



INDIAN VOICES

OUR 28TH YEAR

MULTI-CULTURAL NEWS GLOBAL NETWORK

MARCH 2014

Healing a Nation



Robert Hayward prepares a ceremonial Sweat Lodge which is part of the Sober Ranch experience.

"...everything on the earth has a purpose, every disease an herb to cure it, and every person a mission. This is the Indian theory of existence."

Introducing Sober Ranch

by Robert Hayward

My roots go deep onto the soil on this continent. My grandmother was Ho-Chunk, from Wisconsin, taken as a child with all of her 9 siblings and sent to a boarding school, then adopted into a Dutch family, never fully recovering from the damage done. Like millions of Indian people across this country, that hurt and pain was passed on to me, in what we are now recognizing as Generational Trauma, and Cultural Trauma.

It comes in many forms, the most common result is alcoholism, addiction, depression, and suicide. In my case, it was extreme addiction and alcoholism,

for over 26 years.

I began drinking and using at age 14, which is now a late start for most Indian children. I spent much of my teen years on a Southern California Reservation perfecting my drinking and drug abuse. I wrote a book about these experiences and how returning to my culture and traditions brought sanity and sobriety back into my life. (The Thirteenth Step; Amazon)

After sobering up, I learned all I could about this insidious disease, and received degrees in Drug and Alcohol Counseling, and became a CAADAC Certified Counselor, and a trained Interventionist. Last year The Creator presented me with an opportunity to put my experience, strength and hope into practice. I took over ownership of Sober Ranch, a 67 acre remote mens Drug and Alcohol Treatment Center on top of

SEE **Sober Ranch**, page 3

In this issue...



- 1 Healing a Nation
Palomar Friendly Hermit
- 2 Facing the Truth of Today
SCTCA Substance Abuse Association
- 3 Pala Casino Hosts TCOYD Health Event
- 5 Black Path Commentary
- 6 BBIA Black Wall Street
- 7 National Underground Railroad Conference
- 8-9 Falconer Swearing In
Green Store Celebration
Native Nation Events
- 10 Damning Use of Force by Border Patrol
- 11 San Diego Approves Bicycle Advisory Board
Governor Brown Appointments
- 12 Activist San Diego's Peoples Ball
Nessy Burger Sighting
- 13 Trading Post Business Directory
San Francisco Institute of Architecture
- 14 Senator Reid's Remarks Honoring
His Holiness Dalai Lama of Tibet
- 15 Reid All About It - Preserving Tribal Treasures
- 16 Tribal TANF
San Diego American Indian Health Center

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Palomar's Friendly Hermit

by Laura M. James

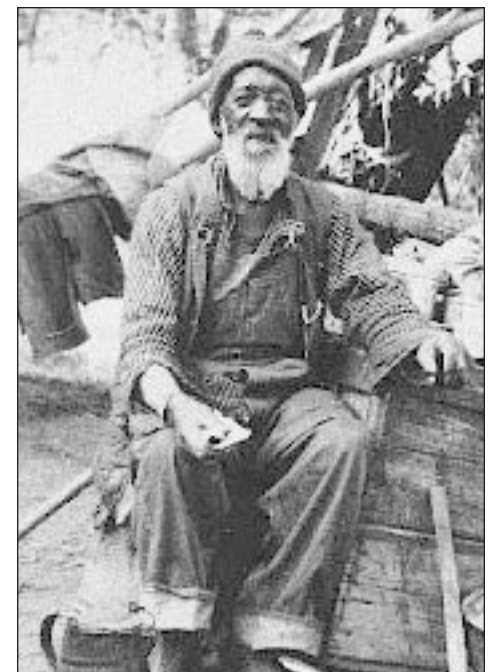
If you go to Palomar Mountain by the old West Grade road, just as you enter the trees, pause and go back from the road a short distance. You will find a small clearing, a pile of rocks, a few dead apricot trees, and a dry dilapidated watering trough. The rocks once formed the walls of a small house, the trees were part of a lovely orchard, and the watering trough once overflowed with cold mountain spring water.

In former years here lived at the roadside an old Negro man who was friend to both man and beast. All who traveled this steep grade, which, for years was the only road connecting the mountain with the valley below, looked forward to reaching this spot. They knew that they would be met by this small, smiling man who would first hand them a gourd of

ice-cold water, then see that their horse was watered, or their boiling radiator cooled, as the case might be.

"Nate" was a friendly person, yet very little is known of his early life. All of his life story was never told, even to his best friends, and, try as hard as they would, no one could ever get him to tell the name of his master, for Nate was once a slave. When he passed on in 1920 his true story was buried with him.

There are many versions as to how he came to California. Some say he was the body servant to an Army officer who brought him around the Horn to the gold diggings in the northern part of the state. In order to get to make the trip he had promised to work in the mines for the officer. This he did for one day, then declared his independence, and went to work on his own, and for years did freighting for the miners. Another story is that he came from Kentucky to Sedalia, Missouri, where he waited for several months while a wagon train was being made up to come overland to Merced and on to the mines. However, the following is what Nate told two of his friends, one a lady from the South who lived for years on the mountain,



and the other an Indian friend who used to spend a lot of time up at the cabin.

Nate told them he was from the state of Mississippi. When a boy of about sixteen he and a number of other slaves were put up for auction. As he was small of stature (caused, he claimed, because

SEE **Nate Harrison**, page 4

Facing the Truth of Today

by Gretchen Burns Bergman

My unique, adorable and cherished son lives in a sweet hallowed spot in my memory. He isn't gone, but he is lost. I know that he is somewhere inside of the stranger that I see today, but it is easier to close my eyes to find him.

I remember my sunny, funny, freckle-faced boy who met the world with impish delight and exuberant glee. He was athletic and agile, throwing physical caution to the wind, leaping down flights of stairs, skateboarding, surfing, and doing flips off the high-dive. He could swim before he could walk.

His quirky talents entertained us all. With focused patience and attention he could catch flies and fish with his own bare hands, and he learned to tie cherry

stems into knots with his tongue. He was a creative musician who taught himself to play a mean blues harmonica. Although he played naughty pranks, he had a solid sense of fair play. In his youth my beautiful blue eyed boy was a loving, affectionate and exuberant little elf.

How can I accept the truth of today: a life interrupted and stuck for decades. I'm sure that his loss of self further frustrates and angers him, allowing him to continue to lose himself further into depression and drugs.

What do we do with our older children who have had so many opportunities at treatment, but can't find or sustain recovery? What can we do when the pain of loss has beaten us down and the answers keep slipping away? What can we say when the world has thrown up

their hands in frustration, declaring them to be unlikable, untreatable misfits?

Parents who can't accept living with the gnawing image of their child out on the streets, lying in a gutter or living like an animal in a cage meant for criminals are declared co-dependent. How utterly dispassionate, unfair and cruel, especially knowing the very real danger of accidental overdose.

Some days I look down at my blouse, imagining that the blood that I sense leaking from my heart will soak through while I'm in denial of the devastation and busy trying to live my life. Well-meaning people advise us to detach with love. It is a nice concept, but how does it work in the real world when our adult children have failed to launch and instead have morphed into someone unrecognizable?

To all of the people who reach out to the PATH office for help, I want to assure you that we hear you and we are also frustrated with the lack of answers that we can offer you. My son's plight, although extreme, is not unique. After years of the criminal justice system wrestling with the healthcare system over the handling of people with addictive illness, and parents being bounced back and forth through this maze, willing to mortgage their homes and do anything to save their children, we are still in a very bleak place, with little support or acceptable answers as to what to do with these damaged but cherished loved ones.

We continue to be committed to finding a humane way to handle this problem and keep hope alive. Together we must find acceptable and positive ways to free trapped loved ones from the stranglehold of addictive illness.

Southern California Tribal Chairman's Association

Substance Abuse Update

Update from David "wolf" Diaz

The first topic discussed at our meeting had to do with a conference call that took place on January 30th 2014 at 3 PM. The people who spoke on this conference call were Denis Turner, Chairman Anthony Pico, Eric La Chappa, Charity White, Dr. Herbert McMichael, and I. The agenda for this call was to discuss the different aspects of the planning committee for the adult residential treatment facility such as selecting a Recording Secretary, selecting planning committee members, designate meeting periods, selecting meeting date, location and agenda, and the committee's operational budget for holding meetings.

It was decided that I will be the

Secretary responsible for taking the minutes at these meetings. It was our intention to have various staff or board members from each of the four Indian health clinics. As of now the members of this planning committee will be Chairman Robert Smith who is a board member and Dr. Calac who is the chief medical officer for I HC, Dr. Herbert McMichael from SBIHC, Charity White and Gwen Parada from SIHC, and Joe Bulfer from SDAIHC. It was agreed upon that these meetings shall be quarterly. And the locations of these meetings shall take place at the four the Indian health clinics one meeting per clinic. The committee's operational budget for holding these meetings was solved by allowing each clinic to host a meeting. It was also decided that SCTCA shall host a preliminary meeting to discuss the agenda for the first meeting. This meeting has been set for April 14, 2014 time and location shall be revealed in the near future.

The the substance abuse committee also discussed the planning of two future presentations by Edward Grijalva with the topic being intergenerational and historical trauma from an American Indian standpoint. The two locations for

these presentations shall be at the Rincon Indian Health Council and the Southern Indian Health Clinic. The attendees for these presentations shall be the clinic's staff and board members, the leaders and council members in relation to the surrounding reservations of these clinics. Edward Grijalva shall be presenting this information from his new position on a state level as one of four liaisons hired by the state of Arizona to establish relations and open lines of

communication for American Indian reservations in regards to substance and alcohol abuse.

I will be attending a conference in Parker Arizona at the Blue Water Resort & Casino on February 20 and 21st 2014. The theme for the conference will be "Change is occurring! What is our vision for the future?" This event is the Statewide Arizona American Indian

SEE SoCal Tribal Chairman Assoc, page 4



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TCOYD Attracts a Full House

Pala Casino Resort and Spa hosts major health event.

The Pala Casino Resort and Spa Event Center boasted a full house on February 8th, where more than 400 people throughout and beyond our consortium area gathered in search of health. They enjoyed a day-long wealth of activities, education, information and inspiration on the topic of diabetes, which affects 16% of Native Americans in the U.S.

The Taking Care of Your Diabetes (TCOYD) conference and health fair was co-sponsored by Indian Health Council, Inc. and Indian Health Service. It was presented by TCOYD (www.tcyod.org) specifically for the Native American population.

Entitled, "Do You Have Diabetes? Take Control: Learn, Laugh and Live Better," the multifaceted event promised, "One



day can change everything!" Many participants agreed, saying they now had the motivation to change and the tools to help them do so.

A participant from Cahuilla said,

"It's nice to be with so many people with a common goal to do better for ourselves and our family members with diabetes. We learned that exercise is like insulin and other facts. Most of all, we learned you can live a long and good life."



How to Take Control of Diabetes

TCOYD founder Steve Edelman, MD kickstarted the presentations with his topic, "Well-Controlled Diabetes is the Leading Cause of Absolutely Nothing!" Dr. Edelman was diagnosed with diabetes at age 15. He said, "I was told that blindness, kidney failure and amputations were likely to occur and that my life expectancy would not exceed 20 years." The prognosis galvanized him to study medicine "to learn how to conquer this condition and help others afflicted with it."

Prior to Dr. Edelman's presentation, the day began with good-for-you break-

fast burritos, a blessing, birdsinging, drumming and a welcome by several officials, including IHS' Margo Kerrigan and IHC's CMO, Daniel Calac, MD. Dr. Calac also addressed the crowd in the afternoon, advising how to "Keep Your Kidneys Kicking and Your Heart Pumping."

Positivity permeated the packed room, with information presented in a down-to-earth and upbeat manner. Native American comedian Drew Lacapa suggested ways to "Laugh Your Way to Lower Blood Sugars." A

Pala participant called his routine "really funny, especially in light of the health issues he has endured, including strokes, heart attacks and surgeries. It's amazing he can find humor in it."

IHC's Physical Activity Specialist Angelina Renteria and Nutritionist Jina George explained the reasoning behind "Using Exercise and Food as Medicine." Later, Angelina led attendees in chair dancing to music so energetic many people got up off their chairs to "boogie."

Community Health Services staff organized a well-attended health fair during the event, offering blood glucose and blood pressure testing, foot screening,



body fat measurements, and an opportunity for people to discuss their concerns with IHC providers, including Public Health nurses, Pharmacist Bob Schostag and Acupuncturist Anne Bailey.

Ending the event on a high note was motivational speaker Billy Mills, who wowed the world by capturing Olympic Gold in the 1964 10,000 meter race. After being diagnosed with diabetes in 2005, he immediately took control with nutrition, exercise and education. He skillfully wove the focus it took to win the gold 50 years ago with the focus it takes to lead a long and healthy life with diabetes.

From the beginning to the final presentation, people realized that yes, diabetes happens, but, like Billy Mills and Dr. Edelman, they have the power to choose how to deal with it. Dr. Calac states,

"It was rewarding to see so many people wanting to learn more about their diabetes and ready to make lifestyle changes for the health."

Sober Ranch

Continued from page 1

Palomar Mountain in north-eastern San Diego County in Southern California. Sober Ranch was then a successful treatment center run strictly on the basis of the tenants of AA, which was very effective. But even more powerful is the land that this center is on. This is an ancient oak and pine grove that was once a large Cupa Indian village, with physical and spiritual evidence of their presence everywhere. It is one of the very few areas of this mountain that has never burned. The peaceful and serene atmosphere alone is healing. At 4000 feet in elevation, it is above much of the southern California pollution, and our water comes from an ancient aquifer hundreds of feet beneath us. Our electricity comes from the sun, other than the necessary pumping of the well to keep our tank full.

In the early 1900's, it was occupied by Nate Harrison, a newly freed slave who homesteaded there and became a local legend. After that it was an active horse ranch, and we use the stables and corrals and riding ring now for our equine therapy.

After working in the recovery field for years, and seeing the dismal failure of

most programs, I began searching for reasons for the low rate of success, and what could be done to change it into more positive outcomes. The biggest problem was the fact that while Native Americans have the highest rates of alcoholism, drug addiction, and other dysfunctions, we have almost no culturally competent programs that address our situation specifically. AA, NA, CA, all of the A's, are great, but they lack that certain cultural aspect that makes it universally appealing and useable for Indians with this disease. It took ceremony to bring me back, after nothing else had worked. And I began to see that is the missing link in helping our people beat this disease. It is a spiritual malady, and requires a spiritual solution. And we are naturally spiritual people, if we stay away from those things that are not part of our culture and traditions. Drugs and alcohol are not part of any of our culture or traditions, regardless of what too many people may think.

I rewrote the Sober Ranch program to include and emphasize Native Culture, pan-tribal ceremony, sweat lodge, Medicine Wheel, Horsemanship, outdoor work and activities, Tipi ceremony and meetings, and other earth based healing modalities. We have Native American house managers, counselors, and therapist. And 5 nights a week all

clients go down the mountain to local AA and NA meetings on the three adjacent Indian Reservations. We have specific therapy based on the concepts of childhood, cultural, and generational trauma, which has affected all Indians, whether they know it or not. It is the key to staying sober; facing our trauma, dealing with it, forgiving self and others, and moving forward from there.

This Native track is for anyone who wants to avail themselves to it, and it typically becomes the route all clients take, regardless of bloodline. Native spirituality can be a very healing experience, and everyone has their own path to recovery. But I am convinced that it is much easier for Indian people to recover using the ways we have used for thousands of years. It worked for our ancestors, and there is good reason to believe it works for us now, and will work for our descendants, 7 generations from now.

I understand there are some treatment centers in the planning stages now, and for this I am grateful. I have been speaking at Conventions and Reservations for a long time all over the country about the need for Indian treatment centers. We need thousands of them. But this one is open now, with beds available (as of right now), able to help anyone in need today. And when the new ones are

up and running, I will be able to refer many clients to them. Right now the need is for a women's treatment center, I could fill that up in a week. We just don't have enough buildings to do that, and mixing the sexes only becomes a distraction to everyone's program of recovery.

Sober Ranch is for men only, 18 years and older, it is private pay, and we do not take Insurance because we have found that Insurance does not put the client first, they do not let us use our most effective programs, and want clients 'cured and sent home' much sooner than they are ready. We charge about 1/3 of the typical treatment center, and we do have some partial scholarships available under certain situations to help the client get better. I took Sober Ranch over to give back, to pay it forward, and to help those who are on the same wrong road I was once on, and show how to find the Red Road of Sobriety that I am on now. It is not about money, as our expenses usually exceed our income. But to see the life come back into a man's eyes, the color come back into his skin, and the smile to return to his face, that is the payout we are all working for. See sober-ranch.com for more information. AHO.

Nate Harrison

Continued from page 1

as a child he had been worked so hard and fed so little) he was not attractive to buyers. They were looking for large strong men to work in the fields. During the excitement of the auction Nate saw a chance to slip away. He dropped into the river, and swam and floated for miles. At last he came to a landing where a side-wheel steamer was taking on fuel. He stole into the fuel bunker. There he stayed for days. He lost track of the number, and when he finally saw a chance to get out, he was almost starved to death. He hid out in the woods all day. When the lights in a nearby farm house went out at night, and he figured everyone would be asleep, he crept up to the house and ate food that had been set out for the dogs. He said that was the best tasting food he had eaten in all his life.

What his story was in connection with the long miles and years that stretched between the Mississippi River and California is subject for dispute. Mrs. Elsie Crooks, of Escondido, who is the granddaughter of one of California's early pioneers tells this story:

Her grandfather, John Welty, brought his family to California in a covered wagon train. At one point they met another party at a river, and the two outfits helped each other to cross. When they were across the Welty's train came right on. They wanted the others to come with them, but for some reason the other group wanted to lay over a day. They laid plans to overtake the Welty train at a place where the two outfits planned to rest for several days. When they did not arrive as planned, Grandfather Welty rode back to see what was delaying them. He found that the Indians had killed them all, burned their wagons, and made off with their stock.

As he was returning to his outfit, he came upon a woman, a baby, and a Negro. They had managed to escape by hiding in some tules and willows. For fear the Indians would track them, they had put some of their clothing over their shoes, and were endeavoring to reach the others on foot.

Later, when the Welty train reached a fort, the woman and baby were left in order that they might return to the East with the first outfit going that way, but the Negro came on to California. He was Nate.

The wagon train arrived in San Bernardino in 1864. Almost all of the company settled in or near that city, but a few drifted south into San Diego County. Grandfather Welty first settled up in the mountains back of San Bernardino, where he established the first saw mill in that district. After being burned out twice by the Indians he moved his family to the Temecula Canyon, to a place called in more recent years the Keating Ranch. Mrs. Crooks says that as a child she spent a lot of time with her grandparents, and that there was never a gathering of the San Bernardino friends that Nate did not attend. Everyone always seemed exceptionally glad to see him. He would often come up to the ranch, and after spending several days would say he was going on up to San Bernardino to see the folks, meaning the other members of the wagon train. She remembers him as always laughing and as a great hand to play jokes on the children.

The first home that we hear of Nate having was in the Rincon Valley. Later he took up a homestead on the south slope of Palomar Mountain. Here he lived for years, clearing a small part of the land, planting an orchard, and raising horses. He had the one price of \$150 for his horses, regardless of age, size, or kind. And he insisted he be paid in gold. He

said he wanted no truck with silver or folding money. During the summer months he acted as herdsman for a Temecula man who ran a large herd of sheep on the mountain. During the winter months he did odd jobs for his friends in the valley, and was always in demand at hog killing time.

People going to and from the mountain would always remember Nate and take him choice bits of food. These he greatly enjoyed, and amused the givers by telling them, "Just wait till I get my tooth in it." For years he only had one tooth in his head. Especially he appreciated a bottle of liquor, right up to his dying day. He always said he had been raised on corn liquor. For years he rode a white horse. He usually rode at a walk, but his friends could tell just how much he had imbibed by the way he rode. The more liquor consumed, the faster the horse was made to travel, until sometimes he would go up the mountain at a dead run.

Evidently he was not too careful a cook, for an Indian friend tells of going there one day, and, upon finding the coffee pot almost filled with coffee grounds, he decided to empty them and make fresh coffee. Down near the bottom of the pot he found a large lizard that had been boiled over and over.

Nate claimed that the meat of all wild animals was good to eat. One fall his friend Juan Disperto went up to gather acorns. Nate saw him eyeing a string of jerky that he had drying, and told him to take what he wanted of it. When ready to go home Juan took a liberal supply. In a couple of weeks he was back for more acorns. Nate asked him how he liked the jerky, and he replied it

was the best he had ever eaten. It was then that Nate told him that it was not deer meat but mountain lion. This made Disperto very angry, and he went on down the mountain without gathering any acorns.

Nate was thrifty in some ways. After he had chewed his tobacco for a long time he would put it out to dry and smoke it in his pipe. One Indian says that the pipe was so strong that all he had to do was to put a coal in it and he could have a good smoke.

Nate was a friend of the Indians and the Indians were friends of Nate's, so much so that he was adopted into their tribes to the extent that he could take part in their ceremonial dances. He was present at all the fiestas. Late in life he accepted the Catholic faith and was baptized by Max Peter's mother.

For years, when asked his age, he would reply that he would be seventy-six this coming New Year's Day. From things he said people figured he was over a hundred when Dr. Milton Bailey persuaded the old man to let him take him to the San Diego County Hospital, where he passed away.

Friends collected money and had a monument erected by the spring at the entrance to his mountain home. It is of native stone; a copper plate set in bears the following inscription:

Nathan Harrison's Spring
Brought here a slave about 1848
Died October 10th, 1920, aged 107 years
"A man's a man for a' that"

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SoCal Tribal Chairman Assoc

Continued from page 2

Behavioral Health Forum III which will have an abundance of valuable information in regards to healing and wellness for our culture. Edward Grijalva will be a presenter at this event discussing his new topic intergenerational and historical trauma from an American Indian standpoint.

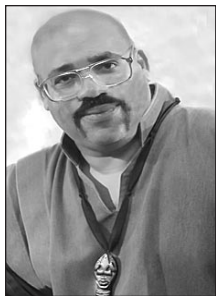
At a previous substance abuse committee meeting Chairman Pico announced a beautiful suggestion that is a new approach to the 12 step principles. On March 2, 2014 Chairman Mark

Romero, Eric La Chappa, Chairman Pico and I will attend a 10:00 am meeting in San Diego that explores the mindful approach of the Buddhist way of applying recovery, wellness, wholeness, and healing on our journey. This is a way that speaks of connectedness and being in the present moment which is an eastern philosophy that parallels American Indian traditions and sacred teachings from nature itself as the example of balance and harmony. This is an important option for some indigenous people who are challenged with the Christian overtones that been associated with Alcoholics Anonymous. It is our intention that this wise and insightful approach can be incorporated as part of the curriculum at the future adult residential treatment center. We have ordered six books for the committee written by Therese Jacobs Stewart titled Mindfulness and the 12 Steps: Living Recovery in the Present Moment published by Hazelton Press.

Substance Abuse Committee: Eric La Chappa, Mark Romero, David "Wolf" Diaz & Anthony Pico
SCTCA Staff: Denis Turner, Executive Director & Recording Secretary

Black Path Commentary: Critical Analysis on Culture, Community, & Struggle

A Focus on Women, Health, & Movement Building: Working with our Sisters in Love & Struggle to Achieve Optimal Health



by Min. Tukufu Kalonji

As we move through the month of March, which we see as Black History Month II; we choose to focus on the awesomeness of our women who lived lives of ethical service, struggle, and awe-inspiring achievement so that we today can live fuller and freer lives; it's imperative that we revisit the multifaceted areas of our struggle, and thus, seek to learn lessons for us now and the future generations to come. And what better area than looking at the health of us as a people and how we as men are compelled by history, humanity, and heaven to work in the spirit of Ujima (Collective Work & Responsibility) with our sisters to heal ourselves from the mental, physical, and spiritual illness created and cultivated by the established order's mis-education, corporate culture of disease and death; and other forms of oppression that has led to and constantly refuels the plethora of health crises we face.

Undeniably, with the marking of 2014's National Women's and Girls' HIV/AIDS Awareness Day on March 10th, subsequently following National Black HIV/AIDS Awareness Day, which happened on February 7th, we without a doubt are notified and reminded of the continued calamity of the matter of HIV/AIDS in the Black community, other communities of color and indeed the world! Moreover, while a tragedy, we are also reminded of our cultural legacy of struggle and resistance to all forms of oppression that we have and will face. Thus, we are reminded to reaffirm the bonds between us as men and women, rescue, restore, and increase our capacity to define, develop, and defend our image and interest as a people, via a recommitment to self consciously engagement in mutual communal efforts to address and solve HIV/AIDS, and other serious and devastating diseases such as hypertension, obesity, diabetes, heart disease stroke et al. In the final analysis, I'm arguing here that we turn our tragedy into triumph as we work, study, and struggle to maintain our movement for liberation and constantly and continuously build within that liberation movement a clear and concise health rescue and restoration component

so that we as community; along with all of our allies will achieve a status of optimal health.

Statistics for HIV/AIDS infected peoples is overwhelmingly high for women and men, and consequently are unavoidably interrelated and inclusive of women, men, heterosexuals, gays, bisexuals and all the other ways people identify themselves via their sexual orientation and live out their daily lives. Afro Americans are nearly half of all persons living with the HIV virus, Afro American women account for 31% of all new infections; Afro American men for 69% and men having sex with men, are 75% of that number. In assessment with other ethnicities, the rate of infection of Black women is 20 times elevated than that of White women and five times higher than Latinas. It is as with obesity, high blood pressure, stroke, heart disease, as well other social ills such as failing grades, incarceration rates, rate of poverty etc, that what we need is the rebuilding and sustaining our movement for liberation.

And yes, while some argue that nothing will ever change due to the society we live in; it is without a doubt contained and written in the awesome historical legacy of our ancestors such as Mary McLeod Bethune, Ida B. Wells, Maria Stewart, Dr. Betty Shabazz, Queen Mother Moore, Sojourner Truth, Shirley Chisholm, Dr. Anna Julia Cooper, Fannie Lou Hamer and other sister heroines, too numerous to name; that with the odds against them, these sisters of struggle, all had a respectful, committed insightful, and righteous warrior man and men at their side as husband, brother, family and friends who assisted them in every endeavor of their seeking justice and bringing good into the world in the particular focus of their chose vocation. Secondly, it is important here to rightly give praise to Black women who like their ancestors cited above have prevailed as Black women have been in the vanguard of action and advocacy in the struggle for the prevention and intervention with HIV/AIDS. Both in the U.S. and abroad this is the case.

Consequently Black men must step up to the plate in supporting our

women in the fight against this debilitating disease, not only because of the unfortunate reality of the irresponsible male who is perhaps 80% of the reason women are infected with HIV/AIDS to the degree that they are but also because of the impact of those disease upon Black men and the entire Black community. Thus, it is a cultural and moral obligation for Black men to increase their advocacy and involvement in this struggle, to eradicate the diseases cited in this commentary, overturn our weaknesses and raise our community's health status to that of optimal health.

A fundamental conception of African manhood is the respect for one self as a man and simultaneously respects for ones species half, i.e. the woman/women in their life and community. Given that, males who exhibit irresponsible sexual behavior without any regard for their dignity safety and well being of their mate, partner, or themselves are in cultural, moral, and social violation of the best of what it means to be an African man. Moreover, we have asked our sisters to be more cognizant and morally compelled to work with our men who are dying at phenomenal rates of the aforementioned diseases of obesity, high blood pressure, stroke, heart disease, by being supportive in the men changing of dietary habits, supporting exercising, reduction of stress and other essential behavioral practices to improve our

health. Given that, in the final analysis, it is only righteously reciprocal that we as men do are as I have argued earlier to be compelled by history, heaven, and humanity to be the best of what it means to be an African man; and that is to do as we said in the 1995 Million Man March/ Day of Absence Mission Statement to:

Stand up, stand together, and stand in practice; to stand up in consciousness and commitment, to stand together in harmony and unity as women and men; brothers and sisters, as partners, family and as community; to stand together in dedication, discipline, sacrifice, and achievement; by way of committing and recommitting ourselves to take personal and collective responsibility for our lives and the welfare, and future of our families and community.

Maulana Karenga, (1995)

It takes a radical revolutionary movement of the masses to bring about significant and sustainable change and no doubt nothing less will suffice. Thus, being that the aforementioned diseases are a real clear and present danger to Black life, let us continue in the struggle to obtain and sustain optimal health for ourselves, our history and the generations yet to come forth by day.

Min. Tukufu Kalonji is Founder/Kasisi of Kawaida African Ministries. For info contact @ tkalonji@hotmail.com

Healthy Dining Options in Restaurants

Celebrating local healthy Asian and Pacific Islander cuisine increasing access to healthy dining options in San Diego through small food industry businesses

San Diego, CA – In celebration of National Nutrition Month's theme of "Enjoying the Taste of Eating Right", thirteen local Asian and Pacific Islander (API) restaurants in San Diego will present their best practices and lessons learned as they shift their businesses to healthier dining options through a press conference scheduled on March 26 th , 2014, 10 am – 12 noon at the administrative office of Operation Samahan at

1428 Highland Avenue, National City, CA 91950. These thirteen restaurants, from the City of San Diego, El Cajon, National City, Spring Valley, Mira Mesa, and Chula Vista, are members of the STRIVE (Strategies to Research and Implement the Vision of Health Equity) San Diego network, a collaboration of API community-based organizations committed to addressing health disparities within and among API communities in San Diego. STRIVE San Diego focuses on risk factors, like nutrition and weight management, by connecting with local

SEE **Healthy Dining Options**, page 14

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Black Wall Street the Model of a Flourishing Community

Black Wall Street, the name fittingly given to one of the most affluent all-Black communities in America, was bombed from the air and burned to the ground by mobs of envious Whites. In a period spanning fewer than 12 hours, a once thriving Black business district in northern Tulsa lay smoldering – a model community destroyed and a major African-American economic movement resoundingly defused.

The night's carnage left some 3,000 African Americans dead and over 600 successful businesses lost. Among these were 21 churches, 21 restaurants, 30 grocery stores and two movie theaters, plus a hospital, a bank, a post office, libraries, schools, law offices, a half dozen private airplanes and even a bus system. As could have been expected, the impetus behind it all was the infamous Ku Klux Klan, working in consort with ranking city officials and many other sympathizers.

The best description of Black Wall Street, or Little Africa as it was also known, would be to compare it to a mini Beverly Hills. It was the golden door of the Black community during the early 1900s, and it proved that African Americans could create a successful infrastructure. That's what Black Wall Street was all about.

The dollar circulated 36 to 100 times, sometimes taking a year for currency to leave the community. Now a dollar leaves the Black community in 15 minutes. As for resources, there were Ph.D.s residing in Little Africa, Black attorneys and doctors. One doctor was Dr. Berry, who owned the bus system. His average income was \$500 a day, hefty pocket change in 1910.

It was a time when the entire state of Oklahoma had only two airports, yet six Blacks owned their own planes. It was a

very fascinating community. The mainstay of the community was to educate every child. Nepotism was the one word they believed in. And that's what we need to get back to. The main thoroughfare was Greenwood Avenue, and it was intersected by Archer and Pine Streets. From the first letters in each of those three names you get G.A.P. And that's where the renowned R&B music group the GAP Band got its name. They're from Tulsa.

At the end of the day, June 1, 1921, this is what remained of Black Wall Street. Lost forever were over 600 successful businesses, including 21 churches, 21 restaurants, 30 grocery stores, two movie theaters, a hospital, a bank, a post office, libraries, schools, law offices, a half dozen private airplanes and a bus system.

Black Wall Street was a prime example of the typical Black community in America that did business, but it was in an unusual location. You see, at the time, Oklahoma was set aside to be a Black and Indian state. There were over 28 Black townships there. One third of the people who traveled in the terrifying "Trail of Tears" alongside the Indians between 1830 and 1842 were Black people. The citizens of this proposed Indian and Black state chose a Black governor, a treasurer from Kansas named McDade. But the Ku Klux Klan said that if he assumed office that they would kill him within 48 hours.

A lot of Blacks owned farmland, and many of them had gone into the oil business.

The community was so tight and wealthy because they traded dollars hand to hand and because they were dependent upon one another as a result of the Jim Crow laws. It was not unusual that if a resident's home accidentally burned down, it could be rebuilt within a few weeks by neighbors. This was the type of scenario that was going on day to day on Black Wall Street.

When Blacks intermarried into the Indian culture, some of them received their promised "40 acres and a mule" and with that came whatever oil was later found on the properties. On Black Wall Street, a lot of global business was conducted.

The community flourished from the early 1900s until June 1, 1921. That's when the largest massacre of nonmilitary Americans in the history of this country took place, and it was led by the Ku Klux Klan. Imagine walking out of your front door and seeing 1,500 homes being burned. It must have been amazing.

Survivors we interviewed think that the whole thing was planned, because during the time that all of this was going on, White families with their children stood around the borders of their community and watched the massacre – the looting and everything – much in the same manner they would watch a lynch-

ing. The riots weren't caused by anything Black or White. They were caused by jealousy.

A lot of White folks had come back from World War I and they were poor. When they looked over into the Black communities and realized that Black men who fought in the war had come home heroes, that helped trigger the destruction. It cost the Black community everything, and not a single dime of restitution – no insurance claims – has been awarded the victims to this day. Nonetheless, they rebuilt. We estimate 1,500 to 3,000 people were killed, and we know that a lot of them were buried in mass graves all around the city. Some were thrown into the river. As a matter of fact, at 21st Street and Yale Avenue, where there now stands a Sears parking lot, that corner used to be a coal mine. They threw a lot of the bodies into the shafts.

'The gun went off, the riot was on'

On the night of May 31, 1921, mobs called for the lynching of Dick Rowland, a Black man who shined shoes, after hearing reports that on the previous day he had assaulted Sarah Page, a White woman, in the elevator she operated in a downtown building. A local newspaper had printed a fabricated story that Rowland tried to rape Page. In an editorial, the same newspaper said a hanging was planned for that night. As groups of both Blacks and Whites converged on the Tulsa Courthouse, a White man in

the crowd confronted an armed Black man, a war veteran, who had joined with other Blacks to protect Rowland. Eddie Faye Gates, a member of the Tulsa Race Riot Commission, formed several years ago to determine exactly what happened, told CNN what happened next. "This White man," she said, asked the Black man, "What are you doing with this gun?" "I'm going to use it if I have to," the Black man said, according to Gates, "and (the White man) said, 'No, you're not. Give it to me,' and he tried to take it. The gun went off, the White man was dead, the riot was on." Truckloads of Whites set fires and shot Blacks on sight. When the smoke lifted the next day, more than 1,400 homes and businesses in Tulsa's Greenwood District, a prosperous area known as the "Black Wall Street," lay in ruins. Today, only a single block of the original buildings remains standing in the area. Experts now estimate that at least 3,000 died.

'We're in a heck of a lot of trouble'

Beulah Smith was 14 years old the night of the riot. A neighbor named Frenchie came pounding on her family's door in a Tulsa neighborhood known as "Little Africa" that also went up in flames. "Get your families out of here because they're killing Niggers uptown," she remembers Frenchie saying. "We hid in the weeds in the hog pen," Smith told CNN. People in a mob that came to

SEE **Black Wall Street**, page 10

Native American Tribe Finds Slave Cemetery in Little Rock

Discovery follows purchase of property on the city's east side.

by Hubert Tate

LITTLE ROCK, AR - A group with Arkansas connections says an unmarked slave cemetery has been discovered in Pulaski County on its newly purchased property.

The cemetery has been found on a 160-acre plot of land near the Little Rock Port Authority on Thibault Rd. that was recently bought by the Quapaw Tribe to preserve its history.

"It's a very important piece of land to us. It's part of our original reservation," says business chairman John Berrey.

Berrey says the site is where the group called home before being forced to move to Oklahoma in the 1800's.

"It's a significant piece because there were a lot of Quapaws who lived in that area," Berrey says.

After buying the site, the Tribe commissioned an archaeological survey to research the property, finding more than historic, important symbols of the

Quapaw culture.

"There is also an unmarked slave cemetery on this property that we haven't disclosed the location of because we want to protect it," he says.

That's why the Tribe is not saying exactly where on the property the graves are located.

The Quapaws are very passionate about preserving history. That's why they are so motivated to find someone or some organization to preserve the gravesites.

"We want to find someone in Little Rock that would like to work with us in understanding how we should treat it, whether there is a community group that is interested in slave cemeteries or someone else, we would like to find them," says Berrey.

As a result of the purchase, the Tribe also discovered several pottery pieces that have historical value to the Quapaws.

If you can help, email reporter Hubert Tate for more information at htate@kark.com.

The Council Of American Indian Organizations Celebration

The Monthly Meeting of the Council was held at the Sycuan Signing Hill Resort

The torrential storm that invaded the county did not dampen the spirit of the Council of American Indian Organizations. A festive inter active meeting and luncheon captivated the attention of those in attendance. New members were recognized. Shirley Murphy guided the meeting, making sure that agenda items were addressed while gracefully dealing with the inevitable unpleasant hot button issues. Her passionate Lakota style of leadership combined with an “Think Globally act Locally” philosophy makes for a no nonsense approach to discussing serious cultural issues while affording a no holds barred dialog. Everything gets discussed from projections into the future to snagging lessons.

Members of the Sycuan Band of the Kumeyaay Nation Tribal Council sponsored the luncheon

and joined in on the meeting. Tribal Council members Jamie LaBrake and Henry Murphy graciously offered encouragement and support. Jamie LaBrake emphasized that they represent the Great Kumeyaay Nation. Tributes and prayers were offered to the veterans in the group. Self efficiency and determination was the ongoing theme. After months of hard work and organizing the Council is on the cusp of acquiring a nonprofit 501c3 status. The future is bright after a long struggle. Shirley Murphy is preparing the path for the next stage. “Once the dream is clear, the journey begins.”



2014 National Underground Railroad Conference

July 16-20 - Detroit Michigan

Due to popular demand, the National Underground Railroad Conference is back! The National Park Service, National Underground Railroad Network to Freedom (NTF) Program and friends, will host its annual 2014 National Underground Railroad Conference in Detroit, Michigan, July 16-20, 2014. The theme for this year’s conference is “I Resolved Never to Be Conquered”: Women and the Underground Railroad. This sentiment penned by freedom seeker Harriet Jacobs, shows her determination, “though one of God’s most powerless creatures,” to retain control over herself and her body despite her

enslaved status.

The conference’s focus on women recognizes NTF program’s new organizational link with the Harriet Tubman Underground Railroad Monument (HATU), and will explore that while Tubman has been the dominant image of women and the Underground Railroad, her involvement is part of a larger story of women’s participation in the movement, as freedom seekers and as operatives. During the conference, we will also take advantage of Detroit’s proximity to travel on a tour to Canada, a final destination for many freedom seekers. So be sure to have your passports ready!

Deanda Johnson, Midwest Regional Coordinator NPS, National UGRR Network to Freedom

The Underground Railroad Continues to Light the Path to Healing

The announcement by Deanda Johnson, Midwest Regional Coordinator

NPS, National UGRR Network to Freedom was an historically satisfying and joyous event

by Phil Fixico

The revival of the Underground Railroad for our community is a continuation of a the spirit of Harriet Tubman and the legions of freedom fighters of her time. This railroad has taken some detours, rest stops and fueling stations breaks along the way. Now, with the help and wisdom of National Park Service, National Underground Railroad Network to Freedom, UGR is back on the tracks and rolling down the newly minted drinking gourd path to liberation and freedom.

As I have expressed during my many media and public presentations it is time to use historic solutions for contemporary problems.

The Underground Railroad for our community once was about black people in trouble, helping other black people in trouble. This effort became all-inclusive with assistance coming from other races and countries. Today, we need to look at how well other groups have used a contemporary version of their own Underground Railroad to make progress in America. These successful entrepreneurs are to be applauded.

As the founder of the Semiroon Historical Society (a one man history club) and as a result of my activism over the years, I was confirmed as a Private Sector Partner of the National Underground Railroad/Network to Freedom 1998 Act and Program. The Law states that our society must, educate, promote and preserve, all the positive attributes of the NUGRR/NTF.

It was passed by the legislature by a vote of 415 to 2 in 1998.

It was mandated because the original Underground Railroad evolved into America’s first version of a Civil Rights Movement. It is dedicated to everyone that not only used and benefitted from



Phil Fixico with Reverend Cecil Murray

it, but to those people who helped. I proudly serve as a PSP to help enrich racial harmony by achieving reconciliation of our past with our hope for the future. It is fitting that the conference will be held in Detroit, Motor City, where Motown devised its own version of a network to freedom through music.

The community is alive with sharing and caring

I was invited by Col. Franklin Henderson, President of the L.A. Buffalo Soldiers 9th & 10th Cavalry, to attend a Town Hall meeting at The Proud Bird restaurant near, LAX, in Los Angeles. to explain Public Law 105-203. All 200 attendees were interested in this important law. The guests of honor were the Tuskegee Airman. The Proud Bird houses an inside museum and outside exhibits that include many TA artifacts. The event was organized by National Association of Equal Justice in America and the Black Engineers Association. The speakers included Right Reverend Cecil Murray whose speech received a rousing standing ovation. It was an educational and healing experience.

As we look toward continuing the our journey and the revival of the Underground Railroad we have the opportunity to share, care and learn from each other.

“Let’s not hate ... Let’s imitate” by using legal self-help methods.

Phil “Pompey” Fixico

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“To be a good scientist you have to follow your heart because that’s where the information comes first.”

- Nassim Haramein

THUNDER FROM THE FOURTH ESTATE IN THE FOURTH DISTRICT



Storm clouds gave way to a sunny day in the city of San Diego March 3, 2014 when Kevin Faulconer took the stage at the standing room only gathering of the community at the Joe & Vi Jacobs Center, 404 Euclid Ave., San Diego, CA 92114.



The setting could not have been more appropriate, as the Center welcomes and supports community and culture in southeastern San Diego. The building is the place for community residents and people from around the world to meet and learn.

of unity for all communities to come together.

In a unifying speech Mayor Faulconer offered elegant words

Sounding at times like his predecessor he shared a healing message for the entire city.

Following the official ceremony an upbeat reception was held on the patio. A rainbow appeared briefly as if to offer courage and strength.



The Green Store of OB Celebrates 25 Years!

The Green Store celebrated its anniversary in grand wholistic Colleen style. Open house. The community gathered at the Methodist church to celebrate 25 years of providing peace, social justice and environmental information to the community.

Working for a Peaceful Green Planet since Earth Day 1989.

We have operated a storefront for 25 years and continue to encourage people to come to the Green Store to meet like-minded people and to utilize our amazing resource center.



Rio in the bandana- Activist and talented musician. Her dad was an activist with Cesar Chavez. Colleen, owner of the Green Store.

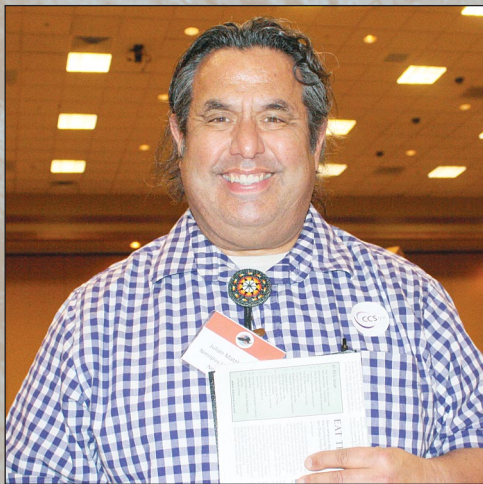


Guest eat healthy food snacks at the Feb. 17, 2014 Ocean Beach Historical Society Program celebrating the 25th Anniversary of the Green Store in Ocean Beach. This events food provided by Kathy Blavatt OBHS Board Member and Creative Director.



Native Nation Events

The Fourth Annual Native American Human Resources Conference held January 27-28, 2014 at the Pechanga Casino Resort in Temecula, California.



Secret Report Damning Use of Force by Border Patrol

Border Fence By Southern Border Communities Coalition

Southern border communities continue to call for transparency from U.S. Customs and Border Protection (CBP) after the Los Angeles Times published a story on a report critiquing the agency's use of force policy. The story indicated that reporters have reviewed a copy of the Police Executive Review Forum's (PERF) report, a document that has been withheld from the public.

The PERF Report – an independent review by the Police Executive Research Forum commissioned by the U.S. Customs and Border Protection — evidently says border agents deliberately provoked confrontations that led to avoidable violence.

us border
“Today's revealing information by the Los Angeles Times, while damning, is not shocking to southern border communities,” states Christian Ramirez, Director of the Southern Border Communities Coalition (SBCC). He con-

tinues, “We have long established that a pattern of excessive force by CBP is the norm. This is a wake up call to the Department of Homeland Security: the time to clean up CBP has come and begins with making the PERF report public.”

The Southern Border Communities Coalition (SBCC) and members of Congress requested the report in September when another investigation conducted by the Department of Homeland Security's Office of the Inspector General (OIG) revealed that the PERF report had indicated problems with the agency's use of force. The OIG report was heavily redacted and members of Congress still have not seen the report.

According to the LA Times, the report mentioned cases where officers resorted to use of force when it was not needed, or where they simply could have gotten out of the way. For example, the article

noted that, “in many vehicle shooting cases, the subject driver was attempting to flee from the agents who intentionally put themselves into the exit path of the vehicle, thereby exposing themselves to additional risk and creating justification for the use of deadly force.”

Situations involving moving vehicles is of particular concern in light of incidents like the killing of Valeria Munique Tachiquin, a US citizen and mother of five, who was shot nine times by a plain-clothed agent. Tachiquin was shot through the windshield as she attempted to move away from the agent in a residential neighborhood near San Diego. Witnesses to the case have mentioned that they saw the agent step in front of the car and fire his weapon.

“The fact that CBP has been reluctant to release the report is deeply troubling, especially since people continue to be killed,” states Christian Ramirez. “Transparency is expected of a profes-

sional federal agency. The public has a right to know how the CBP conducts its business, and clearly CBP is falling short of its responsibility,” he concluded.

Earlier this week the Inter-American Commission on Human Rights (IACHR), part of the Organization of American States, expressed deep concern over the events a week earlier that led to the death of Jesus Flores Cruz, 41, a Mexican migrant. He died from gunshot wounds inflicted by a U.S. Border Patrol agent, who was pursuing him on foot in a mountainous area of San Diego, near the international border between the United States and Mexico. This is the latest in a long series of similar events.

The Southern Border Communities Coalition (SBCC) brings together more than 60 organizations from San Diego, California, to Brownsville, Texas, to ensure that border enforcement policies and practices are accountable and fair, respect human dignity and human rights, and prevent the loss of life in the region.

Black Wall Street

Continued from page 6

Kenny Booker's house asked, “Nigger, do you have a gun?” he told CNN. Booker, then a teenager, hid with his family in their attic until the home was torched. “When we got downstairs, things were burning. My sister asked me, ‘Kenny, is the world on fire?’ I said, ‘I don't know, but we're in a heck of a lot of trouble, baby.’” Another riot survivor, Ruth Avery, who was 7 at the time, gives an account matched by others who told of bombs dropped from small airplanes passing overhead. The explosive devices may have been dynamite or Molotov cocktails

– gasoline-filled bottles set afire and thrown as grenades. “They'd throw it down and when it'd hit, it would burst into flames,” Avery said. Only a single block remains of the 1,400 homes and businesses that made up the area known as Black Wall Street.

Unmarked graves

Many of the survivors mentioned bodies were stacked like cord wood, says Richard Warner of the Tulsa Historical Society. In its search for the facts, the commission has literally been trying to dig up the truth. Two headstones at Tulsa's Oaklawn Cemetery indicate that riot victims are buried there. In an effort

to determine how many, archeological experts used ground-piercing radar and other equipment to test the soil in a search for unmarked graves. The test picked up indications that hundreds of people have been buried in an area just outside the cemetery. Editor's note: The Tulsa Race Riot Commission, formed in 1997 to determine exactly what happened and what should be done now, delivered its final report in 2001, calling for substantial restitution. “In June 2001,” according to Wikipedia, “the Oklahoma state legislature passed the ‘1921 Tulsa Race Riot Reconciliation Act.’ While falling short of the commission's recommendations, it provided for

more than 300 college scholarships for descendants of Greenwood residents, mandated the creation of a memorial to those who died in the riot, and called for new efforts to promote economic development in Greenwood. A documentary, “Before They Die!” has been made about the survivors and their quest for justice. It chronicles efforts in Oklahoma to gain reparations for the survivors. And watch the video “One Day in May!” at www.BeforeTheyDieMovie.com.

This story comes from the Ujamaa Network, which can be reached at mikehouse@ujamaanetwork.biz. They add these words of wisdom: “We must buy from ourselves in order to re-circulate Black dollars. If we want our dollars to return, we must spend them within our own community. 2011 will be our year if we decide it will be. Make a commitment to yourself to do as much of your spending within our community as possible.”

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Our Wild America Launches Wilderness Act 50th Anniversary Small Grant Program

This is year is the 50th Anniversary of the Wilderness Act, and Sierra Club's Our Wild America Campaign is supporting Chapter-based efforts to celebrate by launching a small grant program. Chapters and Groups may apply for small grants of \$500 to \$1500 for projects celebrating the 50th Anniversary of the Act. Projects that aim to engage a broader public beyond the core of Sierra Club activists and members will be prioritized, and those that reach youth and

diverse communities are especially encouraged. In addition, projects that are likely to bring in new Sierra Club volunteers and activists have the highest priority. The application is posted on Clubhouse at <http://clubhouse.sierraclub.org/conservation/campaigns-and-programs/Wilderness50%20Grant%20Application.pdf> For more information, contact Matt Kirby matthew.kirby@sierraclub.org.

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and Borealis begins to glow

A hunters moon sheds its gold cocoon
and wolves begin to howl
The equinox opens up its box
for the solar winds to growl

Aurora slashes and her light storm flashes
taming a dark expanse
Her twin down south uses a fiery mouth
to encapsulate the worlds romance

Far below in the land of snow
the gathering of the pack
A timeless game that always ends the same
when the wolves begin to track

A signal here and a silence there
Hooves slow in a powdery snow
The quiet turns to din as the pack closes in
Led above by the raven and crow

Aurora Borealis entwines with the Australis
Sunlight making love in the ionosphere
A Wolf in his palace, kills without malice
Behold these Sacred Unions of the
Atmosphere

Joey Racano

City of San Diego Unanimously Approves Bicycle Advisory Group

Bicycle Coalition says San Diego joins numerous other bicycle advisory committees throughout the County

SAN DIEGO, CA – This morning, San Diego City Council unanimously approved the City's first-ever Bicycle Advisory Committee. This new committee, comprising local advocates and residents, will provide guidance to the City on local bicycle projects to make a safer, more accessible and bike-able city, including the implementation of the Bicycle Master Plan Update. The San Diego County Bicycle Coalition, an organization protecting and advocating for the rights of all people who ride bicycles, celebrates that the City of San Diego joins numerous cities in the county that

have formally and informally sanctioned bicycle advisory committees.

"This is a massive step for the City of San Diego, the County and the entire region," says Executive Director Andy Hanshaw. "Initiating this advisory group demonstrates the City's long-lasting commitment to all things cycling in San Diego."

With this morning's decision, San Diego joins other cities in the county that harness local bicycling input through organized bicycle advisory committees. Cities include Solana Beach, Encinitas, Coronado and Oceanside, the latter two with national designations as Bicycle-Friendly Communities for exceptional commitment to pro-bicycle infrastructure, programs and safety education.

As a countywide advocate for all things bicycling, the Bicycle Coalition congratulates the City for this extraordinary step and will continue its role uniting countywide advisory groups, transportation experts and elected officials to make San Diego County one of the most recognized bicycle-friendly destinations in the nation.

To learn more about the San Diego Bike Coalition and its advocacy efforts in San Diego County, please visit www.sdcbc.org or follow the organization on Facebook.

SAN DIEGO COUNTY BICYCLE COALITION: (SDCBC) is a nonprofit organization that advocates for and protects the rights of all people who ride bicycles. They promote bicycling as a mainstream, safe and enjoyable form of transportation and recreation. For more information, go to www.sdcbc.org.

Governor Edmund G. Brown Jr. Today Announced the Following Appointments

Tiffany Conklin, 34, of Sacramento, has been appointed to the California Gambling Control Commission, where she has served since 2010. Conklin was an adjunct professor at Golden Gate University from 2008 to 2010 and chief of staff for California State Senator Tom Harman from 2001 to 2010. She is a

member of the International Masters of Gaming Law. Conklin earned a Juris Doctor degree from the University of the Pacific, McGeorge School of Law. This position requires Senate confirmation and the compensation is \$131,952. Conklin is a Republican.

Lauren Hammond, 58, of Sacramento,

has been reappointed to the California Gambling Control Commission, where she has served since 2010. Hammond has been the principal at L. Hammond and Associates since 1994. She served as a Sacramento City Council member representing district five from 1997 to 2010 and was a consultant at the California State Senate from 1981 to 2004. This position requires Senate confirmation and the compensation is \$131,952. Hammond is a Democrat.

Welcome to Kumeyaay.com



This web site is dedicated to the promotion and preservation of the Kumeyaay culture. **Kumeyaay.com** tells the story from the Kumeyaay perspective, and is the premiere source for Kumeyaay Indian information.

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The 2014 Activist San Diego People's Ball Make Your Reservations Now for KNSJ's Next Big Event

Saturday, March 15

The 2014 Activist People's Ball will be held on Saturday, March 15 @ 7 PM at the World Beat Center in Balboa Park.

The extravaganza is a benefit for Activist San Diego and its newly-launched community radio station KNSJ (Networking for Social Justice).

For the last 12 years Activist San Diego has been hosting these gala events and this year promises to live up to the rave reviews that we have received in the past.

The featured musical group will be the world-renowned Liquid Blue, recognized by the Guinness Book of Records as the most internationally traveled band in history having performed in more countries than any other musical group (including performances for over 65,000 people at several Asian venues). Their socially conscious messages, their professionalism and their danceability are always crowd pleasers.

John Elliot, former KLSJ radio personality, will be the emcee. ASD expects to

make an announcement soon about a surprise keynote speaker.

Tickets for tables and individuals are



Featuring Liquid Blue, the World's Best Traveled Band!

available at knsj.org for advance purchase at a reduced rate thru PayPal.

Individuals \$25 advance/\$30 at the door

Tables for 8 – \$200 advance/\$240 at the door

Since there are only 250 tickets available buy early and don't miss out. Opportunity drawings, cultural performances, activist awards and other entertainment will fill the evening. Food and drink will be available for purchase from the World Beat Center's "The Prophet" Restaurant.

For more information call 619-871-9354 or info@KNSJ.org.

See more at: <http://knsj.org>

A Nussy Sighting

Many hamburger loving carnivores have been dismayed and disturbed and in the dark. What ever happened to the Nussy Burger which has been around since 1989 contained in a little roadside trailer on the west side of I-15 at Highway 76 in Fallbrook.

The popular hamburger stand has been an established fixture and stopping off point for local customers, as well as a fast-food stop for travelers between Riverside and San

Diego counties. There is always a line of eager customers. We are happy to say that it has been found again, just around the corner from the old Nussy's site, on Old Highway 395, on the grounds of the Pala Mesa Market.



Nussy Burger Crew

- Salvador Cuberra – Cook 22 years
- Pedro Gonzales – Cook 6 years
- Ana Hernandez – Cashier 5 years
- Rosalva Loera – Cashier 7 years
- Edith Villa- Cashier 2 years
- Charly & Sandy Rebecca Webster

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Architect Fred Stitt founded the San Francisco Institute of Architecture in 1990, to provide a new kind of architectural education, to encourage innovation and visionary expression, to advance education in architectural technology and management, and to make a total commitment to green building and sustainable design.

NEVADA NEWS

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Reid Remarks Honoring His Holiness the 14th Dalai Lama of Tibet



WASHINGTON, D.C. – Nevada Senator Harry Reid spoke on the Senate floor today to honor His Holiness, the 14th Dalai Lama of Tibet. Below are his remarks as prepared for delivery: It is my pleasure to welcome to the United States Senate, His Holiness, the 14th Dalai Lama of Tibet. I know I speak for the entire Senate family when I express our gratitude for that beautiful prayer, and for his words of encouragement and

blessing. His Holiness, the Dalai Lama, is well known throughout the world as the spiritual leader of the Tibetan people, and for spreading the gospel of peace, compassion and love for our fellow beings. But it is tradition when the United States Senate welcomes a guest chaplain to say a few words about our honored guest. His Holiness often says that he is only a simple monk, born to a farming family in northeastern Tibet. But to millions of people in Tibet and across the globe, he is much more – he is a source of hope and inspiration in a world that can sometimes seem dark.

When he was only two years old, His Holiness was recognized as the reincarnation of the 13th Dalai Lama. Four years later, when he was just a little boy, he began his monastic education. He

studied logic, art, Tibetan culture, and Buddhist philosophy, among other things. At 23, he passed his exams with honors and was awarded the equivalent of a doctorate of Buddhist philosophy. And for more than half a century, the Dalai Lama has been traveling the world, raising awareness about the concerns of his 6 million fellow Tibetans and, as he would say, making new friends. In Tibetan Buddhist philosophy, the Dalai

Lamas are enlightened beings who have postponed their own nirvana – or liberation from the cycle of reincarnation – in order to serve humanity. This particular enlightened being has chosen to serve humanity by spreading a message of peace.

He motivates countless people around the world – people of every faith tradition – to practice compassion toward one another. His Holiness urges us all to, “Be kind whenever possible. It is always possible.” The Dalai Lama’s teachings contain lessons for people around the world and within this chamber. His Holiness also advises us that, “The best way to resolve any problem in the human world is for all sides to sit down and talk.” It is advice that those of us fortunate enough to serve our country and our constituents in the United States Senate should take to heart and follow more often. And the presence of His Holiness in this chamber today inspires me – as I hope it does all of us – to renew our commitment to speak and act with a pure mind and help dispel the misery of the world.

Healthy Dining Options

Continued from page 5

small business API restaurants to offer healthier food choices and nutrition labeling. With rates of overweight, obesity, and diabetes increasing and becoming urgent public health concerns, STRIVE San Diego and its participating restaurants are finding innovative ways to increase the access to healthier dining options.

Media representatives, government officials, community leaders, other restaurant owners, and the public are encouraged to attend this press conference, which will also provide information about and experiences of participating in STRIVE San Diego as well as food samples from the partner restaurants. STRIVE San Diego, a project of Operation Samahan, Inc. was one of fifteen community-based organizations chosen nationwide by the Centers for Disease Control and Prevention (CDC) Division of Community Health to carry out a high-impact, population-wide project. Funded through Racial and Ethnic Approaches to Community Health (REACH), the national initiative aims to eliminate racial and ethnic gaps in health, including obesity, type 2 diabetes, and heart disease.

“I would like this project to have more funds to help more restaurants do more nutrition analysis... I know a lot of people want to [eat healthy] more but sometimes it’s hard for them to make decisions on what to eat” said Gayle Sayyadeth, the owner of Finest Thai restaurant.

About Operation Samahan, Inc. Operation Samahan has served San Diego County since 1973 and aims to promote better health and living conditions for all persons in the community, especially among indigent, low-income, uninsured, and underserved individuals and families. Operation Samahan provides high-quality, affordable, and culturally accessible medical and dental care, health promotion, and social services.



Academic Indian

Q: What does a mother buffalo say to a boy buffalo when she sends him off to college?

A: Bye-son

His Holiness The Dalai Lama’s Opening Prayer

WASHINGTON, D.C. – His Holiness The Dalai Lama delivered the opening prayer today to convene the United States Senate. Below are his remarks as prepared for delivery:

“With our thoughts we make our world.
Our mind is central and precedes our deeds.
Speak or act with a pure mind
and happiness will follow you,
like a shadow that never leaves.

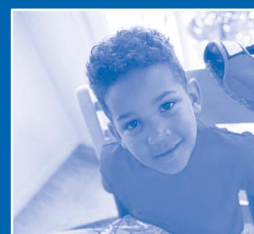
May there be joy in the world,
With bountiful harvest and spiritual wealth.
May every good fortune come to be,
And may all our wishes be fulfilled.

As long as space remains,
And as long as sentient beings remain,
Until then, may I too remain
And help dispel the misery of the world.”

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Senator Harry Reid: Securing Grants to Preserve Nevada's Tribal Treasures

Indian Country and Nevada's Native American heritage will continue to be honored, strengthened and preserved with the National Park Service (NPS) grants from the Historic Preservation Fund that I helped secure. These grants assist tribes in their historic preservation efforts by locating and identifying cultural resources, comprehensive preservation planning and documenting of oral histories and traditions.

In Nevada, we have the homelands of the Washoe, Western Shoshone and

Paiute peoples. The preservation efforts of the Washoe Tribe of Nevada and California include restoring Cave Rock on at Lake Tahoe and working on its designation as a traditional cultural property. On the Pyramid Lake Reservation, the tribe will use the funds to hire tribal historical preservation officers and develop a preservation plan for the east side of Pyramid Lake, a sacred area that is currently closed to due to vandalism. We need to evaluate ways to reopen this culturally-sensitive area so

we can continue to share its history and heritage with the public.

The Reno-Sparks Indian Colony will be developing and organizing a two-day training for cultural resource tribal monitoring and a cultural resource forum for tribal members of all ages and employees of the tribe.

I am thankful for the work that Director Jonathan Jarvis and the

National Park Service do for American Indians, Alaska Natives and Native Hawaiians tribes and for the tribal leadership in Nevada and across the nation. I will continue to work closely with my colleagues in the Senate, agencies like the NPS and tribal leaders to help protect and preserve the many oral histories, languages, and traditions of Native America.

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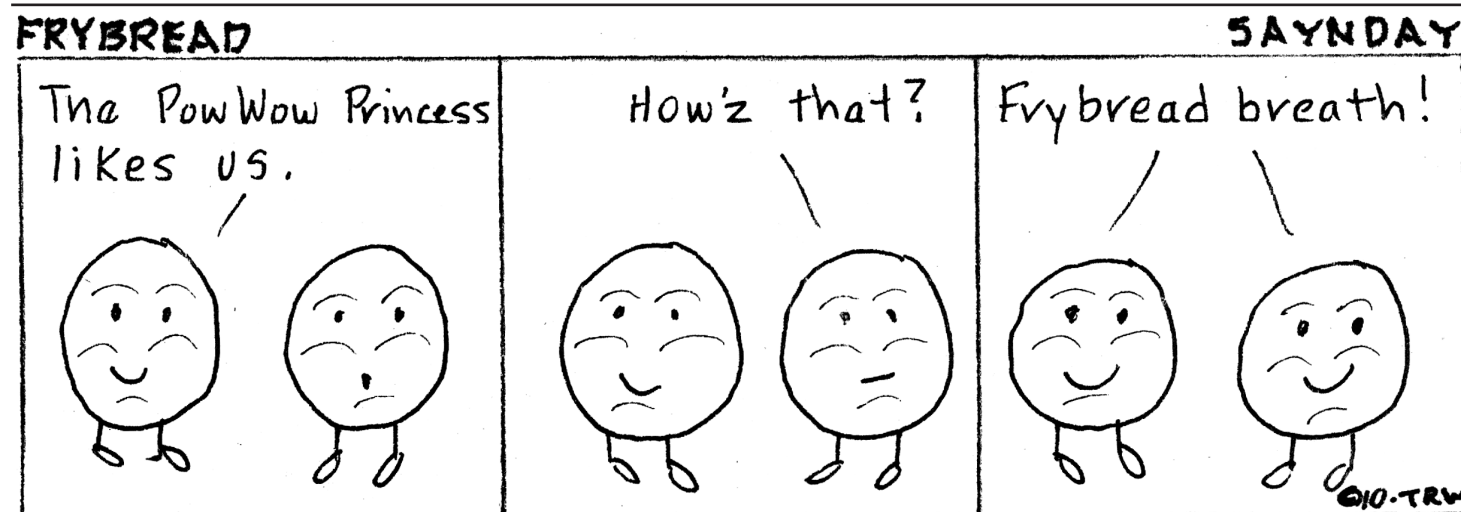
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