



Figure 1. Choice dorm students participating in the campus beautification program.



## Faculty Potluck

In December on the last day of the semester a potluck gathering was held for Sherman staff (Fig. 2). Facility Head, Leroy Tewahaftewa, provided the BBQ meat, the Sherman Employees Club supplied the desserts, and the Sherman staff pitched in with drinks, salads, and side dishes. Besides the delicious meal it was a time for fellowship, to wind down the semester, and usher in the holiday season.



Figure 2. The year end faculty and staff lunch gathering.



Figure 3. Senior class officers: Back row (left to right) Christina Hodge, Jarrod Carlyle, Iverson Ivins, Anthony Garcia. Front row: Timera Gordon, Trina Hunter, Kiani Quiver, and Krista Wasson.

## Sherman Senior Class

The senior class sets the example for Sherman school spirit. This class also conducts fundraising activities and assists in the planning of the graduation ceremony and senior ditch week at the end of the school year. This year seventy-four Sherman seniors are expected to walk at graduation. Recreation staff member, Tom Lewis, and culinary arts teacher, Lisa Rivera, sponsor this year's senior class. The senior class officers for 2018/19 are presented in Fig. 3.

## From The Editor

Some Sherman students require additional support to improve their challenging and or inappropriate student behavior. Over the years we have discovered an effective method of improving these students' behavior is having them serve time in "choice dorm". This year Sherman staff member Michael Belmar introduced the novel idea of having choice dorm students participate in the beautification of our campus. This activity provides students with a feeling of accomplishment while improving the appearance of our campus. Last semester choice students helped beautify the quad area of our campus by planting trees and flowers (Fig. 1).

Sherman students are required each year to take several school tests. Important is the school-wide NWEA MAP tests along with the Smarter Balance test which is given only to the junior class. The NWEA MAP tests are used to assess individual student growth in English, math, and science over the school year and allows teachers to adjust their instruction to improve individual student learning. The year-end Smarter Balance test determines students' proficiency and progress toward college and career readiness in English, language arts, and mathematics.

In December English teacher, Michelle Laramie, became the third Sherman teacher during the past year to receive National Board Teaching Certification. The other Sherman National Board Certified Teachers are Athletic Director, Kara Schwab, and Math and Science Chair, Vernon Shattuck. We congratulate Michelle Laramie and give our support to Matt Townsend of the Athletic Department as he continues National Board Certification. We would also like to congratulate the boys and the girls varsity basketball teams for capturing the 2019 Arrowhead League basketball championships.

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

*"Listen or your tongue will make you deaf."*

*Native American Proverb*





## Student Focus

In this issue we present senior Kiani Quiver who has attended Sherman the past four years (Fig. 4). Kiani was raised in the township of Kayenta, Arizona within the Navajo Nation. Currently she ranks second in the senior class based on her cumulative grade point average of 3.98. Kiani's academic activities this year include serving as Senior Class President, completing her third straight year in the National Honor Society, and participating in a floral design internship in the Career Pathways Program. Because of her passion for music Kiani and Senior Angelina Rope this year co-founded the Sherman Music Curator and Entrepreneurs Club. During her free time Kiani plays the ukulele and electric guitar and uses her sketch book to draw. She

enjoys building and maintaining strong relationships in her life and listening to different types of music.

Kiani looks forward to living on her own and working initially as an intern at a record label company in the Los Angeles area. She would also like to eventually attend either UCLA or California State University, Los Angeles and major in business administration. Down the road her goal is to become an A and R Director (Artist and Repertoire Director — responsible for talent scouting and mentoring artistic



Figure 4. Senior, Kiani Quiver.

development at a record company). The thought of starting, owning, and operating a record label company later in life has often crossed her young mind. Please click [here](#) for Kiani's video.



Figure 5. Victoria Dushane (front) and Erika Guzman (back) digitizing slides on a flatbed scanner at the Sherman Museum.

## The Sherman Experience

The National Historical Landmark Sherman Museum houses thousands of photographs and documents that relate the experiences of Native Americans at Sherman High School since 1901. Two years ago the University of California, Riverside obtained funding from the Council on Library and Information Resources and the Andrew W. Mellon Foundation to digitize the bulk of photos and archival BIA records in the Museum. Digitization is the process of converting text and images into a format that can be manipulated by computers and viewed online. The goal of this

project is to safeguard and preserve this precious material and also make this information accessible online. The leader of this digitization program the past two years has been Charlotte Dominguez. As the project winds down to completion this year over 9,000 images and 3,500 documents have been scanned. Typically for photos and small documents a large flatbed scanner is used at the museum to digitize material (Fig. 5). Fragile large bound documents are sent to a local vendor that has specialized equipment to accomplish scanning without damaging documents. To date twelve Sherman students have participated in the digitization project and all have been paid for their efforts.

## National Honor Society Faculty Council

The Sherman National Honor Society Faculty Council for 2018-19 includes Robbin Rolette (Residential), Robert Ryding (Resource Department), Jason Miller (School Librarian), Patricia Verwiell (Resource Department) and Lisa Rivera (Pathways Culinary Arts) (Fig. 6). The Faculty Council is responsible for the selection and dismissal of National Honor Society Members. A majority vote of the Faculty Council is required to select or dismiss students from membership. The Council is also responsible for developing and revising the Sherman Chapter procedures for selecting, disciplining, and dismissing members.



Figure 6. Sherman National Honor Society Faculty Council members (left to right) Robert Ryding, Jason Miller, and Patricia Verwiell look over NHS application forms.





**Figure 7.** *Top Left:* Librarian Jason Miller. *Top Right:* Jason Miller and Josh Hathaway host the annual Sherman Poetry Slam in the school library.

## Sherman's Got Talent

The great Renaissance master Leonardo da Vinci once said, "Painting is poetry that is seen rather than felt, and poetry is painting that is felt rather than seen." Since the origins of speech man has used the aesthetic and rhythmic aspects of poetry to describe and evoke meanings to the world. Fifteen years ago art teacher Monica Royalty organized the first annual poetry slam event at Sherman Indian High School. Her goal was to have Sherman students compete in both a writing and a performance competition to enhance their academic learning experience. In the first slam students gathered in the library and read their works using an open microphone in front

of a Sherman audience and judges. Over the years the competitive judging in the slam has been eliminated and both Sherman students and staff have been encouraged to participate. The Sherman poetry slam today continues to provide a forum for Sherman students and staff to express views on personal, cultural, and social issues. The array of poetry topics, styles, and performances has kept the slam highly anticipated each fall. Remarkable is that our students are typically self-taught in writing poetry. Even though our students may have limited knowledge on poetry writing they are still able to effectively express their messages in their poems.

In recent years the poetry slam has been coordinated by librarian Jason Miller and hosted by Native Cultural Teacher Josh Hathaway (Fig. 7). In December 2018 Sherman staff and students again gathered in the library for refreshments and poetry enlightenment. Twenty-three talented Sherman students and staff members recited their poems to an attentive audience. The Sherman Times is pleased to present the talented students Corianna Yoe, Rose Manuel, Teela Hunter, Raven Yellowhorse, and Sequoyah Wakayuta along with teacher Josh Hathaway read their poetry to you. Click [here](#) for the video. Enjoy!

## Athletic Zone

The Sherman boys' basketball team has played with grit and determination this season for new head basketball coach, Clarence Bean (Fig. 8), and assistant coach, Peris Leonard. With a week of the regular season remaining the team has again clinched the Arrowhead League championship. The team is in high gear and will compete in post-season CIF play. Team members this year include: Jasper Bell (guard), Jarrod Carlyle (point guard), Tyrell Clawson (guard), Iverson Ivins (forward), Dawson Jimmie (guard), Deandre John (guard), Ephraim McCowan (forward), Pablo Antonio Ruiz (guard), Andrew Russell (forward), Jaison Underwood (forward), Ezekiel Ute (forward), and Edward White Eagle (center).

Before coaching at Sherman Coach Bean served as an assistant boys basketball coach at Etiwanda High School and as the head coach of the Chaffey High School girls basketball team. Coach Bean indicated to me that he likes the fight and the great effort he has received from this year's championship squad. He hopes these factors continue and contribute to a deep run in the CIF playoffs.



**Figure 8.** Boys Head Basketball Coach, Clarence Bean.





**Figure 9. Top Left:** Freshmen Autumn Parra and Shatawni Notsinne are not afraid of an engineering challenge. **Top Right:** Determined Sherman students with California Baptist Student assistance construct balloon powered racing cars.

## Science and Engineering Activities

After school each Wednesday students gather in the Science Department to engage in hands-on Engineering/STEM projects (Fig. 9). This program is generously supported by California Baptist University (CBU). CBU supplies the materials

for the projects and makes their engineering students available to assist Sherman students on projects. Sherman math teacher, Harry Pappo, helps coordinate this program. Each Wednesday session lasts about ninety minutes. This enriching activity

helps our students become critical thinkers and may ignite an interest in science and engineering in some students.

## Native American Food Tasting

When the first Europeans arrived in North America there were numerous Native American tribes with distinct cultures, languages, and diets. Although the Native Americans were primarily hunters and food gatherers living on the abundant diversity of wild plants and animals present at that time, many tribes also raised crops for a stable food supply. The diets of the tribes varied and depended on the area that they lived. Native Americans that tended crops often grew the three sisters – corn, squash, and beans. Various tribes also developed varieties of crops best suited to an area through plant selection. Thus, Native Americans were the first farmers and plant breeders in North America. Noteworthy was the culinary skills of Native American women who prepared the wild and grown foods for consumption. Their cooking skills impressed many new emigrants. Native cooking methods included baking, frying, boiling, and roasting (Fig. 11 next page). Today the diets of most Native

Americans differ greatly from their early ancestors. However, specific indigenous foods are still consumed regularly in traditional families.

During the Native Heritage Month of November Sherman student celebrated Native foods by hosting a Native Food tasting afternoon (Fig. 10). This event was spearheaded by Lorene Sisquoc. With both student participation and Sherman staff help along with contributions from Lisa Rivera, Donna Jenson, Karlene Clifford, Helen Bonner, and Mr. Tewahaftewa, the event was very successful. Student prepared traditional dishes from their tribes and families which included: bison stew, chili with hominy stew, venison with acorn dumplings stew, venison with dried corn stew, rabbit stew, beef stew, chicken mole, wild rice, wojape, yucca and corn succotash, nopale with corn succotash, blue corn soup, bean with nopales and corn salad, elk jerky, chia candy, wild tea, corn bread, beans, tortillas, fry bread, and fresh berries. These tasty dishes were culinary hits with both students and staff.

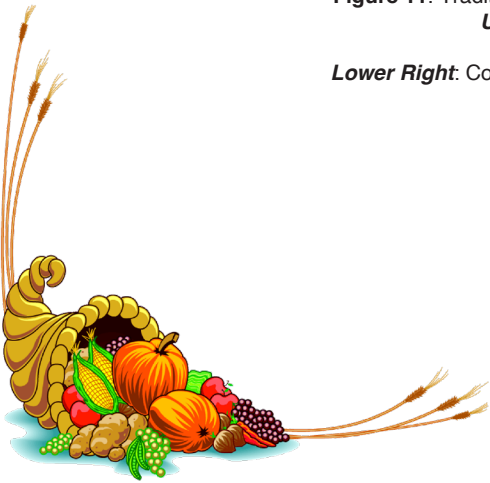


**Figure 10. Top Left:** (left to right) Tadreanna Thunder Hawk, Arianna Yellowhorse, Lorene Sisquoc, Lakota Lomakema, and Breanna Miguel are ready to serve. **Top Right:** A healthy meal fit for a king or queen. **Bottom Left:** Lakota Lomakema processing blue corn chips. **Bottom Right:** Rope Manygoats warming up a chile, green bean, and corn medley.





**Figure 11.** Traditional Native foods.  
*Upper left:* Salmon.  
*Upper Right:* Corn  
*Lower Right:* Cornucopia of natural foods.



## Drama Club

Six years ago Resource Department teacher, Patricia Verwiell, started the Sherman Drama Club (Fig. 12). The purpose of the club was to provide an after-school creative outlet for students interested in the performing arts. Each Wednesday after school students meet in Pat-ti's room for refreshments, to engage in acting exercises, and to conduct club business. Last year Drama Club members attended the University of California, Riverside (UCR) to experience acting firsthand in the play *Dr. Faustus*. In April students will attend the Broadway Musical hit *Avita* at the Fox Theater in Riverside, California. In April the Drama Club will also host the annual Sherman Talent Show. Currently students from UCR's Performing Arts Department are assisting Sherman students in writing, directing, and performing in a Sherman one-act play. This year's Drama Club officers include: Este Coon, President; Truchell Calabaza, Vice President; Analeah Anselmo, Secretary; and Carlean Lamone, Treasurer.

The Sherman Times is pleased to present Este Coon and Natalie Lavender performing a short but powerful scene from the controversial and shocking 1959 movie "*Suddenly Last Summer*". This movie was adapted to the screen from a play by Pulitzer Prize winning playwright, Tennessee Williams. Actors Elizabeth Taylor, Katharine Hepburn, and Montgomery Clift starred in the original film. In our modified Sherman scene Catherine Holly (played by Este Coon) finds out that her sister Jackie (played by Natalie Lavender) and mother Ms. Holley are planning to have her permanently committed to an insane asylum and lobotomized so her brother can receive a large cash payment. Click [here](#) to view some real Sherman drama.



**Figure 12.** Teacher Patricia Verwiell (front of the room) inspiring her drama students.



## The AVID Classroom

In the last issue of The Sherman Times we discussed Sherman's AVID (Advancement Via Individual Determination) program and its importance in preparing our students for future success at universities, colleges, and career. Teacher Dawnes Sims-Stevenson uses the AVID WICOR strategies of writing, inquiry, collaboration, organization, and reading to enhance the academic performances and confidences of her grade 11 AVID students. One of her teaching strategies is having her AVID students present, explain, and write out academic problems that are confusing to them. By doing this her students improve their public speaking skills, gain a deeper grasp of their problems, and obtain the needed help from classmates and the AVID tutors.

## Some Glue, Triangles, and 100 Popsicle Sticks

Every year ambitious school students worldwide construct bridges made out of popsicle sticks and wood glue with the goal of designing bridges that can hold the most weight. This year our Sherman students again constructed small popsicle stick bridges in our geometry classes. Noteworthy this year was that the bridges of two student groups broke the existing Sherman school bridge record by holding more than 23 large books before bridge failure. The fifth period group of Johnson Whatonome, Jr., Tokala Night Walker, Marlene Ramires, and Angel Uqualla designed a bridge that held 31 books. Unfortunately, their new school record lasted only a short time. Two and one half hours later the seventh period group of Truchell Calabaza, Jasmine Josemaria, Estes Coon, Maria Franklin, and Lianna Barajas obliterated the fifth period bridge record. It took 48 books to drive their bridge to its breaking point. Considering that each old geometry or biology book weighs between six to seven pounds (about half the weight of a high school boy's shotput) and the weight of the winning popsicle bridge was about  $\frac{1}{3}$  to  $\frac{1}{2}$  of a pound, you do the math—it is truly an amazing record. Click [here](#) to view the weight evaluation of these two school record-breaking popsicle stick bridges.

## Is New Always the Best?

by Nolan Vigil

What do you think of when you hear 5G? This is fifth generation cellular wireless technology and is the next big advancement into the "era of technology". This new technology is defined by handling more data traffic faster, larger system capacity, and massive device connection. 5G is being rolled out in two phases and is expected to be completed in the USA by mid 2020. Major telecommunication giants, such as AT&T, Verizon, and T-Mobile are already investing heavily in the future of 5G. 5G is currently being tested in several states including Texas and New Jersey and several major USA cities. South Korea, China, Japan, and the United States will implement 5G before 2022.

Fifth generation is more complex than the fourth and third generations. 5G will offer "a wireless connection built specifically to keep up with the proliferation of smart devices that need a mobile internet connection. More home appliances such as door locks, security cameras, cars, clothing, dog collars, and many other "movable devices" will be able to connect to the internet because of 5G. This new fifth generation will be the steroid version of 4G's capabilities allowing almost real-time replies with no delay time. For example, when using 5G, there would almost be no

visual delay time from a text from Japan to the United States. 5G will offer phenomenal download speeds (100-1,000 x faster than 4G). Because of this greatly improved data download speed 5G will open up a new era for new technology to be widely employed; such as virtual reality, automating seaports, and manipulat-

***Professor Trevor Marshall of Murdoch University, Australia indicated the 5G system would irradiate everyone including those most vulnerable to harm, such as pregnant women, unborn children, young children, men of reproductive age, and the chronically ill.***

ing industrial robots and driverless cars. 5G will allow cars to interact with other cars and smart roads to improve safety and manage traffic. With this telecommunication technology new capabilities will be unlocked in the future that have yet to be discovered today.

5G operates at a different radiation frequency for transmission called millimeter waves. Since these signals drop off faster with distance to make the 5G system operable connections sites (small anten-

nas) have to be closer together. There will be tens of millions of 5G antennas placed throughout the country giving people the ability to stay connected wherever they are located. These antennas will be about 500 feet apart from one another. Why would they be so close together you might be thinking? 4G for instance reaches 22-45 miles away using large cell towers. With the 5G small cell towers, close proximity to each other is necessary and means better strength and a shorter distance the signal will have to travel.

With 5G towers being so close in proximity more signal strength and more radiation will be given out. Some health experts believe this could be a recipe for a health disaster. It should be noted that the World Health Organization has classified radio frequency radiation as a possible carcinogen. 5G will use pulsed millimeter waves which have been shown to have adverse biological effects on tissues. Dr. Martin Pall of Washington State University suggested in a presentation to the NIH (National Institutes of Health) that "the 5G rollout is absolutely insane". He stated in his presentation that 5G can cause neurological effects including insomnia, fatigue, depression, lack of concentration, anxiety, memory dysfunction, and cellular DNA damage. Scientific studies have

(Cont'd on next Page)



(Cont'd from previous page)

also shown radio frequency radiation can adversely affect skin and eye tissue. Professor Trevor Marshall of Murdoch University, Australia indicated the 5G system would irradiate everyone including those most vulnerable to harm, such as pregnant women, unborn children, young children, men of reproductive age, and the chronically ill. The long-term effects of the new 5G are not available. However, in Germany, researchers studied 1000 residents who lived in in close proximity

to two cell phone towers for about 10 years. According to this study, during the last five years of the observations, researchers discovered neighbors living within 400 meters of the cell towers were diagnosed with cancer at a rate that was three times higher than those who lived much further away.

5G will undoubtedly bring great technological advancement, but possibly also unacceptable regrets. The roll out of fifth generation is already taking place

throughout the world. More tests on 5G should be conducted for the safety of mankind. The U.S. Congress and the FCC should delay any implementation of 5G until more long-term research is done on this system. Sometimes being new does not mean it is always the best.

*"If we wonder often, the gift of knowledge will come" -- Arapaho*

## The Back Forty



**Figure 13.** *Top Left:* Brian Hayden shows students in his construction class how to operate a woodworking jointer. *Top Right:* New livestock pens at Sherman. *Lower Left:* Boer meat goats. *Lower Right:* Sherman 1948 student hog projects.

For the first time in many years Sherman students will again show and sell livestock at a local county fair (Fig. 13). In Mid-February, Sherman students, along with their agricultural teacher, Desiree Trapp, will attend the 73rd Annual Riverside Country Fair and National Date Festival in Indio, California. At the fair our FFA students will participate in the livestock show and sale with their Dorset Cross Sheep and Boer

meat goats (Fig. 13). This month and in February Sherman students will raise and train their animal projects for the Indio show. To accommodate our new livestock in the Pathways Program, livestock pens have been erected near the bus parking area on campus (Fig. 13). The expanding livestock program on campus will add an extra dimension to the education of Sherman Pathway students as they connect firsthand with animal husbandry.

Over the past two years the agricultural aid group 29:11 has worked closely and tirelessly with the Career Pathways Program at Sherman to help instill in our students a desire to grow, prepare, and consume healthy foods. The efforts of 29:11 have been spearheaded by Executive Director, Randy Williams. This year 29:11 and Pathways have developed a weekly schedule of agricultural presentations for Sherman students. This program consists

(Cont'd on next Page)



(Cont'd from previous page)

both of presentations and lab activities. Every Thursday morning Master Gardener Christine Lampe and others present various topics to Sherman students. After school during the week Pathway students then visit the University of California, Riverside to participate in hands-on lab activities on the topics discussed in the presentations. This enriching educational program is scheduled to continue into late March.

### **Sherman Indian High School Sustainable Food Project Agricultural and Animal Husbandry Advisory Board 2019 Speaking Schedule**

- Thursday, January 17, 8:30 AM, Healthy Soils
- Thursday, January 24, 8:30 AM, Gardening with Wildlife & Pollinators
- Thursday, January 31, 8:30 AM, Regenerative Organic Methods
- Thursday, February 7, 8:30 AM, SOCAL Veggie Growing
- Thursday, February 14, 8:30 AM, Seeds
- Thursday, February 21, 8:30 AM, Herbs
- Thursday, February 28, 8:30 AM, Control Pests & Diseases without Toxic Chemicals
- Thursday, March 7, 8:30 AM, Gardening in Southern California
- Thursday, March 14, 8:30 AM, Fruit Trees
- Thursday, March 21, 8:30 AM, Misc.

### **Native American Presentation (Classroom)**

- TBS: Natalie Solares: Seed Harvesting

### **Native American Presentation (Community Evening Presentation)**

- TBS: Mark Weyant, Aquaponics



**Figure 14.** Photographs of Sherman's 1948 Auto Mechanics classes.

The Sherman Pathways Construction course introduces students to general woodworking practices. Teacher Brian Hayden's students learn safety and the use of hand tools, power tools, and woodworking machinery. Initially students work on various basic wood projects. As students become more skilled they have the opportunity to work independently to design and construct more advanced projects as chairs and tables. This course provides students with the skills needed in the construction industry. Click [here](#) for a firsthand video look at this class.

Auto mechanics play an important role in today's fast-paced society and qualified technicians are in high demand. With this in mind a new auto technology training program has been started at Sherman Indian High School. This new Career Pathways program is being

generously funded by the San Manuel Band of Mission Indians. Much work and planning must be completed before this program becomes a reality next school year. However, an auto technology teacher has already been selected for this program. Interestingly, in the 1940s many Sherman students found auto mechanics one of the most fascinating vocational programs offered at our school (Fig. 14). Students back then learned the theory, maintenance, and repair of motorized vehicles. Several Sherman graduates of this early program went on to operate their own auto repair shops. Our new auto technology program will train students to become skilled automobile technicians and offer students internship experience and Career Pathways certification.



### **THE SHERMAN TIMES**

is a monthly digital publication that provides information on Sherman Indian High School.

DESIGN: Marg's Designs

### **SHERMAN INDIAN HIGH SCHOOL**

9010 Magnolia Avenue  
Riverside, CA 92503  
PH: 951-276-6325  
FAX: 951-276-6336

WEB: [www.shermanindian.org](http://www.shermanindian.org)  
PRINCIPAL: Sister Mary Yarger

### **MISSION STATEMENT**

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

MIND • BODY • EMOTION • SPIRIT