



# INDIAN VOICES

OUR 38<sup>TH</sup> YEAR

MULTI-CULTURAL NEWS GLOBAL NETWORK

FEBRUARY 2024

## Tired No More ... Black Panther Party Moves Forward in Unity

### Black History Month From the Desk of the Chairman



by Henry Wallace

I want to give a shout out to San Diego State University's Black Resource Center, the Latinx Resource Center and San Diego State University's administrative staff for hosting the 2024 Black History Month forum on February 1, 2024.

On the panel was David Rica Jr. of the San Diego Brown Berets, myself, representing the San Diego Original Black Panther Party for Community Empowerment and several other panelists.

The forum was filled with students who eagerly focused on the history of both organizations and their actions in history. There were five panelists. Three of them asked questions about the role these two great organizations played in the modern civil rights movement. We also brought to light how ethnic studies

became a part of the educational curriculum. In the 1960s, the Black Panther Party addressed the lack of cultural education within the school system, through our 10-point platform. We demanded education reform! Number 5 of our platform reads:

"We want education for our people that exposes the true nature of this decadent American society. We want

education that teaches us our true history and our role in the present-day society. We believe in an educational system that will give our people a knowledge of self. If you do not have knowledge of yourself and your position in society and the world, then you will have little chance to know anything else."

Not long after these demands, the higher educational system began making cultural education for Black people a priority. Soon, other ethnic groups and cultures were included in the educational system.

The forum was successful, thanks to the dedicated staff of the San Diego State University Black Resource Center and the Latinx Resource Center. Special thanks to Assistant Director Donnae Prather and Director Brandon Gamble of the Black Resource Center.

These types of student and community forums are needed on a regular basis, so that our future leaders of this great nation and world will be able to bond through our cultural exchanges, which will produce a collective understanding of our global humanity.



### A Love Letter to America

by Indian Voices Writers Collective

Democracy in America is worth saving. Even with a legacy that includes slavery and genocide and other harms to people of color and others, America is still a wonderful idea, place, reality...

We reject the idea that America is so broken and racist that all must be torn down and replaced with who knows what. The Six Nation Iroquois Confederation and the Great Law of Peace were integral to forming the U.S. Constitution. Consensus building and compromise were important to them, and it must be important to us. Great things happen when the three branches of government work properly and keep

each other in check. Let's not tear it all down. Let's add to it, improve it, make it work.

Our civic duty is to embrace and encourage mainstream and legacy journalist to fortify their backbone and wean them away from the corporate controlled media and help us tell the story of the people.

No single perspective, school of thought, or philosophy can or should dominate, even if it offers many strong ideas. There must be room for other ways of seeing the world ... that is, unless you favor totalitarianism. We

reject totalitarianism from the Right, as well as from the Left. No one people have an exclusive on being wrong; no one people have an exclusive on being right. People of every nation, tribe and party get things wrong and right. We refuse to vilify or deify any population. We believe that any hate we send out toward any people will inevitably find its way back to our communities.

*Indian Voices* is a multi-cultural media organization within a multi-cultural nation.

There are so many reasons to love America. In short, the United States of

America, warts and all, is worth saving.

Is this true for you and your people? If so, why so? We asked our readers and writers to tell us why America is worth saving. In the pages of this special election issue, we invite you to take a look inside the hearts and minds of a diverse group of people who think Democracy in America is worth saving.

To America's great and many peoples, we encourage you not to lose hope. We can and will rise to this incredibly momentous occasion.

The great American experiment is a work in progress guided by the prophesy of Crazy Horse.

America, this special networking edition of *Indian Voices* is our love letter to You.

Feedback please.

***"We reject the idea that America is so broken and racist that all must be torn down and replaced with who knows what."***

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## Stopping the Hate with Enero Zapatista and *Indian Voices*

by Alastair Mulholland

In a hyper materialistic popular culture that foolishly celebrates wealth and opulence above all else, champions are determined not by qualities of integrity and service to others but instead by self-ingratiation and arrogance. One such champion is Elon Musk who recently declared the word “decolonization” implies genocide and that users on his social media platform would be “suspended” for using it. The absurdity of this statement is only matched by the absurdity of a global system that awards a man capable of such a thought to the highest strata of society.

Despite the anxiety of the moment, *Indian Voices* newspaper seeks to carve out a nook in our space/time to invited the community to celebrate the story tellers and their abilities over the millennia to elevate truth and rights and spread peace and love. The event was a collaboration with Enero Zapatista which is having its annual month of events raising awareness to the Zapatista struggle and connecting like-minded organizations in the area with each other.

This was *Indian Voices*’ first time participating with Enero Zapatista by hosting an event at the Centro Cultural de la Raza on Friday January 19th from 6pm to 9pm. Attendees enjoyed some free catered food and listened to distinguished community members share stories about

their experience as victims of hate crimes, ways they overcame them, and resources that are now available to them that were not before. Break out groups discussed strategies for overcoming hate and the resources available to those that have been targeted. Time was spent discussing the stop the hate pamphlet. According to a participant survey after the event, 90% of the attendees learned something new about the services provided to survivors of hate crimes. We believe that the event enabled cross cultural healing for victims of hate crimes as evidenced by the many rich conversations that were had during the breakout groups and new connections that were made. The event also honored *Indian Voices* Editor and Founder Rose Davis with an award for her ongoing contributions of creating a more inclusive, inter-ethnic, inter-racial communications infrastructure in San Diego and beyond. We believe that by celebrating people like Rose Davis, who are doing work to assist survivors of hate crimes, we are creating a culture of healing that is necessary for overcoming the trauma experienced by hate crime victims. An example of this was how one of the guest storytellers, a young Palestinian woman, declared, “even though my family and I suffer terribly as victims of hate crimes, I still pray for our attackers to develop compassion instead of feeling hate back toward them.

## Coronado Black History

by Kevin Ashley

Gus (who was born enslaved in Kentucky in 1860) and his wife Emma Thompson were two of Coronado’s most important Black pioneers. The house to the right of the Stable is the old Thompson house built in 1895.

In 1938, the Thompson’s rented their house to a young Chinese-American gardener, Lloyd Dong, and his wife Margaret, and the

Chinese-Americans, and they owe much of their success in life to the opportunity the Thompson’s gave them.

Last night, at the launch of the Coronado Black History exhibit, two of the Dong children, Lloyd (age 82) and Ron Dong (age 87) were in attendance and made a stunning announcement. They said it is now time to “give back.” It was announced that they are in the process of selling the sizable property, and, in honor of Gus and Emma Thompson, who were pivotal



Two of the Dong children, Lloyd & Ron.



Gus Thompson Livery Stable, Coronado, 1900 and Emma Thompson Coffee Shop, Tent City, Coronado, 1902.



couple raised four kids in the rented home over the next 17 years. In 1955, Emma Thompson kept her deceased husband Gus’s promise, and sold the property to the Dong family, who still own the property today. The Dong family have said that there is no way they could have rented in Coronado in 1938 or bought in Coronado in 1955 as

to their family’s success, they are making a remarkable gift. They are donating their proceeds from the sale of this prime Coronado property to The Black Resource Center of SDSU, and (subject to SDSU Senate approval), the center will be renamed The Gus and Emma Thompson Black Resource Center, in their honor.

**SDUSD INDIAN ED. YOUTH & SOCIAL POWWOW**

**SAVE THE DATE**

**MARCH 16 2024**

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San Diego, CA 92111

For any questions, please contact  
tmayasa@sdccd.edu  
carlatourville@yahoo.com.

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Email: rdavis4973@aol.com  
Website: www.indianvoices.net  
Editorial Board: Rose Davis

<b>Editor:</b> Rose Davis	<b>Writer:</b> Makeda Dread
<b>Outside Support:</b> Mel Vernon	<b>Writer:</b> Jaclyn Bissonette
<b>LV Entertainment Writer:</b> Z. Z. Zorn	<b>Writer:</b> Robert Wallace
<b>Associate Editor:</b> Sis Mary Muhammad	<b>Photographer LA/SD:</b> Rochelle Porter
<b>Social Justice Editor:</b> Clovis Honoré	<b>Reporter de Espectaculos:</b> Michelle Banuet
<b>Indigenous Languages Editor:</b> Michael Odegaard	<b>Copy Editor/Proofreader:</b> Windy Goodloe
<b>Writer:</b> Kathleen Blavatt	<b>Graphic Artist:</b> Elaine Hall
<b>Writer:</b> Alastair Mulholland	<b>Staff Photographer:</b> Abel Jacome
<b>Writer:</b> Marc Snelling	

**Kena Adams**  
Nevada Coordinator/Regional  
Advertising Contact  
1118 Chapman Dr  
Las Vegas, NV 89104  
indianvoicesnevada@gmail.com  
702-624-9502

**111 South 35th St.**  
San Diego, CA 92113  
(619) 234-4753  
(619) 534-2435 (cell)  
Fax: (619) 512-4534

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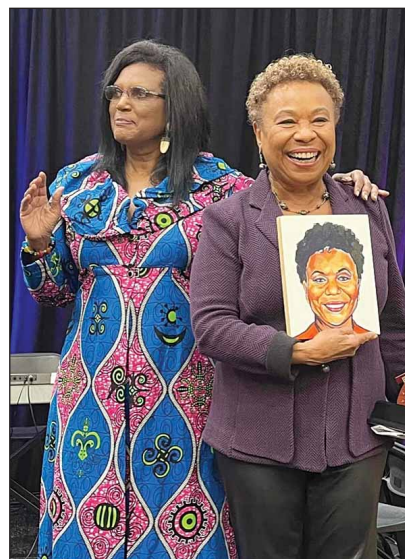
# The Women of Roar Breakfast 2024

California Black Women Leaders Join 500 Community Members at the 6th Annual Black History Month Breakfast

by Camille Appling

As the sky poured down a torrential, history-making rainstorm that conjured up images of Noah's fabled flood, San Diego's change-making warrior women were undeterred as they busied themselves organizing a breakfast. The spiritual significance of the event was difficult to ignore as many recalled the old Negro Spirituals such as "Wade in the Water," "Deep River," "Chilly Waters," "It's Gonna Rain," and "Didn't it Rain, Children."

In keeping with the spirit of the occasion, Tim Red Bird and the Red Warrior Singers opened the event with traditional Bird



words, which promoted the duties of honored leadership. Philanthropist and news reporter Sandra Mass attended also.

The breakfast included fried fish and grits, fruit, and chicken and waffles. Café X provided a beautiful coffee, tea, and juice bar.

Angela de Joseph awarded US Representative Barbara Lee of Oakland the Women of Distinction award. Barbara Lee's

story of triumph includes her and her mom surviving racial discrimination during childbirth. The Women Warrior of the Year awards went to Stacey Plaskett, the US Representative of the Virgin Islands, and President and SEIU Local 221 Crystal Irving. The Changemaker award went to the Black Women's Collective for their dedication to pertinent issues.

The morning showcased the finest in leadership who are tackling real issues, including women's health and women's rights, homelessness, employment, housing, business and pertinent cultural issues.

Secretary of State Shirley Weber's keynote address fortified the attendees with the encouragement to keep fighting as Cultural Spiritual Warriors. More specifically, she encouraged them to Get Out the Vote. With the spirit of Fannie Lou Hamer, Ida B. Wells, Maya Angelou, John Lewis and Crazy Horse circling the hall, Shirley Weber reminded all who are committed to saving our Democracy throughout the world that we have One More River to Cross.

If interested in the organization, check us out at <https://sites.google.com/view/wocroar/home?authuser=0>

CALIFORNIA BLACK WOMEN LEADERS JOINED 500 COMMUNITY MEMBERS AT THE 6TH ANNUAL BLACK HISTORY MONTH BREAKFAST

## The Collapse of Journalism, The Digital Sewer And The New Dark Age

The media landscape in the U.S. is collapsing as journalism outlets at the national, state and local levels close or gut staff. One-third of the country's newspapers have shut down and two-thirds of its newspaper journalists have lost jobs since 2005. An average of 2.5 newspapers closed each week in 2023, compared to two a week in 2022. The decimation of local news outlets is even worse, where papers are closing and layoffs have been nearly constant. In the last two decades nearly 3,000 of the country's 9,000 newspapers have closed and 43,000 newspaper journalists have lost their jobs.

The bloodletting is only accelerating. Business Insider is eliminating 8 percent of its workforce. The Los Angeles Times recently laid off 120 journalists, more than 20 percent of the newsroom after cutting 74 newsroom positions last June. TIME magazine has announced impending layoffs. The Washington Post at the end of last year cut 240 jobs. Sports Illustrated has been gutted. CNN, NPR, Vice Media, Vox Media, NBC News, CNBC, and other organizations

have all made huge staff cuts. The newspaper chain Gannett, which owns USA Today and many local papers, has cut hundreds of positions. The latest round of layoffs come on the heels of the worst job cuts in the journalism sector since 2020 when the Covid-19 crisis saw some 2,700 jobs eliminated.

The consumption of news and entertainment by the public in the digital age has turned many of the traditional media platforms into dinosaurs. But as they disappear, so does the core of journalism, reporting, especially investigative reporting. Digital platforms are, with a few exceptions, not sustaining reportorial coverage, certainty not on the local level, one of the fundamental pillars of democracy.

Advertising dollars, which once sustained the media industry, have migrated to digital platforms where advertisers are able to target with precision potential consumers. The monopoly that the old media had connecting sellers with buyers is gone. Social media and search giants, such as

SEE **Collapse of Journalism**, page 5

Songs, representing the indigenous culture that binds Turtle Island together and the land of the Great Kumeyaay Nation upon which we walk. He stated, "Red Warrior is honored to sing for Women who Roar. We sing for all Women, Red, Yellow, Black and White. No Woman equals No People equals No History equals No Love."

It was at this backdrop that the Women of Roar held their 2024 Breakfast at the City College Gymnasium after their original location, Jacobs Center, was effected by the flooding. The women's group effectively changed venues to honor its recipients. Angela de Joseph organized the event at the new location in order to keep the show going. Ms. de Joseph said, "pulling this off was nothing short of a miracle."

This year, the finest in leadership and development were awarded. Following Native drumming, the breakfast began. It was followed by an introduction by Doctorate Queen Mother Kathleen Harmon. Roar welcomed long-serving Secretary of State Dr. Shirley Webber and Congresswoman Sarah Jacobs. President Pro-Temp Monica Montgomery Steppe and attorney Genevieve Jones were in attendance. Senator Toni Atkins attended as well. We also received inspiration and encouragement from Mayor Todd Gloria, who praised the accomplishments of the attendees and awardees. County Supervisor Nora Vargas also shared a few

## Cotton Pickers Movement

The Movement, initiated in 2009, by Khafre, Inc., is established to support the creation of a Historic Cotton Trail. It includes a monument designed by Ed Dwight, an interpretive center/museum and historical markers that connect West Africa to the Mississippi Delta (Cotton Kingdom), and Manchester, England (Cotton Capital). This in an effort to honor the hands that have sown the

threads of unity and the industrial revolution throughout the world. Please support the construction of the monument and the preservation of the Cotton Trail, connecting West Africa, to the Mississippi Delta, and Manchester England in a tapestry of cultural unity.

Let's Cultivate the 'Roots of Honor' in Our Shared Cotton Heritage ... It is time!



## The Debacle of “God’s Army” at Eagle Pass

by Jim Hightower

Perhaps you heard about the recent surge of invasive foreigners into Eagle Pass, Texas – the Rio Grande border town that finds itself at the hot center of the US-Mexico immigration crisis.

Only, this “invasion” (as Donald Trump’s MAGA crowd likes to call it) was not by Latin Americans, but by Anglos descending on Eagle Pass from the North! Indeed, it was an invasion by Trumpista partisans claiming to be “God’s Army.” Organized as a Christian Nationalist crusade, they boasted that a mighty convoy of 700,000 trucks from all across the US would be streaming toward Eagle Pass to “Take Our Border Back.”

What a show of strength! But just when you think the whole country has gone full-tilt bonkers, reality shows up. “God’s Army” actually consisted of about 20 trucks, a babbling rant by Sarah Palin, and a forlorn crowd of... maybe 200 people. Seriously. That was it. The greased pig contest for children at a small county fair in Texas draws more than that.

And, very significantly, many of the Trump “patriots” who came from afar were stunned to find that his frantic claims of hordes of rampaging criminals flooding into the US didn’t exist. “That’s kind of eye-opening,” said one who’d made the long trek to repel the “invaders.” And a 29-year-old local resident expressed the rude truth about the loudly ballyhooed caravan: “What is all of this for? For show,” he exclaimed!

Adding to the sleazy spectacle, Texas Gov. Greg Abbott had convened a dozen other immigrant-bashing GOP governors in Eagle Pass to take advantage of the caravan’s political glow. Imagine their chagrin that their number of high-powered governors, political staffers, and media entourages outnumbered the crowd.

For an honest depiction of God’s Army, go to Vote Common Good: [votecommongood.com](http://votecommongood.com).

## Poll Workers Still Needed for March Presidential Primary

by Tracy DeFore, County of San Diego Communications Office

The Registrar’s office is seeking additional poll workers throughout the county for the March 2024 presidential primary election. Poll workers play an essential role in elections and can serve their community while earning a stipend.

There is a particular need for poll workers who are bilingual in Chinese, Vietnamese and Filipino to work at vote centers located around North County, South Bay and East County.

In addition, the Registrar’s office needs poll workers who are bilingual in Somali for vote centers in Oak Park, and poll workers who are bilingual in Laotian for vote centers in Encanto, Paradise Hills and Bay Terraces.

Federal law requires the Registrar’s office to provide bilingual speakers and voting materials to voters who speak Spanish, Filipino, Vietnamese and Chinese.

State and county requirements show a need for Arabic, Japanese, Korean, Laotian, Somali and Persian (Farsi and Dari) speakers at select vote centers across



the county.

Under the Voter’s Choice Act, vote centers replace traditional polling places. Vote centers are open throughout the county for an extended period before Election Day. Rather than a single day of service, poll workers are now needed to staff vote centers for up to 11 days in the two weeks before Election Day.

Depending on the assignment, poll workers will receive a stipend ranging from \$135 to \$160 for each day of service at a vote center between Feb. 24 and March 4. On Election Day, March 5, poll workers will receive a stipend ranging from \$220 to \$270 due to the extended hours. Those who are bilingual will

receive an additional \$5 for each day of service at the vote center with an increase to \$10 on Election Day.

Responsibilities include:

- Providing excellent customer service
- Assisting voters
- Submitting stipend paperwork
- Attending a two-day, paid poll worker training (\$95 daily stipend)
- Opening/closing a vote center
- Answering voter questions

Applicants must be 18 years old, a U.S. citizen and registered to vote in California, or lawfully admitted for permanent residence in the United States. Applicants must also provide their own transportation to their assigned vote center.

The Registrar is seeking people who are team players, exhibit strong leadership and customer service skills, and display flexibility, patience and the highest level of integrity at all times. Poll workers must represent the Registrar of Voters in a professional, nonpartisan manner.

Applications are available at [sdvote.com](http://sdvote.com). For more information, call (858) 565-5800 or email [pollworker@sdcounty.ca.gov](mailto:pollworker@sdcounty.ca.gov).

## Fanny Lou Hamer 1917-1977. Let the Little Light Shine

Black women’s contributions to this country are immeasurable. In spite of insufferable oppression, Black women provided a backbone for and perpetual strength to the American middle class and the values that we share as Americans that hold our great experiment together.

In celebration of and in honor of the legion of Americans who keep the faith and patiently work within society to assure that our Democracy flourishes, we thank you.

On this Black History Month, Indian Voices is celebrating Fannie Lou Hamer. Hamer was born on October 6, 1917, in Montgomery County, Mississippi, the

20th and last child of sharecroppers Lou Ella and James Townsend.

She grew up in poverty, and at age six, Hamer began picking cotton with the rest of her family. Hamer began civil rights activism in 1962, continuing until her health declined nine years later. She was known for her use of spiritual hymns and quotes and her resilience in leading the civil rights movement for black women in Mississippi.

On August 31, 1962, Fanny Lou led 17 volunteers to register to vote at the Indianola, Mississippi courthouse. In June 1963, after successfully completing a voter registration program in Charleston, South Carolina, Hamer and several other

Black women were arrested for sitting in a “whites-only” bus station restaurant in Winona, Mississippi.

At the Winona jailhouse, she and several of the women were brutally beaten, leaving Hamer with lifelong injuries from a blood clot in her eye, kidney damage, and leg damage. This is where we came from, men and women just like Fanny Lou. The resilience and commitment of people like Hamer encourages us to “Let that Little Light Shine.”

*“Darkness cannot drive out darkness; only light can do that.  
Hate cannot drive out hate:  
only love can do that”  
– Martin Luther King, Jr.*





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Shirley Murphy, President  
Taspan Consulting  
5457 Sycuan Rd.  
El Cajon, CA  
619-994-5796  
[www.taspan.org](http://www.taspan.org)

**AALEMAN & ASSOCIATES**

Henry Mendibles Associate

220 Sage Road  
El Cajon, CA 92012  
Email [treefuzz@cox.net](mailto:treefuzz@cox.net)  
619-593-1754

**Elke W. Chenevey**  
Vice President  
Financial Advisor

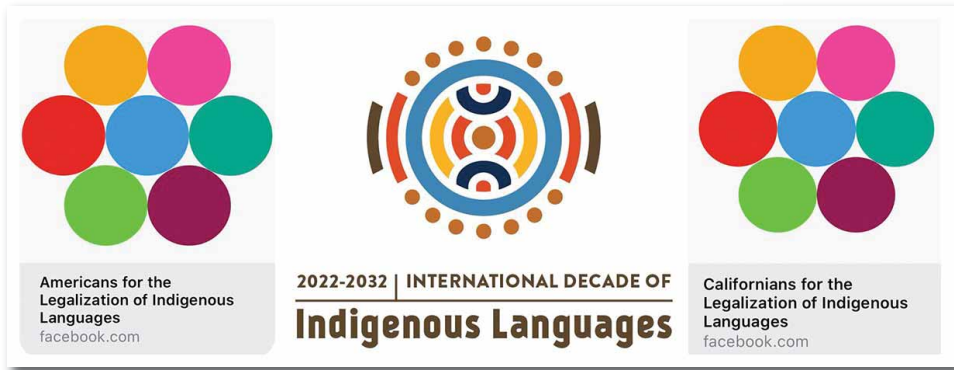
619/699-3707 (office)  
619/758-3619 (fax)  
NMLS #637220



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INDIGENOUS LANGUAGES



Mandy Curo (mandycuro@hotmail.com)

Enyekecheyuw ‘ewaam maakwayk  
SING ME BACK HOME (Kumeyaay)



by Mandy Curo  
*Synopsis: Some Saturday mornings around 10:00 we all gathered on my reservation to say “nya’aamh” to one of our own. We know where to meet.*

*We know generally the way it’s going to go. We start outside under the big beautiful oak and make our way up to the little cemetery filled with wooden crosses and headstones. We all take turns finding ways to help out and take care of the family in mourning. Some dig the grave; some cook. Some give speeches, and some, like myself, sing. The songs are familiar. The voices are familiar. The strum and the lead, we can expect. Those songs bring back all the times we’ve been here before, and it will be the sound one day of my own remembrance. I love that it is this way with us. How standing under that oak tree through tears and through song, we as a family, remember.*

Maayum ny’matt ‘aaw aamh ‘ewam nye’mich, ‘enyaach yayehan. Nyii ‘tehepallph maaw. Nyip ‘ematt, ‘echam pez ‘uuchuch ehin ‘yullp wechuw. Nysiny hewak, nyecham. Haypuk Daniela chuuhii. Nyapoom Carmen. Nyip ‘echeyuw ‘estik puuch nyewich. ‘Iipattch ‘uuchuch ‘estikches. ‘Enyaach wemir pawaa. ‘Enyaach hellytaa aakatt eyay wellich we’ip, pes maayum nyip ‘enya pekwilli nesoomches, uuchyuwp iichaa mushmush nyechewayp ‘enaam ‘ehan ‘ars. (84)Nyip ‘echyuw ‘ehin semaan ‘esnyaawch wenall melay. Muuyuu kiinyul! Muuyuu kwa’han! Nyamat

shaawatt pes Maayum ‘enyaawapch ‘iipat nyewich, ‘enyaawapch ‘iipaych nyeway kwiichaa.  
  
‘Enyaa ehink, maayum nyapam.  
Ny’enyaach waam,  
Mat ‘aayumh pa’nam ‘esnyaawm.  
Kuusay! ‘Ehan tewaa. Kemii! ‘Ehan tewaa.  
Keshully! Ketewaa ‘enyaam.  
Maayum ‘iipaych nyamaat chekwar nyaama ‘uuchuch nyamaat nesoomches  
Gitaarr kaachepach kaakily tewaa tewaa  
Nyapoom kaakily ehink waapiilly.  
Kaakily ‘echeyuw ‘ehan techaahaay.  
Kecheyaawch ‘echeyuw, heyaay ‘echeyuwch ‘enyaawapch rraaw ‘yuu’ip  
Keshaaakily ‘iikuu. Wenuwch kaateyiw.  
‘Enyekecheyuw ‘ewaam maakwayk  
‘Enyaa ehink maayum nyapam.  
Ny’enyaach waam,  
Nyemirrs, Nii maaykiiwayk umaaw  
Nyyachish nyamaat, mat ‘aaw nyamaat  
Nyhakwany, puknaach ‘iipat,  
nyyachish temur ‘ehan, nymatt  
Maayum ‘iipaych nyamaat chekwar nyaama ‘uuchuch nyamaat nesoomches  
Gitaarr kaachepach kaakily tewaa tewaa  
Nyapoom kaakily ehink waapiilly.  
Kaakily ‘echeyuw ‘ehan techaahaay  
Kecheyaawch ‘echeyuw, heyaay ‘echeyuwch ‘enyaawapch rraaw ‘yuu’ip  
Keshaaakily ‘iikuu. Wenuwch kaateyiw.  
‘Enyekecheyuw ‘ewaam maaakeayk  
  
‘Enyaa ehink, maayum nyapam.  
Ny’enyaach waam  
Mat aayumh pa’nam ‘esnyaawm.

powerful accountable. But as media organizations decline and news deserts expand, the press, increasingly anemic, is also coming under attack from political demagogues and sites masquerading as news platforms. Fake news, misinformation, salacious rumors and lies fill void. Civil society is paying the price.  
  
Courtesy The Chris Hedges Report

**Collapse of Journalism**  
Continued from page 3  
  
Google and Meta, snap up media content for free and disseminate it. Media outlets are often owned by private equity firms or billionaires that do not invest in journalism but harvest and hollow out the outlets for short term profits, accelerating the death spiral.  
  
Journalism, at its best, makes the

JOURNALIST’S NETWORK

Ralph Nader’s Newspaper Is a Salvo  
Against D.C. Media

*Capitol Hill Citizen is a welcome throwback to a more adversarial model of legislative coverage.*

One of the perks of a career on Capitol Hill is a surrounding environment that’s largely devoted to chronicling the importance of that career. Ever since Politico planted its flag back in 2007, there’s been a boom in trade journalism devoted to credulous coverage of the legislative process and the leaders who drive it. Take Axios, the bullet-pointed tip sheet for readers who find Politico’s breathless Hill coverage too Jamesian in scope. The Messenger, in turn, is defying the odds by pioneering an even more superficial model of politics coverage, as exemplified by “The Scale,” its click-friendly, event-ranking panel of “political seismologists.” This frenetic traffic in glorified Hill gossip stands alongside the more arm’s-length yet still studiously deferential coverage of Capitol Hill politics-as-usual, purveyed by CQ-Roll Call, National Journal, and The Hill (though it bears stipulating that The Hill’s opinion section is a stunning mosaic of right-wing clout-chasing).

So the Capitol Hill Citizen, a semi-monthly publication backed by longtime consumer advocate Ralph Nader, is a welcome throwback to a more adversarial model of legislative coverage. The mission is right there in the title, “citizens” otherwise serving as a quaint and near-obsolete afterthought to a legislative process dominated by corporate lobbying, influence-brokering, and favor-trading on both sides of the partisan aisle. (The paper’s masthead motto is also a spirited swipe at the self-serious one adopted during the Trump administration by The Washington Post: “Democracy dies in broad daylight.”)

In pursuit of its citizens-first mission, the paper’s Hill coverage reflects a markedly different set of priorities than you see in any other outlet. As House GOP leaders tee up stemwinding Hunter Biden probes and plans to impeach Joe Biden for being Joe Biden, the July/August edition of Capitol Hill Citizen leads with a

dispatch from editor Russell Mokhiber announcing that inquiries into corporate crime have hit a new low on Biden’s watch—and that Biden’s dogged would-be prosecutors in Congress are likewise asleep at the switch when it comes to scheduling hearings on the issue. Citing research from Nader’s Public Citizen group, Mokhiber notes that corporate crime prosecutions by Biden’s Justice Department numbered just 90 in 2021, “less than half of the average annual number of corporate crime prosecutions brought in the previous 25 years.” The picture is just as grim on the broader front of white-collar crime, he observes, in a review of data from the Transactional Records Access Clearing House: “During the last fiscal year, which ended [in] September 2022, only 4,180 white-collar defendants were prosecuted. White-collar prosecutions were lower than in any year during Trump’s administration—even lower than during 2020, when due to the pandemic and the federal partial shutdowns, federal criminal enforcement activities of all kinds were sharply curtailed.”

The issue’s other features reflect an unapologetically sharp-elbowed approach to the Hill beat. A seven-page feature commemorating the 20th anniversary of the George W. Bush White House’s invasion of Iraq features transcripts of Nader’s radio interviews with anti-war activist Cindy Sheehan, former Marine officer and State Department official Matthew Hoh, who resigned his State post over the botched US invasion and occupation of Afghanistan, and foreign correspondent Dahr Jamaial. A Nader-penned editorial calls for federal lawmakers to hold town halls on the abuse of corporate power over an August recess usually devoted to securing big-donor backsheesh.

The paper is a throwback in another sense as well: It is a print-only publication in an age of digital click-harvesting. This choice is another rebuke to the callow quest of traffic for traffic’s sake that most

SEE Nader Newspaper, page 14

**A Conversation with Jon Ralston**  
*“I understand why people don’t trust the media at times.”*

Reynolds School of Journalism  
University of Nevada, Reno

NEVADA HUMANITIES





To improve the quality of life of those who recognize themselves and choose to be recognized by others as "Indigenous Peoples of Color of the Americas" and in support of The American Indian Rights and Resources Organization (AIRRO).

## Seminole Nation Museum Presentation

by Windy Goodloe, secretary, Seminole Indian Scouts Cemetery Association

On Saturday, February 17, 2024, I had the pleasure of speaking at the Seminole Nation Museum in Wewoka, Oklahoma. I was invited to speak by Chief Lewis Johnson of the Seminole Nation of Oklahoma. He'd seen a presentation that I'd done for the Fort Worth Public Library on YouTube, and after connecting with the kind people there, extended an invitation. I happily (and quickly) accepted.

To say that the Seminole Nation of Oklahoma and the Seminole Nation Museum were kind and hospitable is an understatement. As my prima and fellow travel partner Corina Torralba said, "They treated us like royalty." And I am not exaggerating when I say the whole trip was magical.

From the time I got on the plane, everyone that I encountered was so warm and friendly. The Will Rogers World Airport in Oklahoma City was full of great energy and easy to navigate. Then, when Corina and I hopped in our rental car, after setting our GPS for Wewoka, we

enjoyed a scenic drive filled with endless flat land, cows, and beautifully colorful houses that dotted the sparse landscape. There were even a few times when we were directed to take back roads. It was an unexpected adventure that showed us equal parts sights we'd never seen before and surroundings that felt very much like home.

When we arrived in Wewoka, we went right to the Seminole Nation Museum, where we were greeted by museum director Richard Ellwanger and collections manager Caitlin Maddox, who quickly made us feel welcomed. We also were finally able to meet Chief Phillip Barkus of the Dosar Barkus Band in person. He made us feel instantly at home as well. He and Sen. Anastasia Pittman set up a lovely display that included tons of books and personal photos and artifacts. After they finished setting up their display, we went out to eat at a great restaurant called Rudy Alan's Steakhouse. It was a great way to end our first day in Wewoka, where the weather was incredibly, unbelievably cold, but the people were so warm.

The next day, the day of the presentation, we were treated to a traditional Seminole meal that was arranged by Chief Johnson. The meal included fry bread and sofke/soski. I'd grown up hearing about sofke/soski, but had never had the opportunity to try it. I was surprised by how much I liked it. Everything was incredibly tasty.

Ahead of the presentation, several dear friends, old and new, began to appear. Guy Narcomey and his beautiful mom Phyllis,

Erwin and Cynthia Atchico, LeEtta Osbourne-Sampson, Elizabeth Ann Gaines Ali, and Arthur "Butch" Conley all braved the cold to come out and show their support. Seeing so many familiar faces in the audience made me feel loved and just a little less nervous.

My presentation lasted about 45 minutes and was titled "The Black Seminoles of Texas and Mexico." It consisted of a (brief) history of the Black Seminoles and a (brief) discussion about



From left to right: Corina Torralba (SISCA treasurer), Chief Lewis Johnson (Seminole Nation of Oklahoma), and Windy Goodloe at the Seminole Nation Museum in Wewoka, OK

SEE **Seminole Museum**, page 11

## A Taste of San Diego History

Yvette Porter Moore



## BLACK HISTORY MONTH IN SAN DIEGO

Carter G. Woodson founded Black History Week on February 7, 1926, which was the precursor to Black History Month. It was founded as a way of honoring the contributions of the Black race. He chose this date as it fell between the dates of two great men, President Abraham Lincoln and the great orator Frederick Douglass. Woodson wanted to encompass the two individuals who had shaped Black History, as celebrations had been held for both men separately since the end of slavery. Woodson encouraged the public to extend their study to Black History.

Woodson, who was also the founder of the Association for the Study of African American Life & History (ASALH), set a theme every year for which the public is to study and honor and celebrate. This year's theme is African Americans and the Arts.

On February 17, 2024, the County of Los Angeles Fire Department, County Board of Supervisor Holly Mitchell, and the Stentorians will be dedicating Fire Station No. 58 in the remembrance of Assistant Fire Chief Hershel Clady.

Hershel Clady attended San Diego High School and was recently inducted posthumously to the Wall of Honor. Clady joined the Air Force in 1969 and was stationed in Kokomo, IN. After his military service, he relocated to Los

Angeles in 1969 and later applied and was hired by the Los Angeles County Fire Department. Over the next seven years, Hershel became the first African American promoted to Fire Engineer and Fire Captain in Los Angeles County. He was later promoted to Battalion Chief in 1987 and achieved the rank of Assistant Fire Chief in 1993. Throughout his successful career, Hershel championed the fight for equal rights of African Americans and other people of color against biased employment exams and physical tests, not only in Los Angeles County, where he took such cases to the U.S. Supreme Court, but throughout the nation.

Another historical moment occurred when President George H. W. Bush, specifically called out to meet Assistant Chief Clady upon his visit to Los Angeles after the L.A. Riots.

Hershel Clady dedicated his career to improving public and fire safety standards. He also particularly addressed the underrepresentation of African American women and served as a mentor in their recruitment, training and career development.

Hershel enjoyed attending Clady family reunions and hosting Labor Day gatherings. Upon retirement Hershel became an avid golfer, traveling to tournaments and winning various trophies.

Hershel served as an officer and member of various boards and associations and received many awards and accolades from the community during his 31-year public service career. Some of his achievements include:

- Regional Director, International Association of Black Professional Fire Fighters
- Member, International Association of Fire Chiefs
- Past President, Stentorians of Los Angeles County
- Board Member, Black County Employees Association

SEE **Black History Month in SD**, page 12



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## City of San Diego Public Library Programs Celebrate Culture and Community During Black History Month

*Special Author Talks, Crafts, Storytimes And Book Discussions Offered During February*

SAN DIEGO – The San Diego Public Library (SDPL) has a full schedule of all-ages programming planned for Black History Month. During February, SDPL is hosting several free programs, including an author discussion, storytimes and craft projects featuring freedom quilts and traditional African masks.

“The San Diego Public Library’s Black History Month programming explores the richness and diversity of the Black experience and identity,” said Library Director Misty Jones. “Working with our community partners, SDPL staff has created unique opportunities for people to connect through stories and shared experiences.”

### Black History Month events at SDPL include:

- Fearing the Black Body: The Racial Origins of Fat Phobia with Dr. Sabrina Strings.  
- Feb. 25, 2024. 1 – 3 p.m. at Central Library. Presented by University of San Diego and San Diego Public Library.
- Author talk and book signing by author and professor Dr. Sabrina Strings. She will discuss the idea that the contemporary ideal of thinness is, at its core, radicalized and racist.

### Afro-Mexicanos: Mexico Finally Recognizes

## City of San Diego Awards \$1 Million to Artists and Organizations Focused on Communities of Concern

*Impact Funds Support Arts-Based Projects With Change-Making Potential*

SAN DIEGO – Today the City of San Diego announced the 10 artists and organizations that will receive funding through the Impact pilot, a funding opportunity for arts-based heritage, sustainability and justice projects within San Diego Communities of Concern and the San Diego Promise Zone.

Following an application submission process, the recipients were selected based on their potential to make a lasting impact on challenges within the local arts and cultural ecosystems. The recipients are:

- All for Logan in collaboration with Barrio Logan Association.
- Asian Story Theater in collaboration with William Virchis.
- Kim Phillips-Pea in collaboration with San Diego Sister Cities.

### Its Black Citizens.

- Feb. 26, 2024. 6:30 p.m. at Central Library.  
- WorldBeat Cultural Center’s Jorge Gonzalez will lead a discussion on the presence and history of people of African descent in Mexico and the omission of Afro-Mexican from Mexican history, governmental rights and society.

### Black History Pride Storytime.

- Feb. 20, 2024. 10:30 – 11:30 a.m. at Skyline Hills Library.  
- Celebrate Black History Month with a special Pride storytime. The library will celebrate diversity and individuality through age-appropriate stories and songs.

### Crafternoon and Create It! Programs for Youth.

- Throughout the month of February at several SDPL locations.  
- Kids will have the opportunity to create several different types of projects including kente cloth paper crafts, freedom quilt fabric designs and African masks.
- SDPL will also host several lectures, discussions and storytimes at its library locations throughout the month. For a full list of programs, registration information and Black History Month book lists, visit the library’s Black History Month webpage.

- Little Saigon San Diego in collaboration with the Indochinese Association of San Diego.
- South Bay Alliance Association, Inc. in collaboration with John Roy Sound.
- The Aja Project in collaboration with Fatuma Fadhil.
- The Urban Collaborative Project with Maxx Moses.
- TuYo Theatre in collaboration with Veronica Marquez.
- WorldBeat Cultural Center in collaboration with Centro Cultural de la Raza.

The 2024-25 awardees are making strides in critical areas such as preserving and innovating a neighborhood’s unique cultural identity amid rapid gentrification, creating new models to address the lack of arts and culture spaces within neighborhoods, and reversing cultural erosion by fostering living traditional and folk-art practices and stories.

## California Introduces First-In-Nation Slavery Reparations Package

*The set of bills notably excludes direct cash payments.*

*by Lara Korte, Politico*

SACRAMENTO, California — California state lawmakers introduced a slate of reparations bills on Wednesday, including a proposal to restore property taken by “race-based” cases of eminent domain and a potentially unconstitutional measure to provide state funding for “specific groups.”

The package marks a first-in-the-nation effort to give restitution to Black Americans who have been harmed by centuries of racist policies and practices. California’s legislative push is the culmination of years of research and debate, including 111-pages of recommendations issued last year by a task force.

Other states like Colorado, New York, and Massachusetts have commissioned reparations studies or task forces, but California is the first to attempt to turn those ideas into law.

The 14 measures introduced by the Legislative Black Caucus touch on education, civil rights and criminal justice, including reviving a years-old effort to restrict solitary confinement that failed to make it out of the statehouse as recently as last year.

Not included is any type of financial compensation to descendants of Black slaves, a polarizing proposal that has received a cool response from many state Democrats, including Gov. Gavin Newsom.

“While many only associate direct cash payments with reparations, the true meaning of the word, to repair, involves much more,” Assemblymember Lori Wilson, chair of the caucus, said in a statement. “We need a comprehensive approach to dismantling the legacy of slavery and systemic racism.”

The package does have a provision that would give some monetary relief. The proposed bill, authored by State Sen. Steven Bradford, a Democrat from the Los Angeles area, deals with “property takings.” It would, “Restore



From left, state Sen. Steven Bradford, Secretary of State Shirley Weber, task force member Lisa Holder and Assemblymember Reggie Jones-Sawyer hold up a final report of the California Task Force to Study and Develop Reparation Proposals for African Americans during a hearing in Sacramento, California on June 29, 2023. | Haven Daley/AP

property taken during raced-based uses of eminent domain to its original owners or provide another effective remedy where appropriate, such as restitution or compensation.”

Black lawmakers are already anticipating an uphill battle. They anticipate spending many hours to educate fellow legislators and convince them to pass the bills.

Some of the measures could also run into legal trouble.

Democratic Assemblymember Corey Jackson, who represents a district north of San Diego, is proposing asking voters to change California’s Constitution to allow the state to fund programs aimed at “increasing the life expectancy of, improving educational outcomes for, or lifting out of poverty specific groups based on race, color, ethnicity, national origin, or marginalized genders, sexes, or sexual orientations.”

That plan could face a similar constitutional challenge like the one that ultimately dismantled affirmative action.

Other proposals include protections for “natural and protective” hairstyles in all competitive sports, and a formal apology by the governor and Legislature for the state’s role in human rights violations and crimes against humanity on African slaves and their descendants.

The caucus will flesh out the package in the coming weeks.

*Courtesy “Politico”*

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*I do not think the measure of a civilization is how tall its buildings of concrete are, but rather how well its people have learned to relate to their environment and fellow man.*

– Sun Bear

*Sun Bear was a Chippewa teacher, healer, and author of nine books.*





# Three Sisters Networking Toward Cultural Health

**The Three Sisters** (Spanish: tres hermanas) are the three main agricultural crops of various indigenous peoples of Central and North America: squash, maize ("corn"), and climbing beans (typically tepary beans or common beans). In a technique known as companion planting, the maize and beans are often planted together in mounds formed by



hilling soil around the base of the plants each year; squash is typically planted between the mounds. The cornstalk serves as a trellis for climbing beans, the beans fix nitrogen in their root nodules and stabilize the maize in high winds, and the wide leaves of the squash plant shade the ground, keeping the soil moist and helping prevent the establishment of weeds.

Indigenous peoples throughout North America cultivated different varieties of the Three Sisters, adapted to varying local environments. The individual crops and their use in polyculture originated in Mesoamerica, where squash was domesticated first, followed by maize and then beans, over a period of

5,000–6,500 years. European records from the sixteenth century describe highly productive Indigenous agriculture based on cultivation of the Three Sisters throughout what are now the Eastern United States and Canada, where the crops were used for both food and trade. Geographer Carl O. Sauer described the Three Sisters as "a symbiotic plant complex of North and Central America without an equal elsewhere".

### CULTIVATION METHODS

Agricultural history in the Americas differed from the Old World in that the Americas lacked large-seeded, easily domesticated grains (such as wheat and barley) and large domesticated animals that could be used for agricultural labor. At the time of first contact between the Europeans and the Americans, Carlos Sempat Assadourian writes that Europeans practiced "extensive agriculture, based on the plough and draught animals" while the Indigenous peoples of the Americas practiced "intensive agriculture, based on human labour".

In Indigenous American companion planting, maize (*Zea mays*), beans (*Phaseolus* and *Vicia*), and squash (*Cucurbita pepo*) are planted close together. The maize and beans are often planted together in mounds formed by hilling soil around the base of the plants each year; squash is typically planted between the mounds. In the northeastern U.S., this practice increases soil temperature in the mound and improves drainage, both of which benefit maize planted in spring. In Haudenosaunee (Iroquois) farming, the fields were not tilled, enhancing soil fertility and the sustainability of the cropping system by limiting soil erosion and oxidation of soil organic matter. A modern experiment found that the Haudenosaunee Three Sisters polyculture provided both more energy and more protein than any local monoculture.

The three crops benefit by being grown together. The cornstalk serves as a trellis for the beans to climb, the beans fix nitrogen in the soil, and their twining vines stabilize the maize in high winds, and the wide leaves of the squash plant shade the ground, keeping the soil moist and helping prevent the establishment of weeds. The prickly hairs of some squash varieties deter pests, such as deer and raccoons.

Although this synergy had been traditionally reputed among American cultures, scientific confirmation has arrived only much more recently. Much of this research was performed in the Soviet Union in the early 1970s and published in several volumes of *Biochemical and Physiological Bases for Plant Interactions in Phytocenosis* edited by Andrey Mikhailovich Grodzinsky . Dzubenko & Petrenko 1971, Lykhvar & Nazarova 1970 and Pronin et al. 1970 find

a wide number of leguminous crops increase the growth and yield of maize, while Gulyaev et al. 1970 select later maturing lines of beans to produce the converse effect, increasing even further the yield gain of beans when planted with maize. Pronin et al. 1972 find increased productivity and root exudate in both crops when combining *Vicia faba* with maize, and even more so in soils with preexisting high nitrogen fixing microorganism activity.

Indigenous peoples throughout North America cultivated different varieties of the Three Sisters, adapted to varying local environments. The milpas of Mesoamerica are farms or gardens that employ companion planting on a larger scale. The Ancestral Puebloans adopted this garden design in the drier deserts and xeric shrublands environment. The Tewa and other peoples of the North American Southwest often included a "fourth Sister", Rocky Mountain bee plant (*Cleome serrulata*), which attracts bees to help pollinate the beans and squash. The Three Sisters crop model was widely used by a number of First Nations in the Great Lakes–St. Lawrence Lowlands region.

### PRODUCTIVITY

European records from the sixteenth century describe highly productive Indigenous agriculture based on cultivation of the Three Sisters throughout what are now the Eastern United States and Canada, from Florida to Ontario. The geographer Carl O. Sauer described the Three Sisters as "a symbiotic plant complex of North and Central America without an equal elsewhere". The agronomist Jane Mt. Pleasant writes that the Three Sisters mound system "enhances the soil physical and biochemical environment, minimizes soil erosion, improves soil tilth, manages plant population and spacing, provides for plant nutrients in appropriate quantities, and at the time needed, and controls weeds". After several thousand years of selective breeding, the hemisphere's most important crop, maize, was more productive than Old World grain crops. Maize produced two and one-half times more calories per given land area than wheat and barley.

Nutritionally, maize, beans, and squash contain all nine essential amino acids. The protein from maize is further enhanced by protein contributions from beans and pumpkin seeds, while pumpkin flesh provides large amounts of vitamin A; with the Three Sisters, farmers harvest about the same amount of energy as from maize monoculture, but get more protein yield from the inter-planted bean and pumpkin. Mt. Pleasant writes that this largely explains the value of the Three Sisters over monoculture cropping, as the system yields large amounts of energy, and at the same time increases protein yields; this polyculture cropping system yielded more food and supported more people per hectare compared to monocultures of the individual crops or mixtures of monocultures.

### YIELDS

Scholars Mt. Pleasant and Burt reproduced Iroquoian methods of cultivation with Iroquoian varieties of maize at several locations in New York. They reported maize yields of 22 to 76 bushels per acre (1.4 to 4.8 tonnes per hectare). Soil fertility and weather were the main determinants of yield. Mt. Pleasant also questioned the conventional wisdom that the Iroquois practiced slash-and-burn agriculture, abandoning fields when the soil was depleted of

nutrients after several years of farming, but instead claimed that Iroquoian no-till farming techniques preserved soil fertility. In a similar experiment to reproduce Native American agricultural practices in Minnesota, Munson-Scullin and Scullin reported that over three years, the per-acre annual maize yields declined from 40 to 30 to 25 bushels (2.5, 1.9, and 1.6 t/ha).

Other scholars have estimated lower average yields of maize. Hart and Feranec estimated the yield of Huron agriculture at 8 to 22 bushels per acre (0.5 to 1.4 t/ha), the higher yields coming from newly cultivated land. The Huron lived in Ontario near the northern limit of where agriculture was feasible and had less fertile soils than many other regions. Nevertheless, they produced surpluses for trading with nearby non-agricultural peoples. Bruce Trigger estimates that the Hurons required .4 to .8 acres (1,600 to 3,200 m2) of land under cultivation per capita for their subsistence with more cultivated land required for trade. Sissel Schroeder estimates that the average yield of Native American farms in the 19th century was 18.9 bushels per acre (1.2 t/ha), but opines that pre-historic yields might have been as low as 10 bushels per acre (0.6 t/ha). As the Iroquois and other Native Americans did not plow their land, Mt. Pleasant and Burt concluded that their lands retained more organic matter and thus were higher in yields of maize than early Euro-American farms in North America.

### SOCIETY AND CULTURE

Further information: Domestication  
Maize, beans, and squash, whether grown individually or together, have a very long history in the Americas. The process to develop the agricultural knowledge for cultivation took place over a 5,000 to 6,500 year period. Squash was domesticated first, with maize second and beans third. Squash was first domesticated some 8,000–10,000 years ago.

### CAHOKIAN, MISSISSIPPIAN AND MUSCOGEE CULTURE

From 800 AD, Three Sisters crop organization was used in the largest Native American city north of the Rio Grande known as Cahokia, located in the Mississippi floodplain to the east of modern St. Louis, Missouri. It spanned over 13 km2 and supported populations of at least thousands. Cahokia was notable for its delineated community zones, including those for administration, several residential areas, and a large agricultural complex. Domesticated squash, gourds, and maize were initially grown alongside wild beans; domesticated beans were not grown at Cahokia until 1250. The cultivation of the Three Sisters crops by Cahokian residents produced a food surplus large enough to support Cahokia's expanded population, as well as further cultures throughout the extended Mississippi River system such as those of the Mississippian and Muscogee.[25]

There is evidence that Cahokia held at least one great feast around 1050-1100 AD. The food served at these gatherings included, alongside a variety of other plants and animals, several domesticated squash varieties, maize, and wild beans. Food that needed to be processed, like cornmeal, would commonly be prepared at the feast site alongside non-food items that gave the feasts ritual or ceremonial importance.

Eventual overuse of the environment in the areas surrounding Cahokia began to degrade

the land. As the surrounding woodlands were cleared through overuse, runoff frequently flooded the crop fields throughout the growing season, limiting the ability to grow the squash, maize, and corn Cahokia subsisted upon. By c. 1350, the Cahokia site had been mostly abandoned and the large population dispersed, though the Mississippian and Muscogee cultures continued to thrive until c. 1600, when contact with Spanish explorers brought Eurasian diseases, death, and cultural collapse.

### HAUDENOSAUNEE CULTURE

In the Handbook of North American Indians, the Three Sisters are called the "foundation of (Iroquois) subsistence", allowing the Haudenosaunee or Iroquois to develop the institutions of sedentary life. The Three Sisters appear prominently in Haudenosaunee oral traditions and ceremonies, such as the creation story and the thanksgiving address.[4] The Carnegie Museum of Natural History recounts the story of how the three plants grew from the body of Sky Woman's daughter, granting the Haudenosaunee the gift of agriculture.

Researchers in the early 20th century described more than a dozen varieties of maize and similar numbers of bean varieties, as well as many types of squash, such as pumpkin and winter squash, grown in Haudenosaunee communities. The first academic description of the Three Sisters cropping system in 1910 reported that the Iroquois preferred to plant the three crops together, since it took less time and effort than planting them individually, and because they believed the plants were "guarded by three inseparable spirits and would not thrive apart".

Among the Haudenosaunee, women were responsible for cultivation and distribution of the three crops, which raised their social status. Male roles traditionally included extended periods of travel, such as for hunting expeditions, diplomatic missions, or military raids. Men took part in the initial preparation for the planting of the Three Sisters by clearing the planting ground, after which groups of related women, working communally, performed the planting, weeding, and harvesting. Based on archaeological findings, paleobotanist John Hart concludes that the Haudenosaunee began growing the three crops as a polyculture sometime after 700 BP. The Haudenosaunee frequently traded their crops, so the need for each crop could vary substantially from year to year. Jane Mt. Pleasant surmises that the Haudenosaunee may have typically inter-planted the three crops, but they could also have planted monocultures of the individual crops to meet specific needs.

### MAYA CULTURE

Further information: Maya cuisine

The Maya diet focused on the Three Sisters. Maize was the central component of the diet of the ancient Maya and figured prominently in Maya mythology and ideology. Archaeological evidence suggests that Chapalote-Nal-Tel was the dominant maize species, though it is likely others were being exploited also.



Wikipedia contributors, "Three Sisters (agriculture)," Wikipedia, The Free Encyclopedia, [https://en.wikipedia.org/w/index.php?title=Three\\_Sisters\\_\(agriculture\)&oldid=1206388016](https://en.wikipedia.org/w/index.php?title=Three_Sisters_(agriculture)&oldid=1206388016) (accessed February 16, 2024).



## Native American Voices

Meet with community and tribal leaders and seek insight and understanding into some of the pressing political issues, passionate activism, and rich diversity of Native American cultures.

Courtesy "The Nation"

The idea for a Native American focused educational tour came to us from our previous Nation travelers, people who had joined us on our Civil Rights program. They asked us if we could, working with tribal leaders, create a thoughtful, respectful, and stimulating program that would begin to look at some of the current community initiatives, energetic activist work, legal challenges and cultural engagement of Native peoples in the U.S. A journey where we could hear firsthand from the community about their past struggles, their current lives and their aspirations for the future.

Our goal for this program is to listen and to learn: to hear directly from Native Americans without the questionable filters of history writers, mainstream media representations, even well-intentioned progressive journalists. We reached out to tribal leaders and learned that many in the community are anxious to be heard, to challenge misconceptions, and to share their good work and promising programs.

Our itinerary focuses on just a few geographical areas: the Dakotas and Colorado, where we hope to gain insight into important aspects of the Hidatsa, Mandan, Lakota, Dakota, Ute, Navajo, Apache and Kiowa Nations.

It's a rich nine-day program that just begins to scratch the surface of these complex cultures. We'll travel through dramatic Western landscapes peppered with rich historical sites as we meet with community and tribal leaders, story-tellers, artists, musicians and activists – focusing on listening to what they want to tell us, on understanding their hopes for the future, and facing the shameful legacy of the U.S.'s brutal history of eradication and oppression. We hope to have the privilege of hearing singular voices that have been silenced for too long.

### Tour Hosts

**Dakota Wind Goodhouse:** Dakota is an enrolled member of the Standing Rock Sioux Tribe and a Native American Studies instructor at United Tribes Technical College, which is owned and operated by the three Affiliated Tribes of Fort Berthold, the Spirit Lake Tribe, the Sisseton-Wahpeton Oyate, the Standing Rock Sioux Tribe, and the Turtle Mountain Band of Chippewa Indians. Dakota will be with the group from Bismarck to Denver.

**Bird Red:** A Southern Ute tribal member and a Ute singer who works at the Southern Ute Community Center, Bird was part of the documentary "Spirit of the Peaks" a film about the struggle for balance between two worlds. Bird Red will join the group in Denver for the remainder of the program.

### Highlights:

- Visit the Standing Rock Reservation and meet with Phyllis Young, a legendary Lakota activist and one of the founders of the #NoDAPL movement.
- Enjoy intimate performances of native songs on flute, guitar, and drum with musician Sequoia Crosswhite, a member of the Cheyenne River Sioux and descendent of Chief of War Eagle and Chief Swift Cloud.
- Visit unique geographic wonders like Wind Cave National Park, Great Sand Dunes National Park, and Chimney Rock, places important in Native American history and several emergence stories.
- Meet John EchoHawk, a Native American attorney, founder of the Native American Rights Fund, and a leading member of the Native American self-determination movement.
- Take a behind the scenes tour with Sky Ute Tribal Council member, Linda Baker, at the beautiful Southern Ute Cultural Center and learn about the economy of the modern Ute and their experience with casino gaming.

May 12 – 20, 2024

Email us at [travels@thenation.com](mailto:travels@thenation.com) or call us at 212 –209 –5401 with any questions

## NETWORKING



## VETERAN NEWS OUTREACH

In collaboration with Jerry Ashton

### Hey, Vets – Was the VA Your Valentine on the 14th? Here's What Will Change That

As fine as the VA services might be, – once they see to it that all of your unpaid and unpayable hospital bills are made available for legitimate and final debt forgiveness. Every. Single. Dollar. Forgiven.

Our not-so-modest Valentine proposal is that the VA needs to address a major grievance – the estimated \$6B in medical debt it has laid on the backs of our veterans. \$6,000,000,000! That's not a typo, although it is difficult to know at this point how much debt is being and has accumulated through the VA for emergency services provided outside of their hospital system.

At one point it was over \$6 billion, but in 2019 contested that policy and is requiring the VA to reimburse vets. Is that happening? Has it happened? I don't know. If you do, please let me know.

The point is, America's warriors who on joining the military agreed to do whatever was necessary to protect our country (up to and including loss of limb and life), have no guarantee of free and ongoing healthcare. Didn't know that? Don't be ashamed – I'm a veteran and I didn't even know that until the charity I co-founded, RIP Medical Debt, discovered veterans were included in our debt purchases.

Like me, once becoming aware of this tragedy, you just might want to (1) get educated; (2) get mad; and (3) do something about it.

### Ok – We're Conscious – Tell Us More

You see, if someone has an injury or disability connected to military service, they are eligible to be treated by the VA at little or no cost. That same promise is not there for a non-service-related injury or illness. The VA routinely declines to pay for outside medical services, leaving vets on the hook.

It's bad enough being in debt, but that is not even the worst part. The VA will come after you for what is owed them. Such as reporting your past-due account to credit bureaus after exhausting weeks of phone calls and dunning letters.

Public blowback on this practice got so bad that new rules were issued by the VA sharply to limit its credit reporting activities. (Consumer Financial Protection Bureau earlier this month, the VA is instituting "additional protections to the most financially vulnerable veterans" which will result in a 99% reduction in reporting. (Italics mine)

That doesn't mean they will stop attempting to recover on a past-due balance. A veteran owing as little as \$25 will still be pursued. Not even a commercial collection agency (and I come from that world) would go after a bill that small. Forget the morality aspect; it just doesn't make business sense. Spending \$100 to collect \$25...and failing?

### Formally Launched : A Campaign Titled #Endvetmeddebt

VA unpaid and unpayable medical bills need to be forgiven. Legally, and in full. There's precedent.

How forgiveness can be done while ensuring that there are no tax consequences to the recipient is a process that has been pioneered and perfected by the 501(c)(3) charity that I helped to co-found in 2014, . To date, RIP has abolished over \$11 billion in medical debt for over 7 million Americans.

It was a great ride, and after achieving all the goals I had set for myself and RIP in October 2020 to invent other channels by which to create positive social and economic impact. Out of this has come (VMP) and (EVD) and our major campaign called (EVMD).

#EVMD is not a fundraising campaign for EVP and VMP, it's an awareness-raising effort. Through this platform, we intend to see that public pressure be applied to create VA policy changes so that this debt can be accessed and made available to organizations such as EVD and RIP that can step forward with their solutions.

So, VA – if you want Valentine's hugs and kisses – it's time to court your disaffected veterans, their families and the communities that want to see this wrong righted. Not with chocolates though, with action. Can do?

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~ On the Town with Camille ~

by Camille Appling

### Day of Worship at Legacy Center

On January 28, 2024, the Legacy Center held a Celebratory Day of Worship that included ministerial leads Greg and Jeri Mauro and Sr. Vice-President Susan Peterson and David Cerullo, the children of the late Morris and Theresa Cerullo. The auditorium was filled with a multicultural audience overflowing with praise. The event included some of our favorite gospel artists, such as Phil Driscoll, Terry



MacAlmon and Noel Robinson. There were tons of worshippers enjoying the day filled with heartfelt Jesus Christ worshipping. In addition to the Day of

Worship program, the Legacy Center also showed episodes of The Chosen Show. Tickets can be purchased on Eventbrite.Mcwe.com

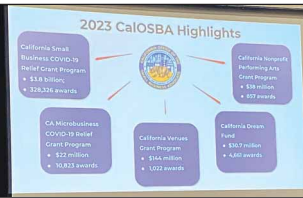
### Community Resources for Weather Crisis

- <https://feedingsandiego.org/>
- Spring Valley Library Crisis Management
- San Diego Housing Commission Inclement Housing Shelter
- City Dispatch 619-527-7500
- Mountain View Community Center Resources
- Balboa Park Municipal Gymnasium, 2111 Pan American Plaza. Shelter
- Free Rides to Shelter 619-280-4444

### Gavin Newsom

Bayview Baptist Church welcomed Governor Gavin Newsom's office to present about small business leadership training on January 24, 2024. The topic was expertly presented by Tara Lynn

Gray, who is the CalOSBA director, Dr. Dene Starks McGee, who is the founder and



CEO of DJS Global Business Solutions, and Jovan Agee, who is the CEO of Agee Solutions. The program provided step-by-step solutions to starting small



businesses. There are even programs for those with low-income, the formerly incarcerated, the disabled, veterans, the homeless and various other populations that can succeed through programs tailored for them. The presentation to the community was innovative and inspiring to populations that didn't know they could be included in these programs. We encourage the readers to check out the website and start thinking about owning their own businesses that help the spiritual and local environment: <https://calosba.ca.gov/funding-grants-inc-entives/state-loan-programs/>

### His Little Feet



On January 21, 2024, Tommy and Sarah Miller welcomed the Little Feet program to their church, Word of Life, located



on Echo St. The church was filled with children from all over the world, including India and Rwanda. The program included inspiring gospel music and children praise dancing. The Little Feet program aims to reach children to promote safety and humanity and, especially, children's rights. His Little Feet aims to help the "orphaned and vulnerable" with programs including "The International Childrens Choir, Life Training Academy, Global Community Centers, Alumni and Microfinance Program and the Give Hope Campaign." The performance was heartwarming and personalized to encourage the children



and participants. For more information, contact

[info@hislittlefeet.org](mailto:info@hislittlefeet.org).

### Mayor Vasquez's Cali BBQ Event

Mayor Vasquez of Lemon Grove has been a relentless advocate for the homeless, food insecurity, employment,



children's rights and human rights her entire career, and she plans to keep up the hard work as the 79th Assembly Woman. This month, she assured her



team, after prayer, that we would be able to serve through her leadership during her upcoming election for leadership. The record of success from the mayor's office promotes trust for her future humanity-based projects as an assemblywoman. Cali BBQ catered the event with delicious brisket, chicken, assorted meats, salads, and an amazing peach cobbler.

### Seminole Museum

Continued from page 6

our culture, annual events, and current revitalization efforts (which include our language, Afro-Seminole Creole, and our songs.) I dedicated my presentation to my mom, Darnett Darlene Goodloe Hardrick, who passed away just over a year ago on February 3.

Following the presentation, there was a short Q&A. Then, a beautiful spread of refreshments was enjoyed by everyone

### The January 19th Stop the Hate Event

On January 19, 2024, we celebrated the Stop the Hate event at the Central Cultural de la Raza with powerful storytelling about humanity and justice for our national and international community. The event was filled with delicious homemade tamales and homegrown sentiment about the plight

of the Native Zapatistas for humane treatment and freedom of speech. We were learned about Irish heroines and social issues from Alastair Running Bear Mulholland's dad Patrick. El Presidente spoke of the social



issues affecting the Kumeyaay like healthcare and political issues. The evening was rounded off with a presentation for Rose Davis for her dedication to resolving pertinent societal issues in the media. The night concluded with addressing serious human rights, children's rights and freedom of speech.



Cultural Networkers Michelle Abbey and Rip celebrate Chinese New Year of the Wood Dragon in San Francisco Chinatown.



## Legal Battle Update: Appeals Court Oral Argument Set for Feb. 14

Unicorn Riot's ongoing legal battle against Energy Transfer recently reached a new phase. Both Unicorn Riot and Energy Transfer have filed appeals, extending our years-long court case and oral arguments are happening February 14.

Observe the oral arguments in Courtroom 200 of the Minnesota Judicial Center in St. Paul, Minnesota at 10:40 a.m. CST or view via Zoom: Meeting ID: 161 656 6129 Passcode: 582964.

Energy Transfer (which partially owns the Dakota Access Pipeline) has been trying to subpoena Unicorn Riot since March 2021. The March 2021 subpoena was part of Energy Transfer's federal racketeering lawsuit filed in 2017 against a range of defendants including environmental groups Greenpeace USA, BankTrack and Earth First!

To acknowledge the jeopardy to press freedoms in our case, numerous press rights advocates, along with legacy media and non-profit media organizations, filed multiple amicus briefs (legal documents filed in a court case by individuals or groups who are not parties to the case but have an interest in the outcome), in support of Unicorn Riot. A broad spectrum of groups and individuals recognize what's at stake in this case. Excerpts from the briefs [links below]:

The Forum for Constitutional Rights said, "Unicorn Riot falls squarely within the [Minnesota Free Flow of Information Act's] broad protective shield. Unicorn Riot is a non-traditional, decentralized, Internet-based media outlet—but that does not alter Unicorn Riot's much noted record of news gathering, procuring, compiling, editing and publishing."

Their brief goes on to say, "Unicorn Riot's non-traditional—but MFFIA-protected—approach to news-gathering has redefined journalism, as illustrated by the Floyd protests and civil unrest."

The Reporters Committee for Freedom of the Press and several other legacy media organizations, said, "Wide-ranging subpoenas that demand

'[a]ll videos, audio recordings, images, reports, articles, letters, emails, press releases, statements, internet postings or content,' like the one at issue in this case, are particularly burdensome for news organizations.

Fighting—sometimes lengthy and costly—legal battles to protect their work product, a journalist's time and resources are taken away from crucial reporting efforts... Ultimately, it is the public that suffers the consequences."

And a lawyer representing award-winning freelance journalist Tony Webster said, "The news media relies on the protections of the MFFIA and First Amendment when doing their work, and the District Court's order requiring a privilege log upends those protections, threatening not just the news media and their sources, but the right and interests of the public in staying informed."

Amicus Briefs Filed on Unicorn Riot's Behalf:

- Forum for Constitutional Rights Amicus Brief (November 6, 2023)
- Reporters Committee for a Free Press with Minnesota Newspaper Association (MNA), Silha center for the Study of Media Ethics and Law, St. Paul Pioneer Press, Sahan Journal, American Civil Liberties Union of Minnesota (ACLU-MN), E.W. Scripps Company Amicus Brief (Nov 3, 2023)
- Tony Webster Amicus Brief (Nov 3, 2023)

We are in need of your continued support. Our legal fees have now reached \$50,000. Help us recoup some of that money by donating to our legal fund. Please consider making a tax-deductible donation to our legal fund today of any amount - and kindly also share with anyone in your network who may also want to contribute. Your donation goes not only to help us, but all those who strive for a free and independent press!

*Read the latest filings:  
Respondents' Cross-Appellants' Reply Brief - Filed by Unicorn Riot (Dec. 11, 2023)  
Appellants - Cross-Respondents Response and Reply Brief - Filed by Energy Transfer (Nov. 27, 2023)*

## Black History Month in SD

Continued from page 6

- National Douglass Alumni Association
  - Member, Black Chief Officers Association
  - Board Member, Carl Holmes Executive Development Institute
  - Co-Founder of Professional Black Professional Female Firefighters of Southern California
  - Board member, Gwen Bolden Foundation
  - Past President, Chester Washington Golf Club
  - Los Angeles Firefighter of the Year
- His children, Chandra Clady, Cassandra Clady and Hershel Clady II, are proud of their father's legacy!

### Calendar Events for Black History Month & Beyond

On Saturday February 24, 2024, from 5:00 pm-7:30 pm, the San Diego African American Museum of Fine Art in collaboration with the San Diego History Center will honor its 2024 Keepers of the Culture recipients. The individuals being honored are:

- Supervisor Monica Montgomery-Steppe, the first Black woman to win an election to the San Diego County Board of Supervisors. She secured the unanimous vote to approve the newly established San Diego Black Arts + Culture District.

• Vernon Sukumu: A community activist and former Chair of the Black Federation and the Welfare Rights Organization.

• The legendary R & B Group Satisfaction: Roosevelt Carter, Theotis Duncan, Hassan El Amin, Herbert Sims Jr, Floyd A. Smith and Lenard Tucker.

Doors will open at 5pm for a reception featuring the musical group Satisfaction and the program will begin at 6pm. This event is free, but space is limited. To RSVP, go to <https://sdaamfa.org/> Event Located at: San Diego History Center, 1649 El Prado, San Diego CA 92110.

The Coronado Historical Association and local Coronado historian Kevin Ashley unveiled its one-of-a-kind exhibit, "An Island Looks Back: Shedding Light on Coronado's Hidden African American History" on Friday, February 9, 2024.

The "An Island Looks Back" exhibit explores the overlooked stories of the African American and their contributions to Coronado, CA. Kevin Ashley shares the stories of African Americans who played a significant role among the early pioneers who shaped Coronado's foundation.

The stories shed light on the lives of Gus & Emma Thompson, Edward & Mary Anderson, The Hudgins, The Ludlow family, Black Civil War veterans; Buffalo Soldiers, restrictive covenants, the Federal Housing Project, and the children that attended Coronado High School. The stories reveal both the tragedies and triumphs of a people with great resilience.

This is a must-see exhibit as we celebrate Black History Month. "An Island Looks Back" will be open through May 2024. Coronado Historical Museum, 1100 Orange Avenue, Coronado CA 92118. Call for hours: (619) 435-7242.

### BLACK History Month Celebration

The Oya Art Gallery & Boutique will be holding a Black History Month Celebration at the historical Clementine McDuff Elks Lodge on Saturday, February 17, 2024, from 2pm-5:30pm. There will be historical talks by local Black historians and activists. Then there will be the opening of San Diego's Black History Exhibit

(provided by the San Diego History Center) in the Oya Art Gallery upstairs. The exhibit will be open the week of February 19-23, Feb 26-March 1 by appointment. Call 619-366-0673 to schedule a private viewing. Open to the public from Feb 24-25 & March 2, 1:30pm-7pm. Address: 6 Hensley Street, SD CA 92102



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NEWS

from Las Vegas/Nevada

Kena Adams, Coordinator Las Vegas/Nevada

### Super Bowl 58: Sin City Style

Las Vegas made history on Sunday, February 11, 2024, as it hosted its very first Super Bowl in Sin City. Excitement filled the city with a multitude of pre-Super Bowl parties, meet and greets, award galas and celebrity sightings all over the Las Vegas strip. The Kansas City Chiefs and the San Francisco 49ers went toe-to-toe for the first time in Nevada.

The NFL (National Football League) recognized Lahainaluna High School and its coaches, who came all the way from Hawaii. The Lahainaluna High School football team and faculty were honorary captains for the opening coin toss. They were acknowledged for their community efforts following the Maui fires.

United Natives is an Indigenous-owned organization, headed by one of Las Vegas's own (UNLV graduate) Dr. Crystal Lee. United Natives hosted a multitude of pre-Super Bowl events, including a fashion show, awards gala, and a Women



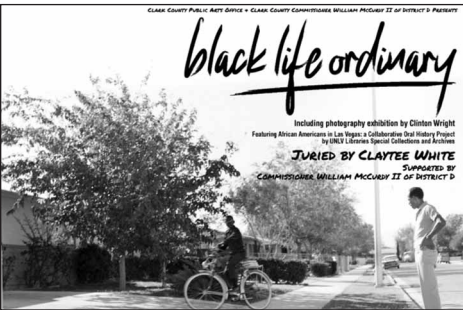
Kansas City Chiefs long snapper James Winchester, Chotaw, is playing in his third Super Bowl for the Chiefs. He is one of two Indigenous players on the Chiefs. (AP Photo/Reed Hoffmann)

in Sports luncheon. Dr. Lee and Roper Egan honored Cleveland Browns quarterback Dorian Thompson at a VIP reception held at the Palms Hotel and Casino on Wednesday, February 7.

Such is life, not everybody came to celebrate Super Bowl 58. Several community activists from Lawrence, Kansas, headed by Rhonda LeValdo, came to Sin City to boycott the Kansas City Chiefs, demanding a name change. The Kansas City Chiefs' name is still a hot topic in Indian country. Lily Gladstone recently spoke about the "misrepresentation" the name brings to the Indigenous community.

It was a close game, but the Kansas City Chiefs won the game, 25 to 22. 49er fans were crushed, but all in all, this event dumped millions of dollars into the Clark County economy and brought excitement to this city like never before. Las Vegas is on the map as the Sports and Entertainment Capital of the World!

### Westside Happenings: Black History Month



Picture Credit: Clark County Gov. Center

The contributions that African Americans have made to this country are no secret. Every February, the entire nation celebrates this important month commemorating Black excellence. Here in Las Vegas, we celebrate people like former Assemblyman Harvey J. Munford and organizations like the Bully Busters 702. We also honor Keith Bowen, who is considered a westside hero. And how

about the first Black president to grace UNLV, Keith Whitfield? People like County Commissioner Lawrence Weekly, who was born and raised in Las Vegas and was a true westside crusader, also deserve recognition. There is also Shirley Barber, who was a dedicated educator. Barber was an innovative elementary school principal, community activist and Clark County School District Trustee, who advocated for equity and accessibility for all. And we can't forget Sarann Knight-Preddey, who was a local business and gaming pioneer. Knight-Preddey was the first African American woman to hold a Nevada gaming license. She broke barriers as she and others worked to desegregate the casino industry. Las Vegas City Councilman Cedric Crear and Clark County Commissioner William McCurdy II are among the 36 leaders and icons of the Historic Westside who were recognized at Legacy Park (still under construction) at the end of January. For our art buffs, you can view the Black Life Ordinary exhibit at the Clark County Government Center located at the rotunda from January 15 through February 29. Springs Preserve held the 15th Annual Black History Month Festival, commemorating the rich history and contributions African Americans have made to Nevada's rich history and culture. And yes, the lights around the iconic Las Vegas sign were changed to celebrate this special month. Happy Black History

Month from all of us at *Indian Voices*!

### Black Motorcycle Riders

Today we are going to celebrate black women motorcycle riders. Women have played an important role in the black motorcycle world since the 1940s, when Bessie Stringfield (aka the "Motorcycle Queen of Miami") rode her Harley across the United States.



Misty BOTS LA

These sisters don't just ride; they also nurture their male members. When I say nurture, I mean take care of the "guys" by bringing food, having meaningful talks, riding and so much more. Only in the black motorcycle set can a woman wear what we call a "cuttie."

Women Like Misty from Brothers of the Sun MC paved the way and opened doors for sisters to ride alongside their brothers. They opened doors, so we, as women, could socialize and enjoy the MC world.

For Black History month, we are going to celebrate our Brothers of the Sun member Misty (who is really a sister, only one with this honor). She has dedicated over 30 years to the organization and is a true motorcycle trailblazer. Go ahead with your bad self, Misty!



Picture credit: United Natives/Dr. Crystal Lee Roper Egan (l) and Dorian Thompson (r) (QB Cleveland Browns) at the United Natives VIP Reception at the Palms Casino on February 7

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April 19th & April 20th

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## A Short History of Raffles

Raffles have been around in one form or another since possibly the beginning of human civilization. Over their long history, they've been used by individuals and heads of state to raise needed funds.

The history of raffles began ages ago. The Old Testament tells us that Moses used a lottery to award land west of the Jordan to his people. The ancient Babylonians, Egyptians, Greeks, and Romans loved playing raffle-like games of chance, using dice or bones to cast lots and draw winners. Soon, these simple games of chance evolved into endeavors with real fundraising potential.

Subsequently, during the Hun Dynasty, the Chinese invented Keno. The game is a form of lottery, which is still popular and played by people today! The money from those ancient Keno draws was used for civic projects, including constructing the Great Wall of China. Talk about one big fundraiser!

After the death of her husband, the Flemish painter Jan Van Eyck's widow held one of the first recorded raffles. She sold tickets and raffled off one of his remaining paintings!

The idea of using raffles to raise funds caught on after that, and why not? Printing raffle tickets and selling them is a great way to fund big projects for organizations of any size! Belgium took to the idea in the late 1460s and held lotteries that financed churches, public facilities, and civic projects. Then in the 1500s Florence, Italy, hosted its first lottery, and in 1568 Queen Elizabeth I held a raffle. The prizes were a tapestry, china, and cash, and over \$400,000 raffle tickets were offered for sale. From that time on, raffles and lotteries flourished throughout Europe. They are said to have really caught on in France, and the Netherlands lays claim to the longest-running lottery, which started in 1727.

Soon, raffles made their way to the New World. The first raffle recorded in North America took place in Virginia in 1612. Like many raffles of today, the funds went to the community.

Today church groups, service clubs, community organizations, and more print tickets, joining the long history of raffles. Only now, instead of selling raffle tickets solely in person, we can now sell raffle tickets online!

## Nader Newspaper

Continued from page 5

conventional political news trades in. "Online is a gulag of clutter, diversion, ads, intrusions, and excess abundance," Nader declares.

Still, in order to fulfill its uphill quest to practice real and consequential journalism in an age of vacuous clout-chasing, Capitol Hill Citizen will have to make some other, more difficult decisions. For starters, roughly half of a given issue's articles appear beneath a byline that reads "Citizen Staff"—generally a practice adopted by publications relying too heavily on one or two main contributors. In the Citizen's case, the quasi-anonymous attribution is an additional liability, given its devotion to

bringing greater transparency to the doings of Congress: Detractors of the publication can readily charge that it's not abiding by its principles—while also contending, with some justification, that they're deprived of the opportunity of engaging the paper's critics by name in a public forum.

Nevertheless, the advent of Capitol Citizen provides welcome adversarial fresh air in an otherwise languid and complacent media complex centered in and around Capitol Hill. Just don't look for it to turn up on The Messenger's Scale anytime soon.

*Chris Lehmann: Chris Lehmann is the D.C. Bureau chief for The Nation and a contributing editor at The Baffler. He was formerly editor of The Baffler and The New Republic, and is the author, most recently, of The Money Cult: Capitalism, Christianity, and the Unmaking of the American Dream (Melville House, 2016).*

**What could be Assange's final appeal effort against US extradition happens February 20th and 21st in London.**  
**FREE JULIAN ASSANGE.**

## What Is Love?

Love has been a favored topic of philosophers, poets, writers, and scientists for generations, and different people and groups have often fought about its definition.

While most people agree that love implies strong feelings of affection, there are many disagreements about its precise meaning, and one person's "I love you" might mean something quite different than another's.

Love can also be used to apply to non-human animals, to principles, and to religious beliefs. For example, a person might say he or she loves his or her dog, loves freedom, or loves God

Some possible definitions of love:

- A willingness to prioritize another's well-being or happiness above your own.
- Extreme feelings of attachment, affection, and need.
- Dramatic, sudden feelings of attraction and respect.
- A fleeting emotion of care, affection, and like.
- A choice to commit to helping, respecting, and caring for another, such as in marriage or when having a child.

There has been much debate about whether love is a choice, is something that is permanent or fleeting, and whether the love between family members and spouses is biologically programmed or culturally indoctrinated. Love may vary from person to person and culture to culture. Each of the debates about love may be accurate in some time and someplace. For example, in some instances, love may be a choice while in others it may feel uncontrollable.

### Love Versus Lust

Especially in the early stages of a relationship, it can be difficult to tell the difference between love and lust. Both are associated with physical attraction and an intoxicating rush of feel-good chemicals, coupled with an often overwhelming desire to be closer to another person, but only one is long-lasting: love.

Love is something that is cultivated between two people and grows over time, through getting to know him or her and experiencing life's many ups and downs together. It involves commitment, time, mutual trust, and acceptance.

Lust, on the other hand, has to do with the sex-driven sensations that draw people toward one another initially and is fueled

primarily by the urge to procreate. Characterized by sex hormones and idealistic infatuation, lust blurs our ability to see a person for who he or she truly is, and consequently, it may or may not lead to a long-term relationship.

For instance, Lana is in a committed relationship with Steve and her sexual desire for him is waning. She loves and cares for him, but she finds herself feeling restless and dissatisfied with their physical relationship. When she meets Brendan, she experiences instant feelings of attraction and longing. The chemical messengers in her brain start sending signals to pursue this new man, even though she does not know anything about him other than how his presence makes her feel physically. Instead of working to improve intimacy with her current partner, she is overcome by lust for someone new.

The ideal intimate relationship scenario, some might say, involves a balanced combination of love and lust. After all, lusting after someone is typically an important early phase of a long-term partnership, and reigniting that initial spark is a practice worth cultivating for committed couples.

### Love and Mental Health

Although almost no one can agree on a single definition of love, most people do agree that love plays a significant role in both physical and psychological well-being. Numerous studies have demonstrated the benefits of love. Love's role in mental health is far-reaching, but some examples include:

The fact that babies who are not shown love and affection in the form of frequent holding and cuddling may be developmentally delayed or ill.

Feeling unloved is strongly correlated with feelings of low self-esteem and depression.

People who both feel loved by others and who report loving other people tend to be happier.

Love can play a role in long-term health, and feeling emotionally connected may help increase immunity.


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## Connections Through the Dirt

by April Nurse

I've written about rocks worth thousands and rocks that cause wars, but there are also rocks more powerful than that. There exists grit so powerful it brings us to our knees, mends our wounds, and breaks our hearts.

One of my earliest memories is of the sand. I was born and raised near the water. I could swim through choppy waves and tricky currents before I could read. These days I hardly swim, but my feet in the sand take me back. It reminds me of my old man teaching us how water was alive and the sand did its bidding. If the sand is hot, the water is not. I was always a little disappointed to be greeted with burning hot sand. Now, on the days where nothing seems to be going right and I feel like giving up, I go to the beach. Every time I leave, I leave feeling more like myself, more like the me who could navigate the chaos.

Mud pies, specifically mud pies with clover flowers and dandelions (when they're yellow, I do not waste wishes), brought me so much joy! Sinking my hands into well-watered mud and reveling in the magical mixture brought me joy. I can still see it, bright sun interrupted by a few fat clouds, the hose running and a puddle formed (I'm already wiggling my toes in it). Bees buzz overhead. A slight breeze sends spring flowers' scent into the air in an intoxicating rush. That was my sacred space. My garden today is more practical but chaotic enough to bring me these beautiful moments of perfection.

I nearly fell the moment he met me. I was unaccustomed to running in heels, but on a mission from my new boss, I was laser focused on surprisingly disruptive granite pebbles scattered

haphazardly, though mostly worn to nothing. There were a few tricksters in their midst. I almost missed one when the deepest rumbling laugh caught me off guard. He caught my arm, and I lost track of pebbles attacking my feet. The dulllest graying granite camouflaging on the concrete made a surprising co-conspirator on the day I met my soulmate.

The morning we buried one of the most important men in my world is intricately ingrained in my head. The second the service started, it poured rain so loud it drowned out the wailing and the floods of tears and sorrows. I remember climbing up the graveyard hill, deep sludgy red clay sticking to everything, to everyone. The rain stopped long enough to let us grieve and then gently prodded us to go. I still feel the deep suction of that clay against my shoes when I think of that day. I think about the men who filled in the void until only a muddy mound was left, returning worn body to the earth who cried alongside us. Gone but never apart.

Grit lives with us, within us, and reminds us we're never alone. Remembering the part the earth plays in the moments that make memories deepens our connection. You may not remember the dust, but the earth is so much more than that: it's the wind in your hair the day you learned to drive, the singing birds and rustling trees when we finally got the courage to quit that job, and even the cilantro in your teeth when you dared lean into that first kiss. The earth isn't somewhere we live, it's a part of us, and we are a part of it. She's present for every memory and every moment.

## San Diego Harlem of the West

On February 18, Yvette Porter Moore was a guest speaker for Black History

Renaissance in New York and how it correlated to the Black Renaissance in San Diego, which was considered the Harlem of the West. The spirit of Harlem in San Diego can be documented as early as 1917. The Ramsey's, and Rowe's were integral to the Renaissance in San Diego. May it also be noted that the Clementine McDuff Elks Lodge hosted many of the great musicians and artists that visited San Diego. The Douglas

Hotel, and local residents would provide places for many of the performers to stay as discrimination and Jim Crow was alive and well.



Month at the Delta Kappa Gamma, Eta Nu Chapter. The presentation was themed around African Americans and the Arts. Porter-Moore spoke about the Harlem

visit: [Indigenousnetwork.org](http://Indigenousnetwork.org)

## Non-Profit Group Helps With Missing Persons

by Danielle Bartelli Oldfield

In 2002, Jerry "Kelly" Synder, a retired law enforcement officer, found that his skill set could help people find missing loved ones. Experienced in detective work, Snyder discovered that the unresolved caseload of the missing left families struggling to move in any direction. After his experience with the National Center for Missing and Exploited Children (NCMEC), he acted by creating a unique group of over 160 individuals who attempt to provide justice for those who are missing and closure for families and individuals effected by the loss of a loved one. Snyder's motivation to create the Find Me Group came from the overwhelming numbers of missing people.

The Find Me Group is based in Arizona but works nationwide in Teams to address the cases they receive. This group consists of law enforcement, search and rescue, forensic scientists, psychologists, data analysts and more unconventional means to work a case. The non-profit operates under a 501c3 license and provides their services free of charge. They have an extensive website, FindMeGroup.org, and they appeal to the community to make donations to their cause.

Although the results of the cases are not published, members of the group can see their collective progress as they meet online and in person on a regular schedule. Their goals are to help victims and law enforcement, provide search management and all that that entails, including canine search services and family counseling. The participants have been vetted, and they operate under an extensive code of ethics.

Under the intuitive resources category is a local San Diego woman who has seen positive results over the past year. Ruby Ruscilli, a psychic medium,

explained some of the process. Find Me Group participants may receive multiple cases, but the Team works on one case at a time. Part of Ruscilli's process is using the basic information of a missing person, such as their name, age, photo, and the date and place last seen. She considers the details provided, then proceeds to meditate, pray, and appeal to her guides. Using her gifts, Ruscilli responds to the Team with additional ideas and pieces of information she has learned.

According to Ruscilli, each Team member assigned to a case submits his or her findings independently. Leaders of the Team review all submitted materials and take the next steps.

The work appears to be highly rewarding to Ruscilli. She intends to stay active with the Find Me Group, and she may expand her services in the near future within our community. Ruscilli may be found in other healing communities that apply healing arts, such as guided meditation, holistic healing, singing bowls, and energy work. Readers who may wish to contact her may do so through Indian Voices.

As February 14th approaches, besides St. Valentine's Day, it is also Missing and Murdered Indigenous Women and People (MMIW/P) Awareness Day. Various groups will take the day to bring awareness to The Missing. Locally, San Diego State Native Resource Center, directed by Chris Medellin-Lopez, will offer an event from 11:30 to 1:30. The Opening Prayer will be delivered by Martha Rodriguez, Baja Kumiai Bird singers and Red Warrior Drum will be present, and Teyana Viscarra and Norm Sands will speak. If readers are unable to attend, they may visit the Way of the Sacred Mountain website for further information.

## Christian Reichert Reunited With Family



serving nearly 8 years of a 23-year sentence for cannabis in Illinois.

His mother Tina asked us to share this statement:

"I just want to thank everyone that has helped Christian, I'm overwhelmed by the outpouring of love, support and generosity. We are truly grateful and could not have gotten prepared for him without the help of so many and the

We're are thrilled to announce that Christian Reichert is HOME! The LPP constituent has been released from prison after


help we received from organizations like The Last Prisoner Project. We appreciate them all greatly.

We are so excited [to have Christian home]. He's having a lot of anxiety in this transition after almost 8 years of being incarcerated but is looking forward to [being] home. Please keep him and my family in your prayers during this celebration of freedom."

Christian has been part of our advocacy program where he has received commissary payment, letters of support, and release advocacy. He will now be a part of the Last Prisoner Project reentry program, where we will help provide resources to aid in his successful transition back into society.

We will keep you updated on Christian's reentry journey as he returns to his community.





# Save The Date

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# Sacred Keepers

Artist: Gregg Deal (Pyramid Lake Paiute Tribe)  
Commissioned by Native American Bank



"Representation matters. Sacred Keepers includes an image of three female Indigenous figures who stand as a representation of those we deem important, sacred, and divine. Within the general scope of Indigenous cultures, women are the life givers, creators of life, the decision makers, the voice of our children if not our people as a whole. While the representation of Indigenous people is often pigeonholed into images steeped in stereotype and misconception, this piece is meant to buck some of that. Modern living Indigenous women who look different, related, with complex ideas and identities, sharing the commonality of the spaces we call the United States of America; Indigenous homelands. To see these women is to see Indian Country, and all we hold dear. These are our Sacred Keepers."

Gregg Deal (Pyramid Lake Paiute Tribe)  
Artist

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