



TIMES



Figure 1. Inter-Tribal Council for 2018/2019. Back row, left to right: Sponsor Mark Velarde, Ephraim McCowan, Trevin White Dress, Sequoyah Wakayuta, Kerwin Nez, Jaden Johnson, and Francisco Munoz. Front Row: Mikaela Benson, Alexis Farmer, Ellikaya Lopez, Kurstin Apache, Mary Jane Gonzalez, and Timara Gordon.

From The Editor

The Inter Tribal Council (ITC) is Sherman's student government. The ITC plans out school activities and events and oversees campus club activities. This year's sponsor is Mark Velarde. Student members include: President – Trevin White Dress; Vice President – Ellikaya Lopez; Secretary – Sequoyah Wakayuta; Treasurer – Kurstin Apache; Public Relation – Mikaela Benson; Sargent At Arms – Alexis Farmer; School Board Rep – Kerwin Nez; Pep Commissioner – Mary Jane Gonzalez; Pep Commissioner– Ephraim McCowan; Member At Large– Jaden Johnson; Member At Large – Francisco Munoz; Miss Sherman – Timara Gordon (Fig. 1)

AVID (Advancement Via Individual Determination) is an educational program designed to develop and increase the academic proficiency and college readiness of high school students. This program also provides college field trips to acquaint students with college life. The Sherman AVID program is in its second year with 26 enthused students. The program is coordinated by Dawnes Sims-Stevenson (Resource Department) and Richard Priebe (English Department). Also included in the AVID group is elective teacher Larry Camacho (Social Science Department). Recently the AVID students visited Cal State University San Marcos. AVID students will also visit Cal Poly Pomona and Azusa Pacific Universities.

The Sherman Chapter of the National Honor Society (NHS) has been active this school year. The 16 members of our chapter recently completed mandatory community service time with a homeless meals program in Riverside, California (Fig. 2). Later next semester students will also perform community service at the Huntington Beach Wetland Conservancy.

Figure 2. (Right): NHS members prepare for the homeless meals program at St. Michael Church. Far left, Dr. Reverend Mary Crist of Cal Baptist University; from left to right: Three meals program staff members; NHS coordinator Monica Royalty, Tatiana Eakon, Mikail Morgan, Ellikaya Lopez, and Erika Guzman



You already possess everything necessary to become great.

Native American Proverb—Crow

Please visit our YouTube Channel to enjoy prior video clips published in The Sherman Times. Click [here](#) for our YouTube Channel.



Figure 3. Upper left: Sky Denny and **Upper Right:** Danni Jumping Eagle proudly model their personally tailored Native clothing. **Lower left:** Overview of student models. **Lower right:** Master Indian basket weaver Lorene Sisquoc (left) shows visiting school children how to construct baskets.



November is National Native American Heritage Month

Native American Month was officially declared a national event in 1990 by former President George W. Bush. Sherman celebrated November with traditional Native food tasting, a Native storytelling and song day at the Woodcrest Riverside Library, and a Native Pride Fashion Show (Fig. 3). During the fashion show students modeled the clothing they designed in Julia Roubideaux's indigenous fashion and design class. Heritage Month activities were coordinated by Lorene Sisquoc, Julia Roubideaux, Kobe Dale, and the Pathways Culinary Arts Program. On November 16, sixty home schooled students visited Sherman and learned about Native American culture, toured the historical Sherman Museum, and participated in various outside activities (Fig. 3).

Enriching Student Field Trips

Seventeen math students and thirty-two internship students from the Career Pathways Program attended the High School Engineering Open House at California Baptist University. On this field trip our Sherman students explored the exciting possibilities of engineering and computing. Accompanying our students were teachers Harry Pappo (Math and Science Department) and Brian Hayden (Career Pathways Program).

Ms. Bonner's geology class ventured into the Mojave Desert to visit the Pisgah Crater (a young volcanic cinder cone, Fig. 4) and explore firsthand the lava plain and lava tubes. Later that day they also saw the infamous San Andreas Fault line in the San Bernardino Mountains.

Recently thirteen students from art teachers Monica Royalty's classes participated in a Disney Animation Magic Workshop (Fig. 4). Students toured behind the scenes in California Adventure, learned about different animation tools and techniques, and were able to draw alongside a Disney Imagineer.

White Mountain Apache Crown Dancers

Crown Dancing is very sacred and has a long history with the Apache culture. The dancing and accompanying music reveals to the Apache people the way to live, how to use the resources of earth, and honors the Apache spirits. We are very fortunate to have at Sherman White Mountain Apache Crown Dancers. These dancers are composed of Sherman students and were organized and are led by Senior Ruben Murphy. Ruben is a White Mountain Apache from Cibecue, Arizona. Two years ago Ruben received permission from his tribe to organize the Crown Dancers at Sherman. Permission to form this group was required because



Figure 4. *Top Left:* Students Shayna American Horse and Jessica Tortice climb out of a lave tube at Pisgah Crater. *Top Right:* Ms. Royalty's art students at Disney California Adventure for an animation workshop. *Lower Right:* View of Pisgah Crater.



Figure 5. White Mountain Apache Crown Dancers perform at Sherman during the Native Day Celebration.

of the sacred nature of the dance. Some group members were experienced in Crown Dancing but other students were taught to dance by Ruben. Some aspects of Crown Dancing are kept secret, such as the identity of the masked dancers. Thus, the identity of our student dancers is not mentioned in this article. The student dancers make all their colorful dance

attire. Every detail of their clothing and accessories has a specific meaning. Over the past two years our Sherman Crown Dancers have been invited to numerous events and ceremonies. This year they performed during the Native Day celebrations at Sherman (Fig. 5), University of California Riverside, and at the California Indian Nation's College.

White Rose Singers

There are various individuals and groups on campus that are worthy of being called Sherman Ambassadors of goodwill. Two examples are Ms. Sherman and the White Mountain Apache Crown Dancers. These individuals or groups positively represent Sherman at various events by entertaining or by spreading good words about Sherman Indian High School. The Sherman White Rose Singers are also Sherman Ambassadors. This all female hand drum group travels around California representing Sherman and Native Country by performing social and traditional Native American songs. The group was organized and is directed by Josephine Montes. Josie is associated with the Texas Band of Yagui, Apache descendent, and adapted Crow and works in residential living at Sherman. Ten years ago Josie formed the White Rose Singers as the first and only female hand drum group in Sherman's long history. This year the White Rose Singers are composed of ten students strong (Fig. 6). A student must display good academic and behavior standards to join the group and bring a positive outlook on Native tradition. Each student has earned and made her own drum and knows that within the drum lies the heart of the Indian Nation. Over the years the White Rose Singers have performed at numerous events including powwows throughout southern and northern California, BIE conferences, colleges, universities, and various cultural exchanges. The group has also received many recognition and appreciation awards.

The White Rose Singers have performed this year at the California Indian Nation's College, Norco Rodeo, Riverside Cultural Exchange, Gourd Society meeting at Sherman, and at the Native American Day with the Ohlone Tribe. The belief of the singers is that they will continue to shine beyond Sherman. Thus, White Rose Alumni are always welcomed to sing with the current White Rose Singers. Once you become a White Rose Singer you will always be a White Rose Singer. Click [here](#) to hear the White Rose Singers perform two songs.



Figure 6. The White Rose Singers. Back Row, left to right: Hope Staley, Timara Gordon, Josephine Montes, Jasmine Josemaria, and Tiana Setoyant. Front Row: Natalie Lavender, Rayne Ramirez, Erika Guzman, Jessica Tortice, and Charlotte Altaha.

Sherman's Got Talent

According to the dictionary an athlete is a person who is trained or skilled in exercises, sports, or games requiring physical strength, agility, or stamina. Top performing athletes have a high degree of competitiveness, determination, the right stuff (genes), dedication, and pain tolerance, along with an optimal training program. In this issue we recognized Mr. Fred Martinez who is a top performing athlete (Fig. 7). Fred works in Facilities and has been running since the age of five. His specialty is long distance races from 5 kilometers to a marathon. Over the years Fred has participated in numerous running events and has accumulated hundreds of medals, trophies, and plaques. Just recently he participated in the University of California, Riverside 13th Annual Spirit of the Tribes Five Kilometer Run and finished first for the age group for the third straight year. To date his most memorable race was in 2017 at the XTERRA Black Mountain Trail Run in San Diego where thousands of runners competed. The terrain for this run was extremely challenging but Fred nevertheless captured first place in his age group. To maintain his status as a top performing athlete and to bring home the bacon each day, his work and training schedule must be mentioned. A typical work/training day looks like this; he wakes up at 1:45 in the morning, then at 2:00 AM departs on a 10 mile run. At a little after 3:00 AM he prepares a nutritious 16-ounce vegetable/fruit drink for nourishment. After his meal he trains for strength and flexibility for 45 to 60 minutes. He does this training 6 days a week, but always takes off Sunday for a recovery and family day. After his early morning training he jumps in his car and commutes from Palm Springs, California where he lives to Sherman Indian High in Riverside where he works. This is a distance of 60 plus miles. He arrives at Sherman from 5 to 5:30 AM and immediately coaches and works out with the Sherman cross country runners during the season and/or his running group. This workout is a 5 to 7 mile run. He next reports to work after his second morning run. Fred departs Sherman between 3 to 4:00 PM for his long ride back to Palm Springs. The next weekday morning at 1:45 AM the routine begins again.

Six years ago Fred started a year-round student running program at Sherman. His running program is for both serious and social runners. Each year his Sherman runners compete in 15 to 20 running tournaments and each year his group brings home numerous team and individual running medals (Fig. 9). Noteworthy is that Fred solely funds his Sherman running program. He conveyed to me "the money does not matter, but making a difference for Sherman students is what really counts". Fred Martinez—talented runner and Sherman family member.



Figure 7. Fred Martinez, the Sherman marathon man.

Student Focus

When a landmark has celebrated 126 years of existence there tend to be many “firsts” in its historical narrative. The cornerstone for the Sherman Institute was laid on July 18, 1901 in Riverside, California. Classes opened in the fall of 1902 with various academic and vocational programs continuing for decades. The initial class to graduate in 1904 received certificates in trades instead of a diploma, which continued until 1932 when Sherman earned its original accreditation as a comprehensive high school. The first official graduating class to receive a diploma occurred in 1966. In 1971, the Western Association of Schools and Colleges (WASC) granted Sherman its primary academic recognition which has continued to present day. Beginning with the earliest student enrolled, Ronaldo LaChusa, Sherman has had over 50,000 pupils come through our doors. Our third student focus article highlights a person who has already established many “firsts” in her two-and-a-half years at Sherman.

The cowboy philosopher, Will Rogers, once said, “You will never get a second chance to make a first impression.” In the fall of 2016 Teela Hunter enrolled at Sherman to begin her high school career and quickly made a positive first impression at our school (Fig. 8). Teela Hunter is Tule River Yokut from Porterville, California. She is sixteen years old and currently a junior. She is a true student-athlete maintaining excellence in the classroom while also excelling in volleyball and softball. Teela has proven that she can balance the rigors of both successful. Although she is second genera-

tion Sherman (she has an uncle who attended Sherman prior to her) and has only completed two years on our campus, she has already achieved many firsts. As a ninth grader she rose to the top of her class after a 4.0 grade point average each semester. She also became the first freshman in decades (possibly ever) to be selected to the 1st Team All-Arrowhead League in varsity softball for her abilities as a shortstop/pitcher/hitter. As a sophomore she earned placement into the National Honor Society (NHS) immediately upon eligibility. In addition, she became a member of Sherman’s inaugural Advancement Via Individual Determination (AVID) class, and is now in her second year of participation. In tenth grade she was enrolled at the maximum number of honors classes (3) and her eleventh grade schedule mirrors that accomplishment. She will have the chance to be the first Sherman graduate to have taken the maximum number of honors classes offered (currently standing at seven). Teela completed her sophomore year with many of her progress reports at 4.5 GPA and a cumulative 4.23 GPA on her final transcript, the highest ever recorded at Sherman. Last summer she was one of the first students to independently enroll in a college-level Spanish course over her summer break to earn credit so she can fulfill the A-G requirements of the UC



Figure 8. Already equipped to take on the world is Junior Teela Hunter.

system. As a junior she is participating in a pioneering program with the California Indian Nation’s College in its first year as an institution. She has concurrent enrollment in an archeology class and is earning high school and college credit simultaneously. Since her arrival, Teela has academically placed herself at the top of the Class of 2020. She is on track to be the first graduate with the highest cumulative grade point average in the history of our school. Upon graduation in May 2020, she intends to be eligible to pursue post-secondary education at the school she deems to be her first choice based on the resume she has accumulated. Once she decides where that will be, she is determined to be the first in her family to graduate from college and to pursue a career in the medical field by earning her PhD on her way to becoming a doctor. Teela Hunter has achieved many “firsts” already and we are excited to see the totality of her accomplishments by the time her four years at Sherman have concluded.

Sherman Friendships

By Teela Hunter

Sherman Indian High School is a paragraph in our lives that changed the plots of our stories. We come here as complete strangers, with no knowledge of what is to come. We had no idea how much the people here would begin to mean to us. It starts off as us walking into the school building looking for our classes. From not speaking a word in the halls to eventually stopping and having a full conversation with other students and ending up late to class. We go from seeing unfamiliar faces and forgetting each other’s names to making friends that we will keep forever. Each of us can say that the people here is what keeps us grounded and longing to stay because the Sherman saying is indeed true—we arrive as strangers, become friends, and leave as family. So many other students and myself have met our lifetime’s friends here which is one of the reasons Sherman is so special. Sherman creates a home environment where we aren’t only classmates or teammates, but part of a large family.

A Ride That My Mother Feared

By Teela Hunter

Unconditional love, a forever friend, my protector
The person I can always count on
You would be there for me through it all
We would be on this rollercoaster of life together
Nine months of waiting in line for that ride
We were holding hands yearning for the adventures that
awaited
When the day came and we were supposed to get on
I didn't feel your hand locked with mine anymore
You hesitated to get on
Wasn't sure if this is what you wanted anymore
It was too scary
You weren't ready
Feared of too many downs and not enough ups
So you let me get on the ride alone
Without any knowledge of how terrified I was
But I had no choice it was a ride that I couldn't miss

Seat next to me is empty
It was reserved for you but you did not show
The ride continued
And you were right it was a ride of more downs than ups
I gripped tight on the handle bars because
You weren't there to hold my hand and tell me it was okay
My eyes are closed; I'm trying to keep my breathing under
control
But for every uplift I prepare for a bigger downfall
And still you're not here
I needed you but you stayed on the sidelines watching
My life continued I was growing up
It became less of a terror
I was no longer closing my eyes I had to let go of the bars
My breathing was finally controlled
I no longer needed you in the seat next to me
Now I wanted you there
It didn't matter the ride was too far in and it was no longer
exciting to you
You had no desire to get on anymore
At that point I knew that I was on this rollercoaster of life
alone
I never counted on you to be there
No longer expected the unconditional love
Wanted that forever friend,
Or needed your protection
You stayed in line with me but didn't join me for the ride
Now that I understand that you weren't the one that was
waiting
I was
It wasn't our ride to take, it was mine to conquer

School Abuse or Bullying

By Christina Hodge

An aggressive power imbalance more commonly known as “bullying” or just “abuse” comes in various forms and is a very prominent issue in modern society. Physical, verbal, social, and cyber bullying all entail intimidation and can have long lasting effect on victims. According to the American SPCC, 20% of students in the U.S. grades 9-12 have been bullied, 30% of young people admitted to partaking in some form of bullying, and 70.6% admitted to witnessing bullying. Bullying is widespread and occurs at high schools across the map. Unfortunately, bullies appear to be suffering minimal consequences for their abusive actions. It seems that a tragic outcome must occur before people take notice of bullying. Sherman is not exempt from the bullying as it houses nearly 400 teenage students, the age group of which bullying is most prominent. As a residential school in a closed community like Sherman students might see their bully in the halls at school as well as in their dorms. When bullying occurs between Sherman students, Sherman staff intervene to set boundaries on disrespectful or unsafe behavior. The consequences of bullying will depend on the severity of the bullying incident. In extreme cases the bully is sent home.

I decided to get viewpoints from students, staff, and faculty on bullying. I asked people what they thought bullying was and why it was happening. Winona Dorm staff member Dawn Carmello claimed that bullying, “comes from the lack of self-confidence that is built from a young age”. Most people that I talked to believed that bullying stems from bringing others down. Opinions differed vastly in regard to the subject of handling bullying, but the same solution was offered; ignore it if you can, don't let it affect you. One freshman stated, “Don't let what other people say affect you too much. It's just them trying to deal with their insecurities by hurting people.” Bullying is a projection of this hurt as well as the problems someone may have with themselves or what they could have going on at home. Student Gianna Yazzie stated, “It doesn't get easier in the real world” and went on to elaborate, “Dorm staff won't always be there to give girls demerits for giving you dirty looks in the halls, and you can't expect people in the real world to cater to your problems with what other people think or say about you.” Unfortunately, in reality, many students who are bullied are affected and experience increased feelings of sadness and loneliness. In today's society people are either too soft or too cruel, and I think finding a middle ground is the best thing to do in any contradicting situation. When it comes to the issue of bullying, teenagers especially need to learn not to seek validation in others. Not everyone is going to like you or what you're doing, and they don't have to. On the other hand, you never know what someone is going through and what you say could result in a life or death situation.



Athletic Zone

The Lady Braves basketball program has had a long and proud tradition. This year's team members are looking forward to another successful season and to once again mount a strong challenge for the Arrowhead League Championship. Last year the varsity squad finished second in the league. The squad is both young and mixed with upper class women with three returning senior letter-women; Jennaya Steve, Kimberly Topaum, and Krista Wasson (Fig. 9). Ms. Kara Schwab coaches the Varsity and Ms. Michelle Laramie is the Junior Varsity coach. In mid-November the Lady Braves competed in the Woodcrest Basketball Tournament and finished in 3rd place. Keep up to date with the Braves and Lady Braves sports teams as they compete in the CIF Southern Section.

Through consistent and progressive training along with commitment and dedication our Sherman runners completed another successful cross country season. Under the guidance of Head Coach Thomas Colley the men's team once again finished first at the Arrowhead Cross Country League Finals. Arthur Griego placed first individually with Deandre John finishing second, Lopaka Vasquez fifth, Nolan Vigil eleventh, and Ashton Lopez in fifteenth place (Fig. 9). The Lady Braves Cross Country Team finished in fifth place with Libby Atene capturing third place. All mentioned runners next competed in the Southern Section CIF Championship. Congratulations to all of the cross country runners this season. In November Libby Atene, a member of Fred Martinez's running group, captured first place in her age bracket for girls at the University of California Riverside 13th Annual Spirit of the Tribes five kilometer run (Fig. 9). In this same race Sherman student Juan Riley earned 2nd place in the boys division. Libby is a Navajo from Oljato, Utah (Monument Valley) and a member of the National Honor Society and the AVID group. She is also a member of the Lady Braves Cross Country Team and the Sherman Track and Field Team. Last year Libby was the girls Arrowhead League Cross Country champion. Through the year Libby and Juan run in Fred Martinez's program.



Figure 9. Top Left: Presented are Sherman Cross Country team members that qualified for CIF. Front row from left to right: Coach Colley, Ashton Lopez, Jasper Bell, and Xzaver Sleuth. Back row: Lopaka Vasquez, Ira Antone, Libby Antene, Deandre John, Nolan Vigil, and Arthur Griego. **Top Right:** The start of another practice for the Lady Braves basketball team. **Bottom Right:** UCR 13th Annual Spirit of the Tribes champion runner Libby Atene.

Sherman Science

The Chaga mushroom is a fungus that grows as a parasite primarily on Birch trees, but also on Oak and Alder trees. The presence of this fungus eventually results in a heart rot for the host tree and host death. This fungus does not have the common mushroom morphology but instead appears like a mass of black charcoal on the tree with golden color tissue on the inside of the fungus (Fig. 10). This fungus has long been used by many cultures around the world for preventing and curing various diseases and ailments. Native Americans, who are well recognized for their knowledge and use of medicinal plants, have also long used the Chaga mushroom for treating various disease conditions. Today scientists are seriously investigating the health benefits of Chaga. Science teacher Helen Bonner and senior Victoria Dushane (Fig. 10) have teamed up with Dr. Brad-



Figure 10. Top Left: The Chaga Mushroom parasitizing a Birch tree.
Right: Victoria Dushane incubating some microorganisms.

ley Henson of Western University to pursue research on the Chaga mushroom. Victoria's research project entitled "Chaga Mushroom Extracts as a HNSCC Cell Inhibitor" will be presented next year at the 2019 National American Indian Science and Engineering Fair at Oklahoma State University.



The Sherman Green Team

In order to energize her students to learn more about the important environmental issues facing the world and to allow her students to participate in more environmental activities Sherman Science teacher Cynthia DeMone in 2011 organized the Green Team (G-Team). Since its formation about seventy students have participated in the G-Team and have become more environmentally conscious. Over the years the G-Team has participated in numerous clean-ups, has recycled campus items, planted native flora, engaged in bird watching, and has attended various environmental learning activities in both Riverside and Orange counties. Over the year the G-Team has helped our school place first or second in the City of Riverside Keep Riverside Clean and Beautiful competition. Last year the G-Team helped Sherman earn a second place trophy in the Clean Campus competition. This year's G-Team

officers are President Raven Yellowhorse and Vice President Leighanna Jake (Fig. 11).

Our G-Team members recognized and are concerned about the demise worldwide of the common honeybee. Bees are critical for pollinating plants and are the major pollinators for many fruit, nut, and vegetable crops. Over the past six-year bee populations have perished at unprecedented rates. The reason for this are many and complex and include the effects of pesticides, droughts, poor nutrition, habitat destruction, disease-bearing parasites, and air pollution. G-Team members plan to establish on campus a beehive near



Figure 11. Sherman Green Team members. From left to right: Raven Yellowhorse, Leighanna Jake, Kiersten Tsosie, Latrice Tso, and Ms. DeMone.

the agricultural pathways program to enhance campus plant and tree pollination. G-Team members believe that this small but important project will positively affect the bees and our campus environment.

The Back Forty

Culinary Arts is the discipline of preparing, cooking, and presenting a meal. The Pathways Culinary Arts Internship program provides the vital connections between a formal education and the applied aspects of the workforce. Students acquire culinary principals and skills along with experience in leadership and team work, handling and managing money, and providing customer service. The internship program is directed by culinary teacher/chef Lisa Rivera. With Lisa's twenty plus years of hospitality experience, a fully equipped student training kitchen, and many hands-on cooking opportunities Sherman Pathways interns gain an all-round competency in culinary arts. Every Friday after school the student interns prepare and sell various foods to both Sherman students and staff (Fig. 12). Thirty-five to forty hungry customers regularly show up to purchase food. Click [here](#) to see Sherman students preparing stir-fried chicken rice bowls, pizza boats, nachos with cheese sauce, walking tacos, and brownies with an ice cream topping for a Friday sale.

Agriculture teacher Gena Hasson, and her agricultural students attended "Fall In The Farm" at the Fairplex in Pomona,



Figure 12. *Top Left:* You can protest all you want, but turkeys and Thanksgiving go together. *Top Right:* Culinary interns preparing for the Friday campus sale. *Lower Left:* Agricultural Teacher Gena Hasson and her agricultural students at the Fairplex in Pomona. The students sitting from left to right: Joniqua Altaha, Mary Jane Gonzales, Regina Roszelle, and Rope Manygoats. *Lower Right:* Regina and Rope showing young students how to make cardboard bird-feeders.

California (Fig. 12). Their goal was to publicize our new Future Farmers of America chapter, the agricultural pathways program, and Sherman High School. During the day the group also showed young farm visitors how to make

environmental friendly bird feeders (Fig. 12). Despite loud protests from Sherman's Pathways turkeys (Fig. 12) twenty-two turkeys were harvested and made available for the Thanksgiving dinner for Sherman students.



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MISSION STATEMENT
The Sherman Community empowers Native students through opportunities to find their purpose at school and in life.

MIND • BODY • EMOTION • SPIRIT