



**Figure 1.** *Top Left:* A view of the wetlands at Huntington Beach. *Top Right:* National Honor Society and G-Team members at the Huntington Beach Wetland Conservancy. *Lower Right:* Alexis Duro with her son and a friend DreAndre Greer (son of former SIHS graduate Tony Greer)

## National Honor Society/G Team Field Trip

In October students from the National Honor Society (M. Royalty, advisor) and the Green Team (C. Demone, advisor) visited the Huntington Beach Wetland Conservancy (HBWC) and participated in a wetland clean-up. (Fig. 1) During the visit students learned about the importance of the wetlands ecological system. Wetlands or Coastal Salt Marshes are one of the most productive habitats in the world and serve as home and nurseries for hundreds of species of aquatic and terrestrial plants and animals. Wetlands also provide flood protect, shoreline erosion control, and improves the quality of ground water. Over the years the coastal wetlands of California have virtually disappeared due to urban sprawl. The HBWC was established in 1985 to acquire and restore the coastal wetlands around the Orange County coastal zones.

## Alumni in Focus

Alexis Duro graduated from Sherman in 2009 (Fig. 1). She is currently enrolled in a Masters Degree program at Claremont Graduate University in California. Recently she returned to Sherman to begin her student teaching in the Social Science Department with teacher J. Hathaway. Besides her demanding Masters program she is also raising five children. Noteworthy is her husband Ricci Duro is also student-teaching at Sherman with teacher D. Slawsby. Click [HERE](#) to listen to Alexis discuss the importance of her Sherman school years.

## From The Editor

We link certain articles in our newsletters to short videos on our YouTube channel. Besides these newsletter-linked videos, other Sherman videos from years past are also available to watch. Click on the following YouTube link to access our Sherman videos. You will be able to access our YouTube videos in this and future Sherman Times newsletters by clicking on this same link in the rectangular information box located on the last page of our newsletters. You can also go directly to our Sherman school website by clicking on the link provided in the information box on the last page.



## The Culinary Kitchen

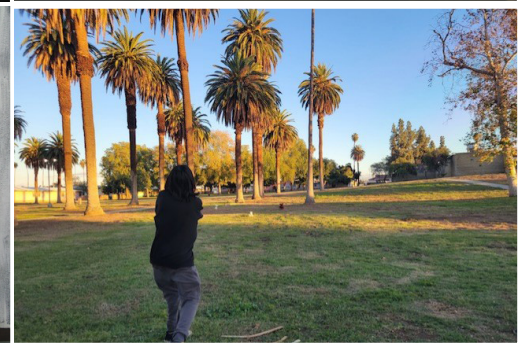
Chef John Moreno is head of Pathways Culinary Program. He earned a degree in Nutrition and Food Science at California State University San Bernardino and then worked in various professional kitchens for twelve years before coming to Sherman. One of the goals of Chef Moreno is to show students how to prepare tasty and nutritious food dishes with added Native American food ingredients. Click [HERE](#) to watch Chef Moreno show students how to prepare a tasty Jam and Jar vinaigrette salad dressing.



# Native American Heritage Month

November was National American Indian Heritage month. Across our great nation people celebrated the culture, traditions, and stories of past and present Native Americans. At SIHS special thanks goes to L. Sisquoc and the Inter-Tribal Council (Fernando Palomera, Rachel Cloud, Deborah Monroe, and Gayle Johnson, sponsors)(Fig.2) for organizing various school activities and events during this special month. At Sherman, Homecoming and Homecoming Week have long been traditions (Fig. 2). This year Spirit Week was filled with exciting activities and our students showed their school spirit and created lifelong memories. The four classes (Senior, Junior, Sophomore, and Freshman) competed against each other for the bragging rights of the School Spirit Stick. This year's Spirit Stick winner was the Sophomore class. During a pep rally in the gym the homecoming King and Queen and the Homecoming Court were announced. The Homecoming King and Queen for 2022 were Dep Wuno Auguh and Mya Begay (Fig. 2). Cash Siyuja and Aden Thompson finished in second and third place for King and Cassandra Valdo and Domonique Francisco were in second and third place for Queen. The other members of the Royal Court included: Jerrod Ochoa (Prince) and Jahleena Miranda (Princess) Junior class; Rodney Palimino (Prince) and Autumn Peters (Princess) Sophomore class; and Amare Thompson (Prince) and Amoni Antone (Princess) Freshman class. This year staff members C. Dominguez (Fig. 2) and V. Shattuck were selected to join the Homecoming

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**Figure 2.** Top Left: Librarian C. Dominguez with games club members Kaylee Opah, Shia Sierra, and Darice Paxon. Top Right: The lines are long at the Native food tasting event. 2nd Top Left: Patient students wait for the tasting line to form. 2nd Top Right: A cornucopia of Native American good eats. 3rd Top Left: Inter-Tribal Council Representatives (Top row, left to right) Allen Pena, Pep Commissioner; Dorien Lopez, Male School Board representative; Karma Weed, Female School Board representative; Kyra Harrison, Secretary. (Bottom Row) Tyler Lopez, Member at Large; Jillian Lewis, Female Pep Commissioner. 3rd Top Right & 4th Top Left: Students showing their skills at the rabbit stick throwing contest. 4th Top Right: Sherman Homecoming King and Queen and Royal Court at the Ira Hayes Stadium (1970s). Bottom Left: One of the "floats" in the Homecoming Parade at the Ira Hayes Stadium (1970s). Bottom Right: 2022 Homecoming Queen (Mya Begay) and King (Dep Auguh).

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An interesting school event during the month was a rabbit stick throwing contest won by Dominique Francisco (Fig. 2). A highlight during our monthly celebration was the Native Food Tasting event organized by Pathways Chef J. Moreno and L. Sisquoc (Native Culture Coordinator). Following a long morning of cooking by our culinary students (click [HERE](#) to watch our students prepare foods for this event) our student body was joined by honorable Sherman guests later in the day for a mouthwatering experience (Fig. 2).

## Inclusion Summit

On October 15, our school counselors (K. Clifford and S. McMorris) and selected Sherman students traveled to California State University, Long Beach to attend the 7th Annual College Inclusion Summit. The summit provided prospective college students from underserved communities vital information (how to prepare for college, available financial aid, living on campus, etc.) to empower students to apply to college and be successful once they arrive on campus. The counselors plan to attend this event again next year.

## Proverbs

*It is easy to be brave from a distance.*

- Omaha

*Cherish youth, but trust old age.*

- Pueblo

*The only thing more dangerous than ignorance is arrogance.*

- Albert Einstein



### THE SHERMAN TIMES

is a digital publication that is linked to YouTube and provides information on Sherman Indian High School.  
WEB: [Sherman YouTube Videos](#)  
DESIGN: Marg's Designs

### SHERMAN INDIAN HIGH SCHOOL

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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

Educating Native American youth since 1903