian ladies with crazy humor. Their specialty is Indian fry bread.

Order eggs to your liking and wash them down with hot fresh coffee. If you like salsa with your eggs, it’s in an open bowl next to the jelly on the checker-clothed picnic table.

Stop by later in the day and you’ll be served fry bread heaped in a mound of pinto beans and meat, fresh-diced tomatoes and shredded cheese. This tasty combination is known as an Indian taco.

Your hosts will talk and joke with you as they cook. While you eat, one or both of them will likely sit at your table to visit.

With all their joking and good humor, don’t think your tab has been forgotten. When the time is right, one of them will calculate, pencil to pad, one amount and another for your total.

But, after a few minutes scribbling, she may drop her pen and announce, “Oh, enough of this. How about ten dollars that sounds about right.”

How do you find Cuny Table Café? There are no signs marking the way.

Go to Pine Ridge Reservation, find your way to the White River Visitor’s Center and ask for directions.

You’ll be glad you took the time to find this wonderful little cafe, seemingly in the middle of nowhere.

Frybread Recipe

If you like Indian fry bread, but can’t make it to Cuny Table Café this year, you may purchase Indian fry bread mix from Woodenknife in Interior, S.D. or try the following recipe.

Mix flour, salt, baking powder and water (optional a little teaspoon or so, sugar). Break bread into pieces the size of a tennis ball. Pat or roll into pancake thickness on a floured surface.

Drop into hot oil. Cook until golden tan on both sides, drain excess oil and enjoy!

Indian Taco Meat Sauce Recipe

Put all ingredients together and boil for 30 minutes. This also makes a good bowl of chili.
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Information source: A Guide To Visiting The Lands Of Many Nations
Plateau Women’s Dress

c. 1860

51 x 39 inches

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