in 1939, Native justice, his advocacy also built popular support that led to changing how government policies treated Indigenous people.

The next Lakota chief, like his father, Henry Standing Bear. Instead, he moved away, never to return. Later in 1928, he published a book, *My People the Sioux*, which told Lakota stories and criticized the United States rules against his people. He was able to hit back against the government that took his people's land. As his reputation became colossus, he became a voice for Native American rights. Fighting for more Native justice, his advocacy also built popular support that led to changing how government policies treated Indigenous people. Until his death in 1939, Ota Kte put his education to good use. Being a man of bravery, honor, and service, he was always a Lakota at heart.
THC is Dangerous for Teens

There are REAL risks to using marijuana! There are more and more states that have made it known that marijuana is not good for teens. Why? It’s because our brains are still developing. A teen’s mind won’t fully develop until our mid-20’s. So, if you are smoking in your teens and you are learning something new, it will affect what you are learning. That means you will forget half of what you had learned. People who start smoking marijuana in their teens may also develop a “marijuana use disorder”. That means you are having an addition to marijuana.

Marijuana has a chemical called THC (delta-9-tetrahydrocannabinol). The chemical THC makes teens 4-7 times likely to have a learning disorder. THC can disturb the nerve cells, called neurons, of the brain by changing the communication between them. When you smoke marijuana, it’s going to be dangerous to ride bikes, drive a vehicle, and play sports. The THC also presents processing problems with attention, memories, and decision making.

Breathing and eating THC can make you go to the emergency room. THC will increase your heart rate, lead to hardcore shaking, and tripping vibes. The word marijuana is a Mexican word and it means “the weed that intoxicates”. It is made from the Indian hemp plant, a spreading green bush. Today, there are many products that believe in the health problems of chemicals in marijuana. Even though marijuana is legal for some adults, its not good for teenagers. So this means you teenagers shouldn’t smoke marijuana.

Trouble in Paradise

By: Caleb Secatero

On the morning of November 8, 2019, 200-foot high flames from the wildfire stretched to the sky. The thick black smoke turned the day into night. For some places, the blazes transformed the sky to glowing eerily blood red. The roads that were leading out of Paradise, California were crammed from thousands of people evacuating. Many people got stuck in traffic jams. Others found their escape routes blocked by fallen trees, abandoned vehicles, or a wall of fire. Desperate, some people ran for their lives as the soles of their sneakers melted on the pavement as they fled. By the time it was over, the fire had killed 85 people and destroyed more than 18,000 buildings. Homes, schools, businesses— they all burned to the ground.

Residents are now returning home a year later. Some are going to rebuild, and thousands are thinking about leaving town for good. Wildfires serve a purpose by burning brush from the forest floor to spread nutrients into the soil so that new trees can grow. California is considered to be under very high or extreme threats from wildfires. Many people don’t receive the alert early enough to evacuate so they won’t get trapped. People have decided to live in nature because it costs less to live than in cities. Many changes have been made to work on rebuilding Paradise. The homeowners started to rebuild using materials that are more resistant to fire, such as brick, concrete, and stone. Paradise will be rebuilt stronger and smarter.

There are currently wildfires that are in southern California. The death toll throughout the state is currently at 87. About 153,000 acres were burned and 18,000 structures were destroyed.
The Mars 2020 Rover Will Search for Fossils and Signs of Ancient Life

By: Frances Apachito

During February 2021, the Mars 2020 Rover will land on the Red Planet, Mars, as part of NASA’s Mars Exploration Program. It will also touchdown in Jezero Crater, the lake that existed 3.5 billion years ago. Along with the rover Curiosity, which has been exploring Mars for the past five years, the two might find signs of ancient life. The crater is 28 miles wide and once contained a river delta.

Researchers discovered the mark of carbonate minerals in the crater’s inner rim. Carbonate is a salt of the anion CO3\(^{2-}\), typically formed through reaction with carbon dioxide and is often a product of life. Seashells are associated with carbonate on Earth. Coral and fossils are found shattered along what were once shorelines of ancient lakes and bodies of water on our planet. Scientists are fascinated by the carbonate deposits because they seem to suggest that carbonates are placed permanently on the shoreline. The 2020 rover would be able to investigate the carbonate because its instruments are up to the duty. Curiosity is designed to help scientists determine if Mars had some sort of life in the past. They carry this mission forward hoping they will find evidence of ancient life. The ancient delta is interesting to scientists because on Earth river deltas contain diverse minerals and signs of past life. The rover is also capable of managing chemical analysis of the minerals.

Mars is an obvious target for exploration because it is close by in our solar system. Mars can also help us learn more about our home planet by uncovering details of the evolution and history of Earth and also any other planets in our solar system.

Hong Kong Protesters

By: Lachelle Apachito

The Hong Kong protests have been going on since Sunday, March 31, 2019. Hong Kong’s protests started against plans to allow the handover of those arrested to mainland China. Many police officers have conducted clearances in multiple neighborhoods across Hong Kong Island and Kowloon. They also carried out numerous arrests. Kowloon Tong has built barricades and set fires. The violence continued midday Tuesday, November 12, when the protesters were fortifying the campus all day, building large barricades and a makeshift catapult. In Hong Kong, they suspended all schools from kindergarten to high school for safety. Protesters just want their demonstrations not to be characterized as “riots”. They also want amnesty, or official forgiveness, for arrested protesters, an independent inquiry into alleged police brutality, and implementation of complete universal suffrage, or the right to vote in political elections. Until 1997, Hong Kong was ruled by Britain as a colony but then returned to China. Under the “One Country, Two System” arrangement, it has more autonomy than the mainland, and its people have more rights.

More than 70 people were injured over the second weekend of November. The violence of Hong Kong has gotten worse as tons of student protesters had prepared to go against riot police. 38 more people were injured on Sunday, November 17. Earlier on November 18, the protesters had won a legal victory with the high court finding a law against wearing masks in public to hide their identities from police and protect them from pepper spray was unconstitutional. Protesters also used laser pointers to blind the face recognition cameras, so that they won’t have their identities used against them. Many protesters saw the law as allowing officers to arrest non-violent demonstrators so they won’t join the street protests.
“Every Step You Take is One Step Closer to the Finish Line”

It was a good season for our cross-country runners. Although they didn’t perform so well at state, let’s still congratulate them for making it that far. Districts went well as varsity boys got District runner-up, or second place, in District ¾ of class A/2A. The boys placed 11th at state out of 26 schools. We could’ve done better, but our second runner didn’t perform well due to a knee injury, as well as our fourth and fifth runners. Our fifth runner, Hunter Apachito, states, “I took off too fast and started lacking in my pace before the first mile.” I asked Kennette Eriacho how she felt about her performance at state and what she wants to do differently next time. She explains, “My performance at state was okay, I didn’t place, but what mattered to me was lowering my time. Next time, what I would do differently, is stay with the fast girls in the front pack.”

Here are the results from both varsity boys and Kennette at the 2019 State Championship meet:

- **Lane Apachito**-placed 19th with a time of **18:23.1**
- **Robert Baca**-placed 31st with a time of **18:56.35**
- **Robert Monte**-placed 43rd with a time of **19:24.40**
- **Jacob Apache**-placed 90th with a time of **21:12.80**
- **Hunter Apachito**-placed 94th with a time of **21:26.25**
- **Tayshawn Pino**-placed 133rd with a time of **25:36.45**
- **Miles Monte**-placed 137th with a time of **28:41.25**
- **Kennette Eriacho**-placed 35th with a time of **23:20.35**

Congratulations to all eight runners for making it to state and performing well. And also, great job to our two senior runners, Robert Baca and Lane Apachito, who finished their final season strong. I hope to get the remaining five boys back next year, and new runners as well. I’d like to also congratulate and give shout-outs to Cojay Piasso, Emmett Duffy, Adriano Apachito, and Dreyvis Ganadonegro, our junior high boys who finished out a good season. Good job to you all, until next time….

Is Planting 20 Million Trees Going to Help Our World? By: Charles Follosco

An American YouTuber named Jimmy Donaldson, also known as MrBeast, will be planting 20 million trees or even more. They will be planting these trees across 6 continents. MrBeast won’t be doing this by himself or else it would take him a very long time, so what he did was, he partnered with more than 600 YouTubers including PewDiePie with over 100 million subscribers, Marshmallow with 40.2 million subscribers, Ninja with 22.4 million subscribers, and more. They call this big project “#TeamTrees.” Since these YouTubers are famous, this project became viral and there are more people who agreed and wanted to help. Mark Rober, who used to work at NASA, has also donated.

How does #TeamTrees work? MrBeast teamed up with the Arbor Day Foundation, which is the world’s largest tree-planting organization. #TeamTrees had made a fundraiser and every single dollar donated will be used to plant trees. So far, they have planted nearly 17 million trees as of today with a little help from their followers. You might be wondering why he is he doing this. He came up with this idea because most of his followers spammed him in the comment section and challenged him to plant trees, so he accepted this challenge. One more reason is because he has passed 20 million subscribers in his YouTube channel. That is why he decided to plant 20 million trees.

#TeamTrees is also doing this because they want to help reforest our beautiful Mother Earth. Reforestation is one of the most effective solutions to the climate problems. Some researchers from Crowther Lab in Zurich, Switzerland published a paper that announced restoring forests could help remove two-thirds of the planet-warming greenhouse gasses that humans have introduced into the atmosphere. It will definitely remove 80 thousand pounds of carbon dioxide every year. If someone would like to donate, just go to TeamTrees.org and send in your donations.
Trump: Native Heritage Month Belongs to All Americans

By: Hunter Apachito

Since 1990, the federal government has recognized November as National Native American Heritage Month. Like most commemorative months dedicated to honoring the culture and history of an oppressed people in the United States, Native American Heritage Month has always been a grossly insufficient gesture. So it was only added insult to an unbroken history of injury visited upon Native People when President Donald Trump declared that November would also be “National American History and Founders Month.” Trump did issue a presidential proclamation recognizing Native American Heritage month on the same day, as he did in 2017 and 2018. While the announcement for Founder’s Month lives on WhiteHouse.gov, the statement recognizing Indigenous history is nowhere to be found on the website.

The announcement is hardly Trump and his administration’s first act against Native Americans. It’s bad enough the government enacted violence against Native people. But just days into his presidency, Trump approved the completion of the Dakota access pipeline, which Indigenous water protectors from around the country had been protesting against for years. The pipeline runs through sacred lands and threatens to pollute the main water source of the standing rock Sioux, as well as 17 million people who live downstream from it. And, in a prejudice way, Trump had mocked Senator Elizabeth Warren—who herself is guilty of claiming she was part Native American in order to gain access to college—by calling her “Pocahontas” and making a reference to Wounded Knee, where over 250 Lakota were massacred and buried in a mass grave in 1890. During the 1990’s, President Trump made moves to protect his own gambling empire from Native-owned casinos by secretly paying more than $1 million for ads that portrayed members of a tribe in upstate New York as cocaine traffickers and career criminals.

The National American History Month announcement makes no mention of Native people, yet it states that “We must develop a deeper understanding of our American story.” Meanwhile, the buried Native American Heritage Month announcement is in itself an offensive document. It raises the fact that Native Americans are most likely to serve in the armed forces than any other race group in the U.S., yet unsurprisingly doesn’t mention the way that these service members are being treated. “Native people are scientists, tribal leaders, educators, journalists, and so much more,” the Indigenous-focused news site Indian Country Today noted in a Tweet about Native American Heritage Month.
Our Navajo Traditions For November

Nílchʼitsʼósí means slender winds, which is the heart of the month. -Tsʼósí generally means small. They say in our tradition that as winter has begun, the people move to their winter homes. Men go out to hunt for deer to provide meat that is thinly sliced, salted, and dried, which is known as jerky, to preserve for the winter consumption. The winter frost is a reminder that winter stories are to be told, like coyote tales and teachings to be conducted on the cold nights. Winter is when Navajo elders teach the young about the Navajo Diné. It is a time to learn traditional values and norms about behaviors. Navajo elders explain how native foods, plants, herbs, mountains, animals, and all creations must be respected. Today, these cultural teachings are carried through sacred Navajo songs, prayers, and ceremonies. The people entertain themselves at night by playing games such as ké niiljeeh (The Moccasin Game). It is a noisy game. To play you need four moccasins, a pebble and a stick, and have the players divided into two sides. There is also Tsidił-(The Stick Game) where players create a circle of forty rocks with a large flat stone in the center, then the players throw wooden sticks into the circle, scoring the game by where the sticks fall relatively close to the center stone and by which side the stick was up when it fell. The days are short and nights are long, leaving more time in the evenings for the youth to learn. Snow blesses the four scared mountains as mammals, reptiles, and bugs continue to be in hibernation.

Fighting a Killer in Africa

There has been a massive outbreak in Africa of an Ebola virus, even though it’s usually rare; it’s also highly contagious. Between 2010-2017 Ebola has been very rare, but in 2018-2019, there was an Ebola outbreak and it was the worst one in history. Scientists who study the Ebola would have to wear a full body protective gear in order to be safe and stop spreading the virus around. Don’t worry, scientist have invented or discovered two new treatments to fight Ebola. The drug is called VSV-EBOV Vaccine and it is supposed to be 70-100% effective. There are so many people who suffered and died through the virus in Africa like Malaria, Diarrheal disease, Lower Respiratory Tract Infections, and Human Immunodeficiency Virus (HIV) / Acquired Immunodeficiency Syndrome (AIDS). The people who get sick the most are children between the ages of 0-10 are at risk of a 50/50 chance of getting these diseases/infections above. This is 40 out of every 1,000 children. The deadly disease had hit the mid and lower parts of Africa. So, if you plan to make a trip that way, make sure you have masks if you don’t want to get any disease, and when you come back from Africa make sure you go to your local doctor and get tested. “Finding a vaccine as soon as possible against this terrible virus has been a priority for the international community ever since Ebola hit West Africa five years ago,” European Commission Vytenis Andriukaitis said. “After recognizing the need and urgency for an Ebola Zaire vaccine, many came together across sectors to answer the global call for outbreak preparedness,” says Merck CEO Kenneth Frazier. The U.S. Food and Drug Administration is expected to make an approval decision on the vaccine in March 2020. WHO Director-General Dr. Tedros Adhanom Ghebreyesus says, “Five years ago, we had no vaccine and no therapeutics for Ebola. With a prequalified vaccine and experimental therapeutics, Ebola is now preventable and treatable.”
Alamo’s Missing Murder Indigenous Women/Girls Project 2019
By: McCoy Piasso

Behavior Health hosted an art exhibit for the Missing and Murder Indigenous Women (MMIW). The art exhibit this year is to bring attention to all of the missing women. The art exhibit was located at Alamo Community Wellness Center, on October 24, 2019. The Alamo Art teacher Ms. Mayle gave her art students time to work, but before that she taught us the aspects of the color wheel, and Mary Joe Shortes and Annebelle Pino gave art students a presentation on all the Missing and Murdered Indigenous Women. Teri Winchester also gave us a little presentation on Savanna’s Act. Savannah’s Act is about a Native American woman murdered while she was pregnant. The recent study by Urban Indian Health Institute revealed that only 116 of the 5,712 cases were logged into the Department of Justice’s nationwide database. Some U.S. attorney’s offices declined to work on solving the cases while 37 percent of the declined cases were due to lack of evidence.

New Mexico is one of the top states with the number of 78 Missing and Murdered Indigenous Women (MMIW) cases. Albuquerque is the 2nd highest city with a number of 37 Missing and Murdered Indigenous Women (MMIW) cases. Savanna’s Act is the bill named in honor of Savanna Marie Greywind. She was a 22-year-old woman from the Spirit Lake Nation who was viciously murdered after she went missing in North Dakota on August 19th. My opinion on this is we need to be more protective of our Native American women because they lead us through the world.

One of the artists is senior Coursha Herrera. She painted a Columbine flower to honor one of the Missing and Murdered Indigenous Women, Julia Vicente. She says, “I liked the color, and how it’s shaped.” Another artist is Yvonne Pino, an Education Assistant. She says, “At first, I was just helping out to make enough paintings. But then I’ve thought about how many Native American women have not been found yet and we needed to help any way we can.” Another senior, Aundreyanna Apachito, says, “Native American families suffered in silence for too long and that I wanted to let others see we cannot ignore this anymore and stand up for it.”

I asked these artists why they chose that flower and border. Coursha’s response is, “She’s native and I feel like I know her. We all stand as one.” Yvonne’s response is, “I chose a New Mexico flower called the thistle. We have a lot of these flowers around our place. It made me think of home and these missing women need to be back home. My border came from my Pendleton bag that I carry around.” Aundreyanna says, “To restore balance, and love and harmony. The flowers I chose were something special called desert chicory, a Jimson moon flower, and a red columbine flower. I chose my borders as a native outline with rainbow colors because a rainbow is meant to protect them all.

My last question I asked them was why bringing attention to missing native women is important. Coursha’s response is, “All these other people aren’t doing anything about it. We are using inspiring flowers to recognize our Missing and Murdered Indigenous Women (MMIW) people. Yvonne replies with, “It’s very important to get heard but how can we be heard if we can’t really speak out? So instead of speaking out in front of lots of people, we show our support through painting. And we are trying to get these paintings to Santa Fe, so other people can see them and know.” Aundreyanna replies with, “We’re trying to get out voices heard through our artwork. Maybe then the laws will change to better protect our Native American Woman.”
Harvest Day

As the leaves turn beautiful golden and red, and the weather gets colder and people prepare for the nearing of winter coming through this year, Americans enjoy the annual celebration of Thanksgiving. It is a time to be with family and friends and to be grateful for all they have. It is a time to count blessings and enjoy the ending of the year extraordinary large focus on traditional foods such as roasted turkey and seasonal vegetables.

The traditional story is about settler of Mayflower who suffered and celebrated by the original pilgrims when they claim that they first came to North America. Thanksgiving day is thought to be an occasion in Plymouth since the 1600s. Plymouth is where religious foreigners from England who shared a feast with Native Americans. It is surprising to Americans who celebrate Thanksgiving with turkey, pumpkin pie, and seasonal vegetables, to learn that the first Thanksgiving was believed to have a different menu prepared in Native American tradition style.

North America, Canada, and United States each have their own Thanksgiving celebration in October and November. Nowadays, a harvest festival is held at the end of harvesting which varies in different parts of the world. Ceremonies are held both to give thanks for the harvest and to encourage the harvest by giving light to return again in the coming year. In some Native American cultures, they express gratitude on Thanksgiving. In Brazil, there has been a special public day of Thanksgiving on Thursday of November every year to do a prayer.

Green Corn Ceremonies is a Native American harvest day celebration. Cherokees and other Native American tribes also celebrate the ceremony. The ceremony is held mostly during the full moon. The celebration is also held when the crops of corn are ready to be harvested, so it is up to the corn when the ceremony would start. The ceremony usually lasts for several days. When the first corn is tasted, the dancing, singing, and feasting comes next. It is a time to be thankful.

In Santa Ana Pueblo, which is north of Albuquerque, they have an annual feast day, held on the last week of July with a Green Corn Festival. The ceremony is thought to give respect to Mother Earth for providing food during the fall season. The Indian ceremonies that celebrate the grains of harvest is blissful and thoughtful. People who celebrate wear traditional clothing such as dresses, feathers, beads, etc. So let’s all celebrate Thanksgiving by being happy and thankful. Happy Thanksgiving and Harvest Day!

Why Vaping Is Bad

By: Elnathan Monte

Health officials from the Center for Disease Control and Prevention (CDC) have admitted that the wave of lung illness cases and deaths linked to vaping has a main bad yucky dude. Every product that contains tetrahydrocannabinol (THC), sold on the black market is illegal, but to the disappointment of some experts, the agency is still recommending that people avoid using any e-cigarettes or vaping, regardless of their drug contents or if it’s sold legally.

The report is the latest update to what’s become a coordinated investigation by the CDC and state health agencies into the condition now officially called “e-cigarettes or vaping, products, use associated lung injury” or (EVALI). According to the report, there have been 1,604 Cases of EVAL in 49 states reported to the CDC as of mid-October. There have also been 34 deaths in 24 states related to these devices. New York and California are states suing Juul for their product flavors targeting teenagers. Attorney General Letitia James states, “I can’t specify our legal strategy, but going forward, all individuals who are responsible for the destruction that has been caused in the state of New York, you can be assured this office will pursue those individuals and not be limited to any one particular company,” James said.
**Rebus Puzzles Brainteasers**

A REBUS is a picture representation of a name, work, or phrase. Each "rebus" puzzle box below portrays a common word or phrase. Can you guess what it is? The first student to turn in ALL correct answers wins a prize!

---

The first student to turn in ALL correct answers wins a prize!

---

---

Answers from last edition:

- Na Na
- S+5, 280 ft.
- a²

---

- Tuna Fish
- Smile
- A Square Dance
Can you solve these riddles? First student to turn in ALL correct answers wins a prize!

- It travels through the air
  Or under water where
  It rises like a prayer
  Or rides the surface there.
  What am I?

- The eight of us go forth not back to protect our king from a foe’s attack.
  What am I?

- Tear one off and scratch my head, what was red is black instead.
  What am I?

Answers from last edition:

- Take off my skin—I won’t cry, but you will!
  What am I?
  -An Onion

- What occurs once in every minute, twice in every moment, yet never in a thousand years?
  -The letter “m”

- Voiceless it cries, Wingless flutters, Toothless bites, Mouthless mutters.
  What am I?
  -The Wind
Fall Harvest Crossword Puzzle

Across
3. Fruit of the oak tree
6. Scares birds from cornfields
8. Month preceding November
10. Holiday on October 31
11. They change colors in the fall
13. Used to gather leaves
14. Horn of plenty
17. Carved Pumpkin

Down
1. Traditional Thanksgiving bird
2. Mexican Holiday on the first of November
4. To gather; to reap
5. Holiday for giving thanks
7. Leaves on tree
9. Month of preceding December
12. In astronomy, the first day of autumn is called the autumnal
15. Grows on tall stalks
16. Another name for Autumn