

April 1, 2020

The American Indian Reporter

AMERICAN INDIAN TRIBAL NEWS * ERNIE C. SALGADO JR., PUBLISHER/EDITOR



Coronavirus Real or Political Fake?

By Ernie C. Salgado Jr.

Coronavirus real or political fake? It is not my intent to minimize the seriousness of the coronavirus because it is real as are all contagious virus disease. But, the nagging question stuck in my brain is; *Are we being manipulated by the political hagiarchy for the sole purpose of making a power grab of historical proposition?*

As millions of my fellow Americans, I am obligated and/or forced by law to comply with the continuing “*Recommended Mandates*” while doing my best to protect my family and pray they stay healthy.

And since I fall into the “*Ole But Goodies*” high risk over 65-years of age group all I can do is sit back watch Fox News, scroll Facebook page postings and write negative comment to people I don’t know. And vent my views in the *American Indian Reporter*.

But before I get to far along I want to share this with you. My people have been using burning sage smoke to bless and purify their surroundings for centuries. We call it smudging. The blessing is that it purifies the air around us by killing all the germs and bacteria, evil spirits.

Now, for us “*Ole But Goodies*” it the same crap, different day. Many of us have seen so many life threatening disease, bugs, virus and flu’s in our short life time it is unreal.

What make the Coronavirus different is the unprecedented government intervention and the irresponsibility of the main stream media by politicalizing

the virus and causing a shameful nationwide panic.

They are also refusing to call the coronavirus the “China-Virus” naming it instead the “Bat-Virus,” saying that Trump is scapegoating the Chinese and it’s racist, the ole liberal rhetoric.

In my short life time, I have never seen anything like the widespread panic by so many young people. I mean stocking up is one thing, but buying up all the toilet paper and baby formula because it has a longer shelf life than milk leaving families with infants struggling to find baby formula for their children.

The need for so much toilet paper speaks for its self. The lack of toilet paper is not a problem for me and I’m sure many of my “*Ole But Goodies*” co-hearts, since we come from the Sears & Roeback catalogs and the Sunday newspaper era.

The issue of the baby formula was brought to my attention by a good friend. She shared that her niece called her in a panic and upset because she was unable to find any baby formula in the four markets she had been to and was on her way to the fifth one.

My friend told her to make her own baby formula. She had to laughed when her niece was totally astonished that her aunt knew how to make baby formula.

After my friend gave her niece the home made baby formula recipe, her niece asked her if their were any side affects. My

friend told her yes, he’s going to be a butterball.

The “*Ole But Goodies*” baby formula recipe; Two cans of condensed milk, one tablespoon of white Karole syrup and six cans of distilled water. (*Use one of the condensed milk cans as the measuring unit.*)

The panicking, hoarding and lack of coping skills by so many of the young millenniums is disturbing on several levels.

The hoarding of food and other essentials leaving those with limited incomes with little or no options to feed their families.

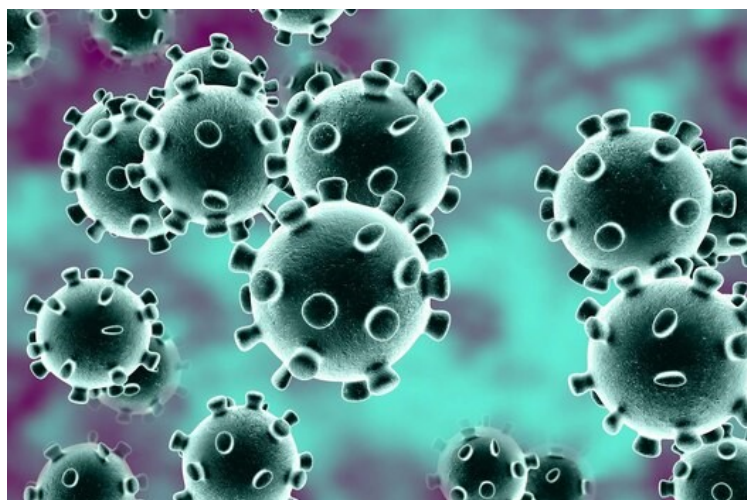
What is ironic is that a majority of these people are the same ones that support the Socialist agenda of “*The Redistribution of Wealth*” and it’s only fitting that their behavior is predictable of the “*Socialist Class System*.”

However, many of the larger market chain stores are imposing limits on the purchase of certain items and are still sell-out.

Although it is not mandated it’s possible that a federal government imposed rationing may very well be right around the corner. As a child I remember rationing during the Second World War.

Another major concern is how quickly we lost our freedom of movement and choice to local, state and the federal governments.

It’s frightening how we, without question faded under total government control in the name of “*Our Health Safety*.”



Our Constitutional rights to freely assemble has been completely cancelled under the authority of the declaration of a “*National Health Emergency*” in our best interest. And does “*Martial Law*” follow?

Although the politicians passed “*Band Aid*” legislation to help offset the total shut down of the free enterprise system of the Country it’s still behind the curb.

Yes, two trillion dollars is serious money yet, the shut down of the Country is far more devastating to the economy.

Still another irony is that the Government bureaucrats will be charge with the implementation of the distribution of the financial aid.

Again, this in its self is a problem since the Government bureaucrats have proven their incompetence so many times it has become the norm.

How we recover from this questionable manifesto I have no clue since 90% of the employers in the Country are small businesses. And as to how many will survive this shut down only time will tell.

One thing that is a given it that the longer the shut down last the fewer the number of small businesses will survive.

With the unpredicted number of bankruptcy’s resulting from the health safety strategies will cause a financial crisis dwarfing the 2007-08 bailout fiasco and the “Great Depression.”

Even more threatening and dangerous to our freedom is “*Martial Law*.”

Once “*Martial Law*” is declared it becomes the supreme law of the land and any rights or protections we cherished under the U.S. Constitution will no long be valid.

And, although my political ideology is conservative and I support most of the policies of the Trump presidency, “*Martial Law*” is something I can not support under any administration.

Unchecked power is as contagious as the coronavirus. For some unknown reason the potato chip commercial comes to mind. “*...can you stop at one?*”

No, history has a way of repeating its self and I pray we don’t go down that road.

FREEDOM

“Freedom is one of the deepest and noblest aspirations of the human spirit.”

“Freedom is the right to question and change the established way of doing things. It is the continuous revolution of the marketplace. It is the understanding that allows us to recognize shortcomings and seek solutions.”

“Freedom is not something to be secured in any one moment of time. We must struggle to preserve it every day. And freedom is never more than one generation away from extinction.”

President, Ronald Reagan



DISCLAIMER: By Ernie C. Salgado Jr: The *American Indian Reporter* is based strictly on my humble opinion of the numerous tribal matters and issues. It is not intended to represent the views or positions of any American Indian Tribal Government, American Indian organization, community organization or private sector sponsor, contributors or advertisers of the *American Indian Reporter*.

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NOTICE

As of April 1, 2020 due to the coronavirus pandemic crisis and the loss of revenue as a result, the American Indian Reporter will not be distributed in a printed format.

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American Indian Reporter

MISSION STATEMENT

Our mission is to provide the American Indian Tribal Community with a wide range of information and views that may help to better understand the current tribal issues and the changing world in which we live.





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TOPS, 4/15/19

CAUTION

I'M POLITICALLY INCORRECT

I TELL THE TRUTH AND USE COMMON SENSE



LET US NOT FORGET!

American Indian Tribal Facts: *By Ernie C. Salgado Jr.*

Poverty rate: 25.4% *Total in poverty: 670,571

American Indian and Alaska Natives as pct. of U.S. population: 0.8%

American Indian and Alaska Natives as pct. of poor population: 1.6%

Today, American Indians have the highest poverty rate of any major racial group in the United States, with one in four living below the poverty line.

Those who live on reservations face obstacles such as safe domestic water, food insecurity and associated health problems like diabetes, the highest infant mortality rate, lowest life expectancy rate, highest youth suicide rate and substance abuse rate and the list is long and sad.

And the tribal people have no Constitutional protection or rights. Unbelievable as it may seem but the Supreme Court of the USA ruled in 1978 in Martinez vs San Carlos that gender discrimination for tribal membership by the Tribal Council was protected by Tribal Sovereignty. The Court got it wrong and if you think they didn't: Why are we spending trillions of dollars in foreign countries promoting "Democracy?"

The current estimated tribal population (2010 Census) of the United States of America as of August 12, 2016 is **324,385,585** of which **1,900,000** are identified as American Indian or Alaskan Native. Doing the math the American Indian and Alaskan Native population is .0058 which is about 1 out of every 200 Americans is an American Indian or Alaskan Native.

The American Indian and Alaskan Native population with the world population of over 7.5 billion people. It gives new meaning the phrase "**Endangered People.**"

And now "Abortion" for Indian women is promoted by Indian Health Service with the support of the BIA Indians. And to speak out against it will get you demonized, banned and defunded. But traditional values and integrity can not be compromised.

American Indian Reporter

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Charles “Chuck” Trimble, Oglala Lakota

March 12, 1935 – March 2, 2020

An Authentic American Indian Icon Leaves Legacy of Leadership & Integrity

Source: Indian Country Today By Kolby KickingWoman, Blackfeet/Gros Ventre. (Edited AIR, E.C. Salgado Jr.

Charles “Chuck” Trimble, Oglala Lakota, a man who made a lasting impact on Indian Country has died at the age of 84. (Just 10-day before his 85th birthday.)

Trimble served as the executive director for the National Congress of American Indians from 1972-78 and was a principal founder of the American Indian Press Association.

He was also inducted into the South Dakota Hall of Fame in 2013.

A long-time American Indian journalist, Trimble once wrote when he started in the industry, there wasn’t a lot of interest or understanding of Indian Country which led to the founding of the American Indian Press Association.

“I got a small grant to pull together a meeting of select Indian editors that represented a good geographic and intertribal cross-section, and we met at Gonzaga University in Spokane, Washington to talk about our common problems in securing news,” Trimble wrote in 2014. “We put together the American Indian Press Association and opened a news service that would feed first-hand, fresh news to Indian newspapers.”

Trimble also advocated for Native education and was the director of the American Indian Development Incorporated.

The organization held summer workshops for Native students who were seniors in high school or college freshman focusing on courses related to Indian Affairs.

Paul DeMain, Oneida Nation

of Wisconsin, is a former president of the Native American Journalists Association and said Trimble was a prolific writer who added perspective to what was going on in the world and a well respected individual.

DeMain added that Trimble “came out of the same envelope” as fellow Native writer Richard LaCourse, and the two men provided in-depth analysis as tribal governments emerged during the 1960s and 70s.

“Their writing reflected that umbrella of getting the information and turning it into something you wanted to tell the people,” DeMain said. “It was always in the best interest of Indian Country.”

Trimble’s friend and Indian Country ally Jack Marsh, who co-founded the South Dakota News Watch, said Trimble was looked up to by Native and non-Native journalists alike.

“I’m deeply saddened to hear of Chuck Trimble’s passing. He was an honorable, fine and decent man who did much to promote reconciliation and advance a greater understanding of Native people and Native issues,” Marsh said. “He was a role model for many in the field of media and journalism, including me, a gifted teacher and an excellent writer. Others are credited as founders of the Native American Journalists Association but it was Chuck Trimble who helped lay the foundation for a national organization dedicated to truth, ethics and professionalism among the story-tellers of Indian country.”

People who knew Trimble shared memories and appreciation for Trimble on social media.

Frank Ducheneaux, Cheyenne River Sioux, called Trimble an asset to Indian Country and

worked with him through the National Congress of American Indians.

“He was an asset to our Indian world in many ways. He was an early Indian journalist and started the American Indian Press Association,” Ducheneaux wrote in a Facebook post. “He segued into the Executive Directorship of the National Congress of American Indians where he served with distinction. It was my privilege to work with him in that capacity as the NCAI legislative consultant.”

“There are so many ways that Chuck Trimble contributed to Native journalism, and Indian Country, that it’s hard to narrow it down,” said Mark Trahan, editor of Indian Country Today. “Chuck was a brilliant cartoonist. He could have made a career out of doing just that.”

He also was a warrior in the battle against termination, Trahan said.

Lucy Covington asked Trimble to help start a newspaper at Colville so that people would understand the implication of termination.

“She made no offers of compensation for travel and expenses. The Press Association was not yet established and there were no funds for travel or anything else; so I went at my own expense,” Trimble wrote years later.

Covington “wanted a newspaper that would tell what a tribe means to its people, and its true worth to them in terms of land, natural resources, and most of all their cultural heritage.”

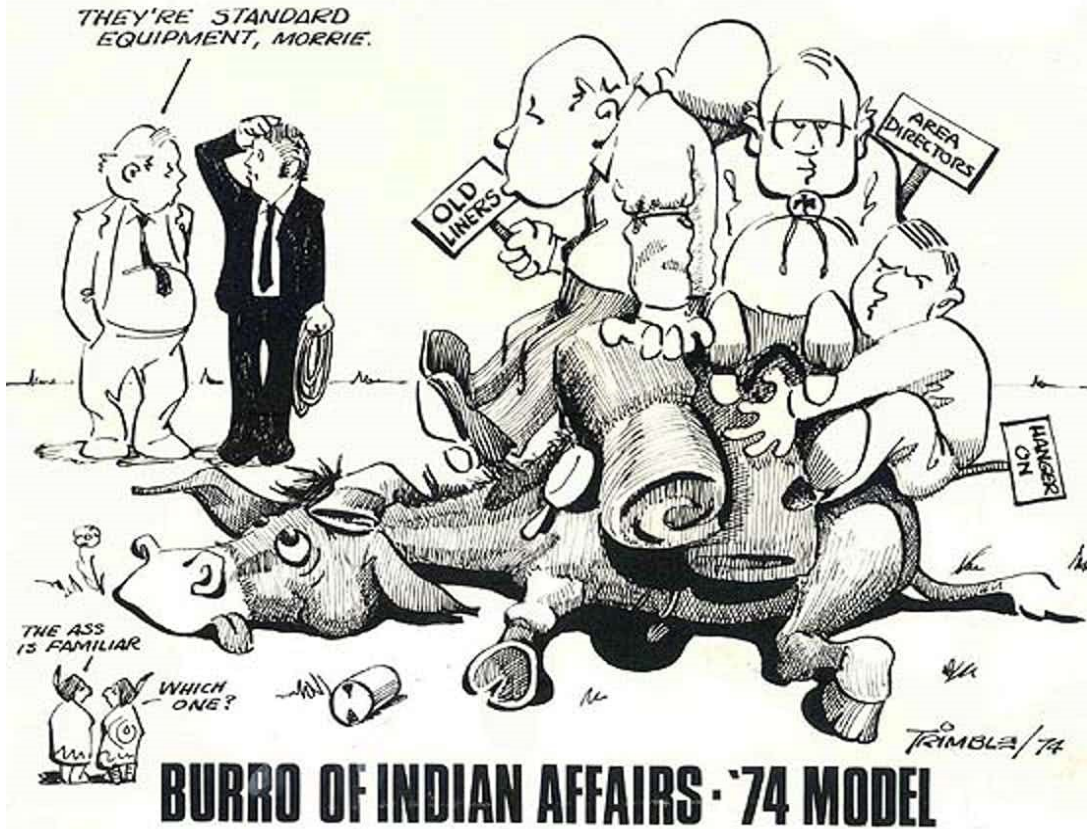
She wanted the newspaper to be called Our Heritage, and she even described the logo she wanted for the masthead. It would be a pair of hands holding together the shape of the Colville Reservation.

The logo would signify that the future of their reservation, indeed their nation, was in the hands of the people, not in the U.S. Government or the State of Washington, or anyone else.”

Our Heritage chronicled the tribe’s eventual rejection of termination.

The family wished for privacy at this time but in a Facebook message, Trimble’s daughter Kaiti Fenz-Trimble, said he will be missed.

“As for Dad, he was a wonderful father & husband, and we miss him already.”



“Since WWII, the USO has been a steadfast supporter of the service members of the strongest military in the world. Through their dedication, we are able to remain connected to the things we value most: our families, our communities and our country.”

As a patriotic American, I hope you are as proud as I am of the brave women who serve in the military. Women have served in the U.S. Army since the Revolutionary War, volunteering to defend our freedoms and risk their lives for this great nation.

As a military mom with three active kids

and a husband who also serves in the U.S. Army, our family knows firsthand how difficult family separation and deployments can be.

I hope you’ll join me in celebrating our women in uniform as they set the stage for future female heroes. In addition to being commanders, doctors, pilots and combat fighters, they are also moms and military spouses.

Thank you in advance for supporting the women who sacrifice so much to protect our freedoms.

Sincerely, Col. Kelly Steele, U.S. Army

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In 1876, the United States launched the Great Sioux War without a formal declaration of war by Congress.

During the nineteenth century, the rights of American Indians were frequently violated by the president and ignored or denied enforcement by federal courts.

However, Congress generally treated the Indians with good faith and honored due process, which prohibits the government from depriving any person of life, liberty, or property without a fair hearing before an impartial judge or jury.

These due process requirements protect all Americans and apply to all branches of the government.

Charles E. Wright analyzes the legal backdrop to the Great Sioux War, asking the hard questions of how treaties were to be honored and how the US government failed to abide by its sovereign word.

Until now, little attention has been focused on how the events leading up to and during the Battle of Little

LAW A LITTLE BIG HORN

DUE PROCESS DENIED



Charles E. Wright

Foreword by Gordon Morris Bakken

Big Horn impacted American law. Though other authors have analyzed George Armstrong Custer’s tactics and equipment, Wright is the first to investigate the legal and constitutional issues surrounding the United States’ campaign against the American Indians.

This is not just another Custer book. Its contents will surprise even the most accomplished Little Big Horn scholar.

Tribal Members Go For U.S. Congressional Offices

By Ernie C. Salgado Jr., - Source: Indian Country Today



McKaren Bedonie (Left above) Republican, and Dinah Benally (Above right) Democrat, both are Navajo, and running for the same seat, the New Mexico's 3rd congressional district.



Gavin Clarkson, Choctaw Nation and Elisa Martinez, Navajo, both are Republican and running for the U.S. Senate in New Mexico. .



Tom Cole, Chickasaw, Republican U.S. House of Representatives, Oklahoma, District 4, Incumbent (17 Years). Yvette Herrell, Cherokee, Republican running for the U.S. House of Representatives, New Mexico, District 2



Markwayne Mullin, Cherokee, (R) U.S. House of Reps., Oklahoma, District, 2, Sharice Davids, Ho-Chunk (D), U.S. House of Reps. Kansas, District 3 and Deb Haaland, Laguna Pueblo, (D) U.S. House of Reps, New Mexico, District 1.



Paulette Jordan, Coeur d'Alene, Democrat U.S. Senate, Idaho Rudy Soto, Shoshone-Bannock, Democrat U.S. House of Representatives, Idaho, District 1

Eleven Tribal members from various tribes in Idaho, New Mexico and Oklahoma are running for Congressional seats in the 2020 election. They are joined by Kai Kahele, a Democrat and Native Hawaiian. However, they must all get past the primary elections.

Of the eleven American Indian office seekers, four are incumbents; Tom Cole, Chickasaw, Oklahoma, a Republican has served in the U.S. House of Representatives for 17 Years.

Markwayne Mullin, Cherokee, Republican has serve eight-years in the U.S. House of Representatives for Oklahoma.

Sharice Davids, Ho-Chunk Kansas, and Deb Haaland, Laguna Pueblo, New Mexico are both Democrats and completing their first two-year terms in U.S. House of Representatives.

Haaland has raised more than \$830,000 so far in her reelection campaign, Mullin has raised more than \$766,000 for his reelection campaign since January 2019. Cole and Davids did not list any campaign funds.

Three of the Congressional hopefuls are looking to be elected Senators. Paulette Jordan a Democrat and a tribal member of the Coeur d'Alene tribe in Idaho is looking to represent her party in the general election on November 3, 2020 for the U.S. Senate, for Idaho.

Jordan recently ran for Governor of Idaho as the Democratic candidate but lost a tight race in a Republican State. She previously held office for two

terms in the Idaho House of Representatives.

Jordan was the youngest member on her tribal council and has worked in the energy sector as a business development strategist. She also served as the finance chair and secretary of the executive board for the National Indian Gaming Association.

There is currently no data on Jordan's campaign donations, according to the Federal Election Committee.

In New Mexico, Gavin Clarkson, a Choctaw (Oklahoma) and Elisa Martinez, Navajo, both are Republican and running in the Republican primary election.

They will face a tough primary election on June 2, 2020. Neither one has held public office. A total of six Republicans, including Clarkson and Martinez are running in the Republican primary. The winner will face the winner of three Democrats running in their primary.

The two top vote getters will vie for the New Mexico U.S. Senate seat vacated by Tom Udall.

Clarkson recently served in the Department of the Interior under the Trump Administration where he managed the Office of Indian Energy and Economic Development and the Office of Self-Governance.

Indian Country Today reported that he has roughly \$600,000 in Campaign funds to Martinez \$150,000.

No employment experience was listed for Martinez however, several community based groups were named which she volunteered.

Yvette Herrell, Cherokee, Republican is running for the U.S. House of Representatives for New Mexico's District 2. Herrell has served four terms in the New Mexico House of Representatives.

Herrell has received a number of endorsements from policymakers including Rep. Mark Meadows, R-NC, Rep. Andy Biggs, R-AZ and Governor Mike Huckabee. She also received endorsements from Cowboys for Trump, Citizens United and Gun Owners of America. She has raised over \$650,000 for her campaign.

McKaren Bedonie, Republican, and Dinah Benally, Democrat, are Tribal Members of the Navajo Nation in New Mexico and running for the same seat, the New Mexico's 3rd congressional district. Neither one of them has held public or Tribal office. They face a very rough and challenging primary against five other candidates in each party.

Bedonie listed over \$15,000 in campaign funds while Benally had no funds.

Mean while back in Idaho, Rudy Soto, Shoshone-Bannock, Democrat is running for the U.S. House of Representatives for Idaho's District 1.

Soto served as the legislative assistant for Congresswoman Norma Torres of California and as a legislative fellow for Congressman Kurt Schrader of Ore-

gon. He also was the legislative director of the National Indian Gaming Association. He has raised more than \$18,000 for his congressional campaign.



Photo above, Kai Kahele, Native Hawaiian, Democrat is a candidate for the U.S. House of Representatives, Hawaii, District 2

Kahele has been a Hawaii state senator for four years. He has served in the U.S. Air Force as a pilot for over 18-years.

He has been endorsed by former Governors of Hawaii John David Waihe'e, Ben Cayetano and Neil Abercrombie. He has also been endorsed by Rep. Seth Moulton, D-MA, Rep. Brad Sherman, D-CA, and former Hawaii state representative Kaniela Ing.

Kahele has raised more than \$719,000 for his congressional campaign.



I've had a tough time learning how to act like a Congressman. Today I accidentally spent some of my own money.

— Joseph P. Kennedy III —

AZ QUOTES

Q: If someone from the 1950s suddenly appeared today, what would be the most difficult thing to explain to them about life today?

A: I possess a device in my pocket that is capable of accessing the entirety of information known to man. I use it to look at pictures of cats and get into arguments with strangers.

Socialist Democrats Go “Looney Tunes” Over Pardons, Plan More Investigations!

“The president shall have power to grant reprieves and pardons for offenses against the United States.”

By Ernie C. Salgado Jr.,

President Trump's confirmation of eleven pardons and clemencies has the Socialist Democrats in a state of hysteria.

Over the past 3-years the Socialist Democrats have investigated several false and home spun claims of President Trump's "*collusion*" with Russia, his "*quid pro quo*" with Ukraine, his business holdings, his associates, his advisers, his travel, his appointments and his telephone calls.

Some even complained about him getting an extra scoop of ice cream. You can't make this stuff up,. These folks are Bat S- - t Crazy.

Now they insist they'll be investigating his pardons. Since the have spent over 50-million dollars of taxpayers money on their "*Impeach Trump*" political agenda to no avail they now are proposing to spend another 10 to 15-million on another "*Fake Violation*" of which they have no authority.

They are claiming his actions have "*normalized*" corruption. As absurd and unhinged as it appears. Again, there is no way you can't make this stuff up! If it wasn't so tragic it would be laughable at best.

News flash at 11, pardons and clemencies involve convicted felons. Just in case the mental giants at Socialist/Democrats.com missed the point.

Three-years into his first term, President Trump has pardoned or granted clemency to 26 individual and should his percentage hold true at an average of 9 per year, it is estimated that he will pardon or granted clemency to another 44 people for a grand total of 72, which will still be the lowest number of pardons or clemencies than any of the most resent Presidents have granted.

Bush-One only served one term and had 77, Bush-Two 200, Reagan 406, Clinton 459, Carter was also a one term President and had 566 and the "*Manchurian Candidate*" Obama had 1,927.

The Washington Examiner reported on Thursday that Rep. David Cicilline, D-R.I., and a key player during his party's recent failed attempt to impeach and remove President Trump, who was acquitted of all charges in the Senate, complained.

"I mean, we will, of course, I expect, have hearings on this," Cicilline said in an interview with CNN. *"There's a process that the president is expected to follow in granting pardons or granting clemency. We'll try to bring attention to this issue on behalf of the American people. We will continue to do oversight."*

The question for the congressman is: **Since the Constitution of the United States of America gives the President unrestrained authority to grant pardons and clemencies, what oversight authority does the congress have with regards to Presidential pardons and clemencies?**

Just in case he and his comrades are not aware of the Constitutional authority granted the President of the United States of American. For the record, the Constitution reads: *“The president shall have power to grant reprieves and pardons for offenses against the United States.”* And if you keep reading there is nothing that requires congressional approval or oversight. Nada!

Among the pardons and granted clemency from the president was former Illinois Gov. Rod Blagojevich. He had served eight years of a 14-year sentence for corruption.

Trump also granted a pardon to former NFL owner Edward DeBartolo Jr., former NYPD police commissioner Bernard Kerik, "*Junk bond king*" Michael Milken, and seven others.

One of the other seven he granted clemency was Crystal Munoz, a 40-year-old Navajo mother of two young daughters who has spent the last 12 years of an 18 year sentence in prison. *(See complete story on page 8.)*

Obama granted clemency to Chelsea Manning, who was sentenced to 35 years for giving secret government documents to WikiLeaks.

He also ordered the release of Oscar Lopez Rivera, who during the 1970's lead a Communist oriented terrorist group of the Armed Forces of National Liberation, based in Chicago.

That group claimed responsibility for more than 120 bombings in the 1970s and 1980s. Still waiting for the outcry!

Leonard Peltier, Mr. President, don't forget Leonard Peltier, we thank you in advance on behalf of the 2-plus million American Indians for his pardon.

If anyone should know how it feels to be framed by the FBI you should Mr. Presidents.

Free Leonard Peltier!

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“Cinco De Mayo Fireworks” May 2, 2020 “Carnoli” Alvarez VS Billy Joe Saunders

Alvarez will fight WBO super middleweight champion Billy Joe Saunders on May 2 – Cinco de Mayo weekend.

Mike Coppinger of “The Athletic” reported that the 168-pound unification fight will be held in Las Vegas, Nevada, at the T-Mobile Arena.

Alvarez, who is 53-1-2 with 36 KOs, holds the WBO regular super middleweight title. He fought twice in 2019 and won both times, first beating Daniel Jacobs at middleweight on May 4 and then handling Sergey Kovalev with a major knockout at light heavyweight on Nov. 2, 2019.



Saunders is 29-0 with 14 KOs, and he also came up with two wins in two fights in 2019. He defeated Shefat Isufi on May 18 and Marcelo Coceres on Nov. 9, with Coceres giving him more than a little trouble before an 11th round knockout.

The bout against Alvarez is a big step up, talent-wise, for Saunders, who has faced less-than-inspiring opponents at the 168-pound weight class.

According to The Athletic, Saunders, 30, will make a career-high \$8 million for this fight. Alvarez, 29, already makes \$35 million per fight from his contract with DAZN.



Indians VS Indians For Arizona High School Basketball State Championship

*Dalton Walker, Red Lake Anishinaabe, Indian Country Today.
Edited by Ernie C. Salgado Jr., American Indian Reporter.*



ALL FRESHMAN TEAM

SILENTRAIN ESPINOZA

LINEUP

#2	W	VS	
SAMI REYNOLDS	#10	LF	
SIS BATES	#22	SS	
MORGANNE FLORES	#47	C	
BAYLEE KLINGLER	#8	DP	
SILENTRAIN ESPINOZA	#21	3B	
KELLEY LYNCH	#27	1B	
LIVY SCHIELE	#6	RF	
JADELYN ALLCHIN	#42	CF	
TARYN ATLEE	#7	2B	
GABBY PLAIN	#16	P	

Viejas Indian Reservation CA: Silent-Rain Espinoza, a tribal member of the Viejas Band of Kumeyaay Indians in east San Diego County has gone from Rez Ball to high school first team All American, to the starting third base-woman as a freshman on the University of Washington third ranked women’s softball team in the Nation, and All Pacific Coast All Freshman Team as the best hitter.

With a years experience, playing at the highest level of women’s college softball in the Country, she is ready for a great sophomore year. As of February 29, 2020 the team is 19 wins and 2 losses & POOF, the season has been cancelled!



Skyline-Gila River High School beat Salt River High School to capture the Canyon Athletic Association Division 2 state championship on Feb. 25 at Talking Stick Resort Arena in Phoenix. (Photo by Dalton Walker, Indian Country Today)

Praying for all that are sick with this virus.

By Mackenzie Espinoza, Mother of Silent Rain Espinoza.



Just from another perspective that many don’t understand but for the athletes to whom the have dedicated their entire lives to their sport, they are devastated.

To see them crying asking each other what are they gonna do even when they get home is heartbreaking.

Their lives have been so scheduled their entire careers, and they have such dedication to their sport, this has for now seemed to ruin everything they have worked so hard for.

Also hearing them discuss where they should go so they can continue their training when everything is shut down also shows how they never want to quit being ready to play.

As for the new NCAA ruling to have another year for them is awesome but also holds a lot of questions as to how that will play out. So many things to consider like the freshman coming in what happens to them, how many can actually be on a team and travel, and how are the schools actually gonna pay for the larger teams, etc....?

I guess everything is up in the air for now with our entire lives so these are just a few more of the unknowns. So in your prayers also pray for the student athletes.

Almost surreal, like a page from Sherman Alexie’s first novel **“The Absolutely True Diary of a Part-Time Indian”** when two friends put their friendship on “hold” when their high school teams met for the State championship.

Sequoia Lucero and Sialik King stepped onto the basketball court in late February 2010 at Talking Stick Resort Arena in Phoenix, Arizona.

They have been friends for years often play on the same team in club basketball or in off-season basketball tournaments.

The Canyon Athletic Association’s Division 2 State title was at stake in Arizona’s charter school league and the game included two Native teams familiar with one another on and off the court.

Lucero attends Skyline-Gila River High School and is from the Gila River Indian Rez area while King goes to Salt River High School on the Salt River Pima-Maricopa Indian Rez area.

The two Rez teams are sister tribes, both home to O’odham and Piipaash people

On gameday, with Rez-ball in the spotlight, Lucero got the best of King and Skyline-Gila River beat Salt River 63-40 in a game that felt closer than the final score. Lucero was the best on the court and was named player of the game.

“I’m happy we won,” Lucero said. **“I got a title freshman year and now I get to get out with another one too.”**

Lucero is staying in the Phoenix Valley and plans to play college basketball at Benedictine University at Mesa.

This is often the basketball norm for smaller tribes around the Phoenix Valley to mix with the larger urban Native population.

“It’s nice to play against a sister tribe,” King said. **“I have friends on the other team.”**

Last season, Salt River beat Skyline-Gila River in the state semifinal but fell in the championship game. This year, Skyline-Gila River beat Salt River in the regular season and finished the season undefeated. Salt River completed a successful season with two losses and a second-straight runner up trophy.

“Just being able to be here is the best thing,” King said after the championship game. **“Not many teams can play in a state championship game. We are almost all seniors and have been together for years. Those are my sisters and I’m honored to call them my sisters, we are a family as a team.”**

King will graduate in a few months and she might be a member of the last senior class at Salt River High School. The school has struggled through the years to meet state standardized test scores. Not meeting test scores means less state funding.

Salt River Schools recently held a student transition event that featured nearby Mesa Public Schools. King was a team captain and leader of Salt River’s volleyball team that battled adversity of making national news when opposing fans made racist gestures and directed slurs at the team during a playoff game.

“I feel honored to actually be able to graduate from Salt River,” King said. **“If this is the last year, to be part of the last basketball team is special.”**

“Trump Pardons Navajo Indian Woman”

By Dalton Walker, Red Lake Anishinaabe, is a national correspondent at Indian Country Today. Follow him on Twitter: [@daltonwalker](#) or email him at [dwalker@indiancountrytoday.com](#) — The Associated Press contributed to this story. (Edited by American Indian Reporter)

On February 18, 2020 President Trump granted Crystal Munoz clemency along with three others and pardoned seven others.

Crystal Munoz, a 40-year-old Navajo mother of two young daughters has spent the last 12-years of an 18-year sentence in prison.

Munoz *“was sentenced to 18-years in prison for drawing a map of a road in Big Bend National Park (along the Texas/Mexico border) on a piece of notebook paper as a favor for some friends.”*, she told reporters.

These friends would end up using that map to circumvent a drug checkpoint in a large marijuana trafficking operation.

Later, they testified against her hoping for more lenient sentences. It’s not clear if they succeeded.

Munoz has served 12-years of her 18-year sentence for conspiracy with intent to distribute 1,000 kilograms or more of marijuana.

But she maintains that any role she might have played in the operation was minimal, the map.

Munoz’s release comes roughly 18-months before her potential release on parole.

Shortly before Crystal got the news of her release, about 320 miles west of Ft. Worth near the New Mexico border in Andrews, Texas, where her husband, Ricky and his daughters live, Ricky’s phone rang. On the other end was President

Trump delivering the news of Crystal’s clemency and pending release.

Ricky wasn’t sure if he should jump in his vehicle and pick up his daughters at school and head to pick up Munoz because it wasn’t clear initially on when Crystal would be released.

She walked out of prison around 6 p.m. that night and was picked up by a friend. Ricky and the daughters met up with Crystal that night.

“Everything since that call has been surreal, I’m still trying to take it in,” Ricky Munoz said.

Crystal Munoz, couldn’t speak and struggled to gather herself. Her days of being an inmate at FMC Carswell Satellite Camp in Ft. Worth, Texas, were officially behind her, she was free.

Thanks to President Trump, she was going home early to her family after spending almost a decade in prison after being convicted of marijuana charges.

“Munoz has spent the past 12-years in prison as a result of a conviction for having played a small role in a marijuana smuggling ring,” the statement read. *“During this time, she mentored people working to better their lives, volunteered with a hospice program and demonstrated an extraordinary commitment to rehabilitation.”*

“I’m looking forward to helping and being there for my family,” she added. Munoz was on her way to her Texas home with her husband Ricky Munoz

and two young daughters, Sarai and Nova.

Munoz thanked President Trump and many others who advocated for her freedom on her behalf, including faculty and students at Texas A&M Criminal Defense Clinic.

Alice Marie Johnson was another advocate. Trump granted Johnson clemency in June 2018.

Johnson met Munoz in prison and considered her *“one of my prison daughters.”* She told the Associated Press.

They were in the same housing unit and attended church together.

“We did a lot of crying and a lot of praying together for things to change for us,” Johnson said.

Johnson said that after she was released she could not stop thinking about how to help Munoz, and other women in prison.

The chance came in October when, Johnson said, Trump asked her for a list of others deserving clemency during a criminal justice conference at historically black Benedict College in South Carolina.

Reality TV star Kim Kardashian West urged Trump to grant Johnson clemency.

Amy Ralston Povah was another key advocate for Munoz’s release. She’s the founder and president of the non-profit Clemency for All Non-Violent Drug Offenders Foundation.

Shortly after learning of



Trump’s announcement, Povah posted on her website, [www.candoclemency.com](#), the news that Munoz and two other women, Judith Negron and Tynice Hall that she was advocating for received clemency. She said Munoz is *“one of the most deserving women I have advocated for.”*

Povah is a clemency recipient herself under the Clinton Administration.

Povah’s website highlights 25 women and men who she says also deserve clemency.

One of the women listed is a 54-year-old Lakota woman sentenced 30 years on charges related to methamphetamine.

“We are hopeful that there is going to be more to come, we submitted more than just those three,” Povah said.

Munoz filed a clemency petition in 2013 and was denied in

2016 under the Obama Administration.

Her story brought some national attention after Vice Media and Rolling Stone profiles. Rolling Stone published its article in September 2017 with the headline, *“Pot Prisoners: Meet Five Victims of the War on Drugs.”*

Munoz was pregnant and had a four-month-old daughter when she was indicted in 2007. She gave birth while in federal custody. Sarai and Nova are both 12 now and are 10 months apart.

Munoz grew up in Sanders, Arizona, on the Navajo Nation. She moved to Texas and married Ricky Munoz in 1997. Ricky did what he could to help free Munoz, he said. He waited, raising his two daughters.

Judicial Watch Accuses CIA, DOJ of “Cover-Up” On Schiff’s whistleblower Connection

Judicial Watch is planning to fight the CIA and Department of Justice (DOJ) over an alleged “cover-up” to protect the so-called Ukraine whistleblower.

Source: Conservative Institute February 28, 2020

Judicial Watch, a conservative watchdog group announced last week that it will press on with lawsuits against the two federal agencies after they refused to provide information about the anonymous CIA officer whose complaint Rep. Adam Schiff (D-CA) and other House Democrats latched onto as the basis of their impeachment inquiry into President Donald Trump, which ended in his acquittal by the Senate earlier this month. The group’s president, Tom Fitton, used the term *“cover-up”* to describe the alleged stonewalling.

In December, Fitton’s group filed lawsuits against the CIA and DOJ for the whistleblower’s emails and other communications after both agencies denied Freedom of Information Act (FOIA) requests. Fitton sought the whistleblower’s communications with former FBI agent Peter Strzok, former FBI attorney Lisa Page, and former FBI Deputy Director Andrew McCabe — all of whom Trump has all accused of trying to overthrow him — as well as the whistleblower’s emails at the CIA from June 2016 to November 2019.

Both agencies refused to confirm or deny the existence of those records in

their responses to Judicial Watch. The DOJ cited the alleged whistleblower’s privacy, while the CIA said that the information is protected by laws dealing with classified information.

Throughout the impeachment saga, Republicans repeatedly called for the whistleblower to be exposed — particularly after it became apparent that he had contact with staffers for Rep. Schiff, who led the charge to oust Trump in his role as House Intelligence Committee chairman. Fitton, for his part, says the agencies are now covering up for the whistleblower and Schiff, who repeatedly denied knowing the whistleblower’s identity and claimed that it was dangerous to name him.

“The CIA and Justice Department are covering up information about the alleged whistleblower behind the abusive impeachment of President Trump,” Fitton said in a statement. *“The incredible secrecy about his activities shows that the DOJ and CIA are trying to cover-up rather than expose any agency abuses that led to unprecedented attacks on President Trump.”*

Adding to questions that have lingered about the whistleblower since his anonymous complaint about a phone call set off five months of partisan impeachment warfare, Fitton has also noted that the man alleged to be the whistleblower worked for both Presidents Barack Obama and Donald Trump, and that his name was mentioned in Robert Mueller’s spring 2019 report.

He also worked at the National Security Council (NSC) on Ukraine issues until he was fired in June 2017, according to [RealClearInvestigations](#).

Some Trump allies have alleged that the whistleblower was made aware of the phone call because of a leak — perhaps from former NSC member Alexander Vindman, who Trump recently reassigned.

“It looks like [Vindman] gave this call, content, to his ally in the CIA, and if it was done for any reason other than ‘need to know’, then it would have been a crime,” Fitton said in a video published Judicial Watch’s Facebook page on Thursday. *“And the Justice Department ought to be investigating that.”*

The whistleblower’s work in Ukraine policy reportedly included work with former Vice President Joe Biden, whose dealings in the country were also at the heart of the impeachment drama. Fitton’s group has reportedly filed lawsuits against the State Department having to do with Burisma Holdings, the controversial Ukrainian gas company where Biden’s son, Hunter, worked.

Moving on? Senate Republicans including Lindsey Graham (SC) have continued to show interest in hearing from the whistleblower, according to the *Washington Examiner*, but there are signs that country has largely moved on. Fitton, however, thinks that’s a mistake to forget about the *“coup.”*

“We’re all supposed to forget that, right?” Fitton lamented in a video. *“Just move on, talk about the primary or debates, whatever the latest flavor of the day is. Well, you can see the president hasn’t forgotten about it. He’s still concerned about corruption. And nor has Judicial Watch forgotten about it.”*

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Round 2: Trump sides with the Wampanoag Tribe of Gay Head & Warren with the Mashpee

By Ernie C. Salgado Jr., * Source: Indian Country Today, Digital. Indigenous. News

BOSTON, Massachusetts: On fact the primary intent of the further vindication for February 27, 2020 the U.S. legislation. It requires “1/2 Degree of Indian Blood” for federal recognition and also established the “Land Allotment” system for individual ownership of tribal land which to this day has proven to be a disaster. Wampanoag Tribe in 2015.

The U.S. District Court ruled that the tribe didn't qualify because it wasn't officially recognized in 1934, when the “Indian Reorganization Act” was enacted.

The Massachusetts tribe, is able to trace its ancestry to the aboriginal people that shared a fall harvest meal with the Pilgrims in 1621, were granted federal recognition in 2007 under the Bush II administration.

The Indian Reservation remain in trust as a separate law suit is under review in federal court in Washington, D.C.

The case was a largely semantic debate centered on whether the tribe could be considered “Indian” under the Indian Reorganization Act passed in 1934, which revised the process for placing lands into trust for tribes, among other things.

The Indian Reorganization Act is the worst American Indian legislations ever passed by the U.S. Congress.

It has been called the “Indian Termination Act” which was in

The IRA has been somewhat ignored by the Bureau of Indian Affairs (BIA) specially with regards to the “1/2 Degree of Indian Blood” as it set it at 1/4 which had the same intent but allows for a longer time frame for federal recognition.

However, the Massachusetts tribe argued the phrase “such members” made the definition ambiguous and open to other interpretations.

The legislation and proposed casino and resort is opposed by the Wampanoag Tribe of Gay Head— a sister tribe of the Mashpee tribe – whose Chairwoman Cheryl Andrews-Maltais said “...the bill's passage would have a very real potential to have a serious adverse effect” on her tribe's ability to acquire additional land within the Wampanoag Nation's ancestral territory, according to the Cape Cod Times.

Casino opponents, which included two Massachusetts gaming tribes, who filed the original lawsuit challenging the land decision, said the latest ruling is

Their lawyer said in a statement that the justices correctly interpreted federal law “as written” and “without favor or bias.”

The casino opponents argued the law clearly defined Indians as “all persons who are descendants of such members who were, on June 1, 1934, residing within the present boundaries of any Indian reservation.”

It appears that the courts may have got it wrong. The court did not make it clear why it was using the Indian Reorganization Act's definition of an “Indian” since Public Law 93-638, the Indian Self-Determination and Education Act of 1975, clearly defines the criteria for federal recognition as an American Indian.

P.L. 93-648 was introduced by President Nixon.

This single legislation ended the Governments Indian Termination policies, allowed the American Indian Tribal Governments to determine their own tribal membership criteria and federal recognition.

It would seem that the definition of “Indian” under the 1934 Indian Reorganization Act would be mute.

Some congressional Republicans have voiced their con-



cerns over the planned casino against H.R. 312, a bill that would keep the reservation of a Native American tribe in Massachusetts in trust and renewed his controversial nickname for Sen. Elizabeth Warren, D-Mass., who supports the legislation.

Trump called it a “special-interest casino bill” backed by Massachusetts Sen. Elizabeth Warren, one of his potential Democratic presidential rivals.

Again, the President shares his lack of understanding of the political relationship between the U.S. Government and the Tribes. Tribal Sovereignty is not “Special Interest or Racial.” The tribes 321 acre Reservation is divided into two separate parcels, one half is located in Cape Cod, where the tribe has its Tribal Government facility, a school and other tribal services.

The other half of the tribal land is located in Taunton, about 50 miles away, where it proposes to build a casino, hotel and entertainment resort.

In summery, the has two separate legal issues: First, is to continue as a federally recognized tribe.

President Trump urged congressional Republicans to vote

Northern California: Yurok Tribe, Suffer Decline in Chinook Salmon

Source: Shayne's Journal * March 12, 2020

In northern California the Yurok Tribe, whose fisheries have been devastated by reduced fish counts in recent years get more bad news from the California Department of Fish and Wildlife.

The state is projecting lower numbers of adult full-run Chinook salmon in the Klamath River this year. Not good news for the tribal salmon. By comparison, Williams said, 2018's fall run “wasn't terrible – it wasn't good, either, but it was adequate for us to eat.”

The tribe's last good commercial year was in 2015, Williams added.

Years of lower salmon runs have contributed, in part, to a widespread effort to remove multiple dams currently slowing water flow in the Klamath River. The contractor tasked with removing the dams is targeting the early months of 2022 to finish the job.

While dam removal will be a positive step in opening up more fish habitat, Williams said, it may be several more years before the salmon begin working their way up the river to the newly available streams.

“Things are messed up here at this point,” Williams said. “It's going to take a while before something good happens.”on business.

The state's Chinook abundance forecast comes out to 186,000 adult salmon, a 32% decrease from last year's count of 274,200 adult salmon. And the past two years of projections are significantly down from 2018, when

the state forecasted 359,000 adult salmon.

Importantly, these are just predictions. Postseason analyses by the state often find actual populations are lower than initially anticipated, like last year, when the state found just over 156,200 fish (roughly 42% less than expected).

Weather plays a large role in whether the actual numbers meet the forecasts.

At meetings over the next two months, the Pacific Fishery Management Council will determine fishing quotas for various stakeholders in the Klamath's salmon populations.

But the Yurok Tribe, which has closed its commercial fisheries in multiple years and whose leadership has been outspoken about the leveling impact of low fish counts, is not expecting a good outcome this year.

“It's not looking promising in 2020,” said Desma Williams, a senior fisheries biologist for the Yurok Tribe. “The 2019 season went very poorly. There were not a lot of fish and we had anticipated a lot more than we actually saw.”

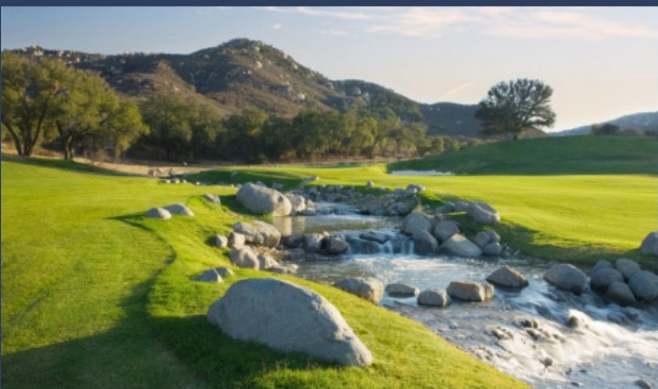
By comparison, Williams said. “The 2018's fall run wasn't terrible – it wasn't good, either, but it was adequate for us to eat.” Williams added. “The tribe's last good commercial year was in 2015.”

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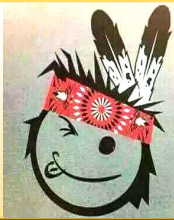


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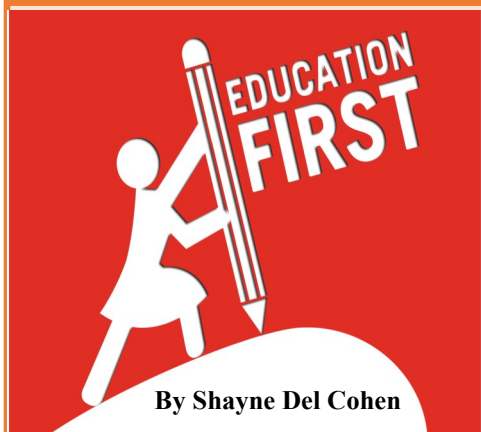
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Shayne's Journal “Coping With the Crisis of the Coronavirus”



As the year 2000 approached, the world was convulsed with apprehension and fear of Y2K.

The Age of Information approached with few understanding the implications.

In 2020 (ironically the year of perfect eyesight) the Coronavirus #19 has the world in paroxysms.

The Age of Information ensures that few on the planet do not know about this virus. Instantly news - both real and fake - has humanoids scurrying for safety in so many ways, some comical, some not.

But viruses, like air, water and geology, do not respect man-made borders, although some geo-political lines have been drawn because of geography. Information Age communication is no longer impacted or imperiled by raging rivers or impervious mountain ranges.

As Iran digs mass graves in anticipation, the United States shuts down.

New phrases for the vocabulary emerge: social distancing and self-isolation give in-your-face meaning to “quarantine”.

Just as the last three and half years have been a general education to the generic public in concepts and realities of government - the art and the pathos - so will this experience of pandemic.

Time to reflect, analyze, learn, and conceptualize the future.

Tribal oral traditions often contain tales of the 1918 flu epidemic. Many have stories about when typhoid, smallpox or other diseases invaded their territories. And from them can come insight and wisdom.

Let us hope that the same prevails now.

As entertainment venues shut down, from concerts to sports, the evidence of our leisure economy is laid bare.

The ripples are far and wide, the economic impacts immediately visible. TV and Radio will have to scramble for programming to fill in cancelled events, but they can rely on vast storehouses of digitized material.

As education centers close, from day care center to universities, students wonder if their academic experience will ever be certified, institutions ponder whether distance learning should

become their modus operandi and parents/extended families will once again become the purveyors of information.

If they have an internet connection and appropriate hardware, vast storehouses of knowledge are a click away.

One could go on and on about how daily lives are being impacted or compromised, no matter if one has a confirmed exposure or actual symptoms.

The traditional charge to tribal leaders was to keep their community safe and healthy.

It is no different today.

Nutrition (food) is one of the foundations. Will your constituents have to hunt and gather for sustenance or are your supply chains sufficient to ensure no one goes hungry?

Will your enfeebled be encouraged to crawl off to die, the disabled let go?

Is the social fabric within the community able to coalesce and cooperate on a vision?

Are your government to government ties strong enough to ensure inclusion in regional decision making?

Is your leadership elastic enough to seek new information/action but stand principled in representing the whole tribe?

As modern financial mechanisms crumble, what do you have to barter, trade or cache that will ensure internal vitality?

This time of self-isolation and quarantine can be one of regeneration and creativity.

Acknowledge the vast human resources within your group and seek their contribution towards the survival and self-sufficiency of the People.

Examine each tribal institution and determine to what level technology can be assistive.

Identify the status of your economic interdependence and analyze ways in which to control it and make it more sustainable.

Above all, stay calm and wash your hands. Listen to the drums and dance.

Ms. California Indian Manpower Consortium, Lorenda T. Sanchez To Be Honored



CIMC proudly announces that Executive Director Lorenda T. Sanchez is one of the 2020 recipients of an honorary Doctorate degree from the California State University, Sacramento.

Her honorary Doctor of Humane Letters (L.H.D.) degree will be conferred during Sacramento State's College of Social Sciences and Interdisciplinary Studies commencement ceremony in May 2020.

The California State University awards honorary degrees to individuals who have demonstrated excellence in areas that benefit humanity, CSU campuses, the state, nation and/or world.

Ms. Sanchez is being recognized and honored for her exemplary contributions during her 45+ years of service to Indian and Native American communities.

Since the early 70's she has been active in the upward mobility of the American Indian Tribal Community.

Congratulations Lorenda for all of us at the America Indian Reporter.

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Charlie Two Dogs, see me on page 12

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'Background checks' vanishing on 'drag queens' reading to kids

Source: By WND Staff Published February 23, 2020



Drag-queen events are becoming more and more common across the country, and they are generating more and more controversy. It's mostly parents, pastors and others family interests who are concerned about the well-being of children who are exposed to men dressed in dresses, sitting in a school room or a public library, reading stories promoting homosexuality and transgenderism.

There was the case of a pastor who was arrested for wanting to see what the kids were being told, the events have been used as fundraisers for abortionists, and when kids - "unsuspecting" kids - get a look up "his skirt."

With all the bad publicity, those organizing such events have taken to trying to reassure parents, such as the situation in Chula Vista, California, where officials told the public their drag queen promoters had been subject to a background check.

Only they weren't, says a report from Mass Resistance, an organization that exposes the activities of those promoting the homosexual and transgender lifestyle choices. The organization's report called it, "Another chapter in the sordid story of pro-LGBT politicians pushing a depraved agenda."

The organization's report explained, "*Since last September, a growing group of MassResistance parents in Chula Vista, California, has been battling with the mayor and city council over the depraved 'Drag Queen Story Hour' event held on Sept. 10, 2019 in the public library. The parents are adamant that the council never allow it back.*"

The report said both Mayor Mary Salas and council member Steve Padilla affirmed there were "**background checks**" on the performers.

But MassResistance, which pursued a Freedom of Information Act procedure with the city, "*revealed that the mayor and a city councilman ... blatantly lied to the public.*"

Parents have reason to be concerned, the report said, since "two drag queens in Texas [who were performing for children] had been convicted of child molestation, and another one was a convicted prostitute."

Salas stated, "*I really feel badly for some of the people that came here and spoke because I think that they weren't there at the story hour, they didn't see the content, they didn't understand that the stories were vetted by our librarian, they didn't understand that the performers were vetted out and there were background checks on these people.*"

Arthur Schaper, of the MassResistance organization, filed a FOIA action asking for a "*pdf copy of the record which shows that the city of Chula Vista (whether through the library, the police department, or another agency*

completed a background history of events and relevant check on the two drag professional affiliations."

The MassResistance report explained the two read stories titled "*Julian is a Mermaid*" and "*It's Ok To Be Different*," and previously had released a music video "*about gay bar hookups.*"

"When not reading to kids at libraries, [performers] Xaime Aceves Esquihua and Francisco Soto have been known to rap on YouTube about dildos, fisting, and gay-bar hook ups with 'twinks' and 'DL bros,'" the report said.

Commented MassResistance, "If the library staff actually vetted this, and if, as Mayor Mary Salas claims, they also approved that particular book, then the library staff clearly needs to be replaced. Perverted people like these have no business deciding anything regarding children."

Tyson “Gypsy King” Fury Defines True Grit!

By Ernie C. Salgado Jr.

You have to give Tyson Fury, the self proclaimed “*Gypsy King*” credit. Two years ago he was a candidate for a mental institution. He was abusing alcohol, drugs and suffering from severe depression.

And although he is a big man at 6 foot 9 inch and can carry a large amount of weight, but at almost 400 pounds he was not physically fit to fight at any level no less at the top the worlds heavyweight division.

A little over a year ago he climbed into the ring with the power punching world heavyweight champion of the world, Deontay the “*Bronze Bomber*” Wilder.

Wilder had 40 wins with 39 KO’s and no losses, while Fury was also undefeated at 28-0 with 20 KO’s he was not expected to weather the KO punching power of Wilder.

But to everyone’s surprise or astonishment for a more descriptive word, he not only survived the fight, he dominated it with the exception of two rounds when Wilder knocked him down and what appeared to be a Hollywood finish in the 12th round with Fury flat on his back, eyes closed in what appeared to be a deep sleep, but amazingly he was on his feet at the count of 9 and finished the fight.

The bout was declared a draw even with the two knock down. The re-match was a promoters dream. But a little anticlimactic since the betting odds were that Wilder would finish Fury off in short order, end of story.

Except, Tyson Fury had different plans. The re-match could have been a “*Rocky Balboa*” squeal and “*Apollo Creed*” didn’t have a chance.

I paraphrase a southern metaphor my mother-in-law would use to describe one sided fight. “*Tyson beat him like a tied up Billy Goat.*” End of story! Well until the rematch next year.

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 - Arts, Craft & Food Vendors
 - Opportunity Drawing
 - Recreation activities for children & More
- (Cash Prizes to all contest winners)

For more info. contact Lexi Lopez at (951)-210-5818

Contributed by Mia Basquez, Tribal Member, Soboba Band of Luiseno Indians

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COVID-19 Emergency Help!

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Ventura Resource Center
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SCAIR Native NetWORKS Program is a “*Work Readiness Training Program.*”

Information Call 1-888-217-2247



Charlie Two Doggs Corner “One Day At A Time” *By Ernie C. Salgado Jr.*

Remember me? My name is Charlie Two Doggs, I was introduced to you in February as your new “**Imaginary**” American Indian Reporter advocate for the elimination of Alcohol and the Abuse of other drugs and Domestic Violence in Indian Country and the return to Tribal Customs, Values and Traditions.

For clarification, Alcohol and the abuse of other drugs and Domestic Violence has no racial, sexes or wealth barriers. It’s an equal opportunity disease/illness.

However, for the purpose of this publication I will be dealing with the American Indian Tribal Community.

What is not fiction is my message on Alcohol and the Abuse of other drugs and Domestic Violence. In Indian Country these issues are as real as it gets as the horrors that many tribal families have endured from Domestic Violence would make Freddie Kruger look like a saint.

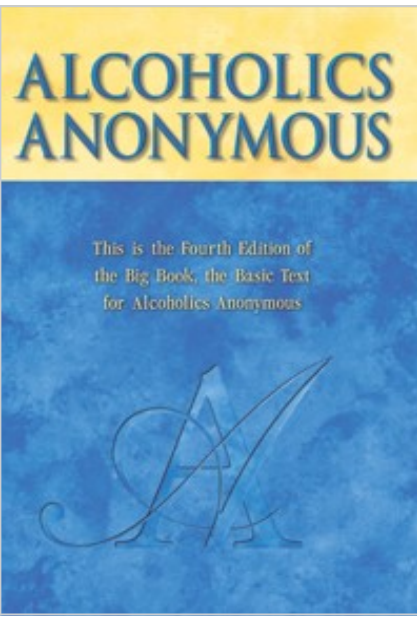
Domestic Violence in 99.9 percent of the cases is a direct result of Alcohol and the Abuse of other drugs. As Charlie Two Doggs I will be providing current information on the “Red Road” to sobriety and a broad spectrum of resources such as Alcoholic Anonymous (AA) and Narcotics Anonymous (NA) to name two if the most successful down to earth self treatment programs.

Abstinence is the only known treatment for alcoholism and in the case of heroin addiction a replacement drugs such as Methadone is provided in a controlled environment. Again, my preference is the 12-step program offered by AA and NA. Almost every town or city in the Country have AA or NA meetings. Check you local paper, church, Internet or ask someone. *Make sure you have a dollar for the offering. If not*

go anyway, no one cares, everyone is just like you, looking for sobriety.

Below are the original 12-steps as published by Alcoholics Anonymous (AA):

- 1) *We admitted we are powerless over alcohol—that our lives had become unmanageable.*
- 2) *Came to believe that a power greater than ourselves could restore us to sanity.*
- 3) *Made a decision to turn our will and our lives over to the care of God or higher power as we understood Him or it.*
- 4) *Made a searching and fearless moral inventory of ourselves.*
- 5) *Admitted to God or higher power, to ourselves, and to another human being the exact nature of our wrongs.*
- 6) *Were entirely ready to have God or higher power remove all these defects of character.*
- 7) *Humbly asked Him or the higher power to remove our shortcomings.*
- 8) *Made a list of all persons we had harmed, and became willing to make amends to them all.*
- 9) *Make direct amends to such people wherever possible, except when to do so would injure them or others.*
- 10) *Continued to take personal inventory, and when we were wrong, promptly admitted it.*
- 11) *Seek through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.*
- 12) *Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.*



We Didnt Sacrifice So You Can Do Meth





Harvard Mental Health Letter - Updated: March 18, 2019 - Published: July, 2009

Sleep and Mental Health

Sleep Deprivation can affect your Mental Health

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Article contributed by Cheryl Conklin, Wellness is Central

Sleep deprivation affects your psychological state and mental health. And those with mental health problems are more likely to have insomnia or other sleep disorders.

Americans are notoriously sleep deprived, but those with psychiatric conditions are even more likely to be yawning or groggy during the day.

Chronic sleep problems affect 50% to 80% of patients in a typical psychiatric practice, compared with 10% to 18% of adults in the general U.S. population.

Sleep problems are particularly common in patients with anxiety, depression, bipolar disorder, and attention deficit hyperactivity disorder (ADHD).

Traditionally, clinicians treating patients with psychiatric disorders have viewed insomnia and other sleep disorders as symptoms. But studies in both adults and children suggest that sleep problems may raise risk for, and even directly contribute to, the development of some psychiatric disorders.

This research has clinical application, because treating a sleep disorder may also help alleviate symptoms of a co-occurring mental health problem.

The brain basis of a mutual relationship between sleep and mental health is not yet completely understood. But neuroimaging and neurochemistry studies suggest that a good night's sleep helps foster both mental and emotional resilience, while chronic sleep deprivation sets the stage for negative thinking and emotional vulnerability.

Key points

- Sleep problems are more likely to affect patients with psychiatric disorders than people in the general population.
- Sleep problems may increase risk for developing particular mental illnesses, as well as result from such disorders.

Treating the sleep disorder may help alleviate symptoms of the mental health problem.

How sleep affects mental health

Every 90 minutes, a normal sleeper cycles between two major categories of sleep — although the length of time spent in one or the other changes as sleep progresses.

During "quiet" sleep, a person progresses through four stages of increasingly deep sleep. Body temperature drops, muscles relax, and heart rate and breathing slow. The deepest stage of quiet sleep produces physiological changes that help boost immune system functioning.

The other sleep category, REM (rapid eye movement) sleep, is the period when people dream. Body temperature, blood pressure, heart rate, and breathing increase to levels measured when people are awake. Studies report that REM sleep enhances learning and memory, and contributes to emotional health — in complex ways.

Although scientists are still trying to tease apart all the mechanisms, they've discovered that sleep disruption — which affects levels of neurotransmitters and stress hormones, among other things — wreaks havoc in the brain, impairing thinking and emotional regulation. In this way, insomnia may amplify the effects of psychiatric disorders, and vice versa.

Psychological effects of sleep deprivation

More than 70 types of sleep disorders exist. The most common problems are **insomnia** (*difficulty falling or staying asleep*), **obstructive sleep apnea** (*disordered breathing that causes multiple awakenings*), **various movement syndromes** (*unpleasant sensations that prompt night fidgeting*), and **narcolepsy** (*extreme sleepiness or falling asleep suddenly during the day*).

Type of sleep disorder, prevalence, and impact vary by psychiatric diagnosis. But the overlap between sleep disorders and various psychiatric problems is so great that researchers have long suspected both types of problems may have common biological roots.

Depression. Studies using different methods and populations estimate that 65% to 90% of adult patients with major depression, and about 90% of children with this disorder, experience some kind of sleep problem.

Most patients with depression have insomnia, but about one in five suffer from obstructive sleep apnea.

Insomnia and other sleep problems also increase the risk of developing depression. A longitudinal study of about 1,000 adults ages 21 to 30 enrolled in a Michigan health maintenance organization found that, compared with normal sleepers, those who reported a history of insomnia during an interview in 1989 were four times as likely to develop major depression by the time of a second interview three years later.

And two longitudinal studies in young people — one involving 300 pairs of young twins, and another including 1,014 teenagers — found that sleep problems developed before major depression did.

Insomnia and other sleep problems

affect outcomes for patients with depression. Studies report that depressed patients who continue to experience insomnia are less likely to respond to treatment than those without sleep problems.

Even patients whose mood improves with antidepressant therapy are more at risk for a relapse of depression later on. Depressed patients who experience insomnia or other sleep disturbances are more likely to think about suicide and die by suicide than depressed patients who are able to sleep normally.

Bipolar disorder. Studies in different populations report that 69% to 99% of patients experience insomnia or report less need for sleep during a manic episode of bipolar disorder.

In bipolar depression, however, studies report that 23% to 78% of patients sleep excessively (hypersomnia), while others may experience insomnia or restless sleep.

Longitudinal studies suggest that insomnia and other sleep problems worsen before an episode of mania or bipolar depression, and lack of sleep can trigger mania. Sleep problems also adversely affect mood and contribute to relapse.

Anxiety disorders. Sleep problems affect more than 50% of adult patients with generalized anxiety disorder, are common in those with post-traumatic stress disorder (PTSD), and may occur in panic disorder, obsessive-compulsive disorder, and phobias. They are also common in children and adolescents. One sleep laboratory study found that youngsters with an anxiety disorder took longer to fall asleep, and slept less deeply, when compared with a control group of healthy children.

Insomnia may also be a risk factor for developing an anxiety disorder, but not as much as it is for major depression. In the longitudinal study of teenagers mentioned earlier, for example, sleep problems preceded anxiety disorders 27% of the time, while they preceded depression 69% of the time.

But insomnia can worsen the symptoms of anxiety disorders or prevent recovery. Sleep disruptions in PTSD, for example, may contribute to a retention of negative emotional memories and prevent patients from benefiting from fear-extinguishing therapies.

ADHD. Various sleep problems affect 25% to 50% of children with ADHD. Typical problems include difficulty falling asleep, shorter sleep duration, and restless slumber.

The symptoms of ADHD and sleeping

difficulties overlap so much it may be difficult to tease them apart. Sleep-disordered breathing affects up to 25% of children with ADHD, and restless legs syndrome or periodic limb movement disorder, which also disrupt sleep, combined affect up to 36%. And children with these sleeping disorders may become hyperactive, inattentive, and emotionally unstable — even when they do not meet the diagnostic criteria for ADHD.

Sleep and mental health lifestyle changes

In some respects, the treatment recommended for the most common sleep problem, insomnia, is the same for all patients, regardless of whether they also suffer from psychiatric disorders. The fundamentals are a combination of lifestyle changes, behavioral strategies, psychotherapy, and drugs if necessary.

Lifestyle changes. Most people know that caffeine contributes to sleeplessness, but so can alcohol and nicotine. Alcohol initially depresses the nervous system, which helps some people fall asleep, but the effects wear off in a few hours and people wake up. Nicotine is a stimulant, which speeds heart rate and thinking. Giving up these substances is best, but avoiding them before bedtime is another option.

Physical activity. Regular aerobic activity helps people fall asleep faster, spend more time in deep sleep, and awaken less often during the night.

Sleep hygiene. Many experts believe that people learn insomnia, and can learn how to sleep better. Good "sleep hygiene" is the term often used to include tips like maintaining a regular sleep-and-wake schedule, using the bedroom only for sleeping or sex, and keeping the bedroom dark and free of distractions like the computer or television. Some experts also recommend sleep retraining: staying awake longer in order to ensure sleep is more restful.

Relaxation techniques. Meditation, guided imagery, deep breathing exercises, and progressive muscle relaxation (alternately tensing and releasing muscles) can counter anxiety and racing thoughts.

Cognitive behavioral therapy. Because people with insomnia tend to become preoccupied with not falling asleep, cognitive behavioral techniques help them to change negative expectations and try to build more confidence that they can have a good night's sleep. These techniques can also help to change the "blame game" of attributing every personal problem during the day on lack of sleep.

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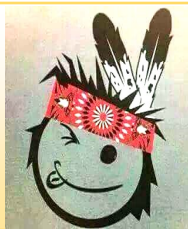
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The American Indian Reporter

MARK YOUR CALENDAR APRIL-MAY 2020

Courtesy of Long Beach State University American Indian Studies
Alumni Association & Office of Alumni Relations

Because of the Coronavirus many events may be cancelled, check with the sponsors.

Wednesday, April 1st, 2020 • 8pm to 9:30pm. *Caltech Watson Lecture Series, "The Rise of Oxygen in the Atmosphere: A View From the Deep."* <https://www.caltech.edu/campus-life-events/master-calendar/watson-lecture-202004> This is a free event, and open to the public. Requires registration due to limited seating. LOCATION: Beckman Auditorium, Caltech Campus, <https://www.caltech.edu/map/campus/beckman-auditorium> CONTACT: events@caltech.edu

April 1st -3rd, 2020. • *"Positive Indian Parenting, Understanding ICWA" NICWA Training Institute.* <https://www.nicwa.org/training-institutes/> LOCATION: Denver Marriott Tech Center, 4900 S. Syracuse St., Denver, CO 80237. CONTACT: Sarah Wittmann, (503) 222-4044, info@nicwa.org. <https://www.nicwa.org>

April 2nd, 2020. Every Thursday!! • 10am -3pm. *Southern California Indian Center Inc. (SCIC), "Diaper Bank."* LOCATION: SCIC, 10175 Slater Ave., Suite 150, Fountain Valley CA 92708. CONTACT: (714) 952-6673, <http://www.indiancenter.org/> Facebook: <https://www.facebook.com/SCICinc/>

Saturday, April 4th, 2020. • *2020 AISES National American Indian Science and Engineering Fair.* <https://www.aises.org>

Saturday, April 4th, 2020. • 11am to 6pm. *13th Annual Humboldt State University, "California BIG Time & Social Gathering."* <http://www.humboldt.edu/nativeprograms/> LOCATION: Campus of CSU Humboldt, HSU West Gym. <https://www.humboldt.edu/> CONTACT: (707) 826-3672, husitepp@humboldt.edu

Sunday, April 5th, 2020 • 10am - 4:30pm. *2020 National Native American Bar Association Annual Meeting.* LOCATION: Sandia Resort & Casino, 30 Rainbow Rd., Albuquerque NM 87113. Registration: <https://www.nativeamericanbar.org/rsvp-annual-meeting/>

April 6th - 7th, 2020. • *2020 Indian Law Conference.* LOCATION: Sandia Resort & Casino, 30 Rainbow Rd., Albuquerque NM 87133. CONTACT: <http://www.fedbar.org/Education/Calendar-CLE-events/2020-Indian-Law-Conference.aspx>

April 13th - 16th, 2020 • *The 2020 EVAW International Conference On Sexual Assault, Domestic Violence, and Violence Across the Lifespan.* <https://www.evawintl.org/> Pre-Conference April 13, Conference April 14-16. LOCATION: Washington Hilton, 1919 Connecticut Ave NW, Washington DC 20009. CONTACT: (509) 684-980. Registration: <https://www.cvent.com/events/international-conference-on-sexual-assault-domestic-violence-and-violence-across-the-lifespan/registration-8e6420fcdc134cbba1abe0215e8f6422.aspx?fqp=true>

APRIL 13th - 18th, 2020. • *The 48th Annual Symposium on the American Indian, "Visionaries of Indian Country."* <https://offices.nsuok.edu/centerfortribalstudies/NSU-Symposium> Keynote Speakers, Mark Trahan, Adrienne Keene, Kainoa Bryan Emernate. LOCATION: Northeastern State University, University Center. Tahlequah OK. <https://www.nsuok.edu/> CONTACT: (918)444-4350, tribalstudies@nsuok.edu, or (918) 444-3042, nasc@nsuok.edu

April 16th - 18th, 2020. • *Wisconsin Indian Education Association 2020 Conference.* LOCATION: Potawatomi Hotel & Casino, Milwaukee, Wisconsin.

APRIL 18th, 2020. • 9:00am to 6:30pm. *The 14th Annual Dream The Impossible, Native Youth Conference.* <http://dticonference.org/> This event is for AI/AN Native youth ages 13 -19 years' old who are in Middle & High School. LOCATION: Campus of CSU Long Beach, <http://www.csulb.edu/> CONTACT: Shonta Chaloux, (951) 770-6164, schaloux@Pechanga-nsn.gov, Harold Arres, (951) 487-9075, ext. 4301, harres@soboba-nsn.gov Registration: <http://dticonference.org/registration/> Facebook: <https://www.facebook.com/dreamtheimpossibleyouthconf/>

April 18th, 2020. • *Sherman Indian High School 35th Annual Powwow.* <http://www.shermanindian.org/> LOCATION: SIHS, 9010 Magnolia Ave., Riverside CA 92503. CONTACT: (951) 276-6325.

Wednesday, April 22nd, 2020 • 8pm to 9:30pm. *Caltech Watson Lecture Series, "A Geodesy Odyssey: Mapping Disasters From Space."* <https://www.caltech.edu/campus-life-events/master-calendar/watson-lecture-20200422> This is a free event, and open to the public. Requires registration due to limited seating. LOCATION: Beckman Auditorium, Caltech Campus, <https://www.caltech.edu/map/campus/beckman-auditorium> CONTACT: events@caltech.edu

Saturday, April 25, 2020. • 11am to 5pm. *UC Santa Barbara American Indian Student Association and Wishtoyo Chumash Foundation present the Big Time Gathering of Native Nations.* LOCATION: Campus of UC Santa Barbara. CONTACT: Keri Bradford, keri@ucsb.edu

April 29th & 30th, 2020. • *The 2020 Native Broadcast Summit, "Our Destiny Through Solutions Storytelling."* <https://najanewsroom.com/> LOCATION: Residence Inn by Marriott - Phoenix Downtown, 132 South Central Ave., Phoenix AZ CONTACT: Melissa Begay, (928) 853-2302, mbegay@nativepublicmedia.org

May 2nd & 3rd, 2020. • *UCLA 35th Annual Powwow.* LOCATION: Campus of UCLA, Wallis Annenberg Stadium. CONTACT: Jesse Johnson, uclapowwow@gmail.com

May 2nd & 3rd, 2020. • *CSU Fresno 33rd Annual Powwow.* All Drums and Dancers Welcomed. LOCATION: Campus of Fresno State, Maple Mall-Peter's Business Building West Lawn, Fresno CA 93740. CONTACT: Amber Esquivel, esquivelamber@csufresno.edu VENDOR APPLICATION: NASANE-UM@gmail.com This event is Free and open to the public.

May 8th - 10th, 2020. • *2020 Stanford 49th Annual Powwow.* <https://powwow.stanford.edu/> LOCATION: Stanford, 450 Serra Mall, Stanford CA 94305. CONTACT: (650) 723-4078, powwow-cochairs@lists.stanford.edu Flat rate fees for parking and camping.

Wednesday, May 13th, 2020 • 8pm to 9:30pm. *Caltech Watson Lecture Series "Quantum Matter: Why Does It Matter?"* <http://events.caltech.edu/calendar/watson-lecture-202005> This is a free event, and open to the public. Requires registration due to limited seating. LOCATION: Beckman Auditorium, Caltech Campus, <https://www.caltech.edu/map/campus/beckman-auditorium> CONTACT: events@caltech.edu

Wednesday, May 20th, 2020. • *American Indian Chamber of Commerce of California - "Tribal Business Empowerment Summit, Central Sierra."* This is a statewide event. <http://www.aicccal.org/> LOCATION: TBA. CONTACT: (213) 448-2330, events@aicccal.org

May 30th - 31st, 2020. • *"The 39th Annual Yuba-Sutter Powwow,"* All Drums Welcomed, All Dancers Welcome. LOCATION: Yuba -Sutter Fairgrounds, 442 Franklin Ave., Yuba City CA 95901. <https://ysfair.com/> CONTACT: Pat Bennett (530) 749-6196, pbennett@njusd.k12.ca.us

Go BEACH!! Cal State Puvungna!!

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CSULB 50th Annual Powwow

November 7th & 8th, 2020

www.csulb.edu/powwow

American Indian Student Council

Facebook, <https://www.facebook.com/csulbaisc/>



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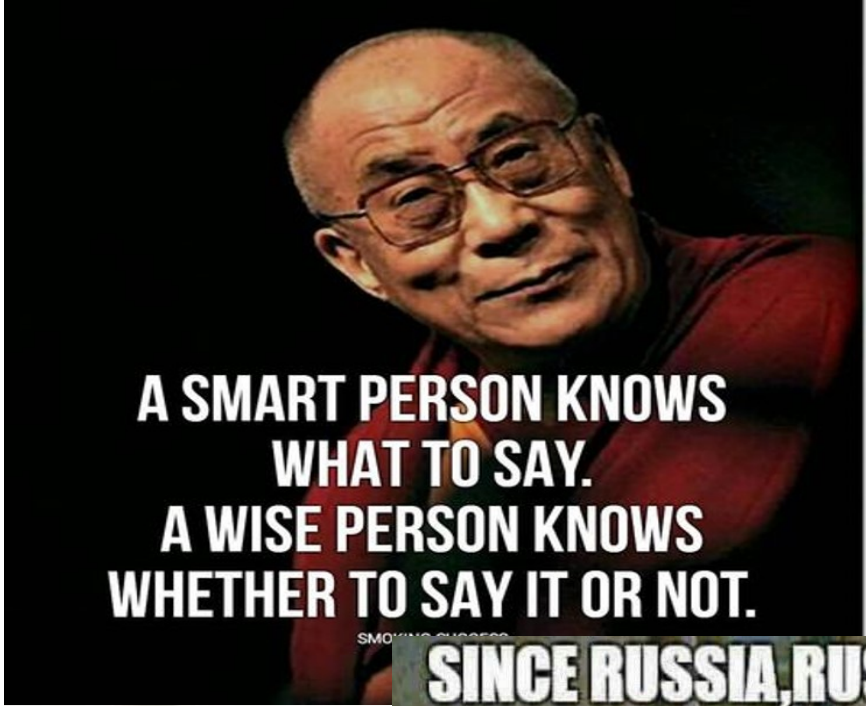
**God Bless
& Stay Safe**

AS THE REZ TURNS

Funny Bone & More

"Laughter is the Best Medicine"

The Funnies were contributed by Ret. U.S. Army Colonel, John V. Meyers a Tribal member of the Santa Rosa Band of Mission Indians So. CA.



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TRUMP	35	CONSTITUTION	8
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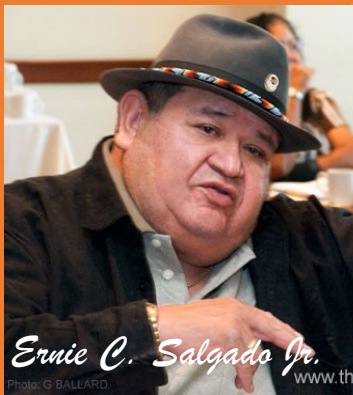


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America, The Coronavirus War Zone

By Ernie C. Salgado Jr. Source Press-Enterprise March 28, 2020 Photo by Chuck Bennett



As the coronavirus pandemic continues to spread throughout the world our immediate attention is focused on our own communities and the surrounding areas. We watch, listen and read the daily news as the numbers of new cases of infections grows.

We worry about our families safety and the burden of our financial insecurity resulting from the shut-down, the stay home mandate. Jobs lost, no work, no paycheck and the hoarding of food and other essentials.

One of the front page stories is the deployment of the of two Navy hospital ships; the USNS Mercy to Los Angeles and USNS Comfort to New York. The USNS Mercy is a 1,500 bed floating hospital with 800 military doctors, nurses and corpsmen.

The USNS Mercy is scheduled to be anchored in the Los Angeles harbor until September first or longer if needed according to Naval command. As of March 28, 2020 almost 1,500 cases have been reported in Los Angeles

County and 26 deaths. Statewide 4,702 cases and 94 deaths.

Nationwide 101,657 cases and 1,581 deaths. New York accounts for 49% of the matins cases.

The USNS Mercy, now that it's arrived in LA, will be guarded by U.S. Marines with the 1st Battalion, 4th Marine Regiment and 1st Marine Division. They will work alongside local and state officials to provide security for the hospital ship.

As we view the number we tend to lose sight that we are looking at real people, like you and me it doesn't become personal until it hits close to home. In way of example, 800 military doctors, nurses and corpsmen have been assigned to the USNS Mercy but for our family one of them is family.

Chief Petty Officer, Navy Corpsman Mario Blanco is my granddaughters brother-in-law.

He is a combat veteran having served with the U.S. Navy with three tours of duty in Afghanistan and two in Iraq. He served as the combat medic along side his

USMC brothers on the front lines.

He is now entering a new combat zone where the enemy is invisible, but just as deadly. We pray for him as we do for all the front line responders.

When it's all said and done these are the real Americans, the real American heroes, the real role models we want for our children.

When duty called, they stepped up to the line, they didn't run to the local market and buy up all the toilet paper nor were they the greedy politicians who held up the funding for the American people until they got money for the illegals, abortion and other obscene projects. America is watching.

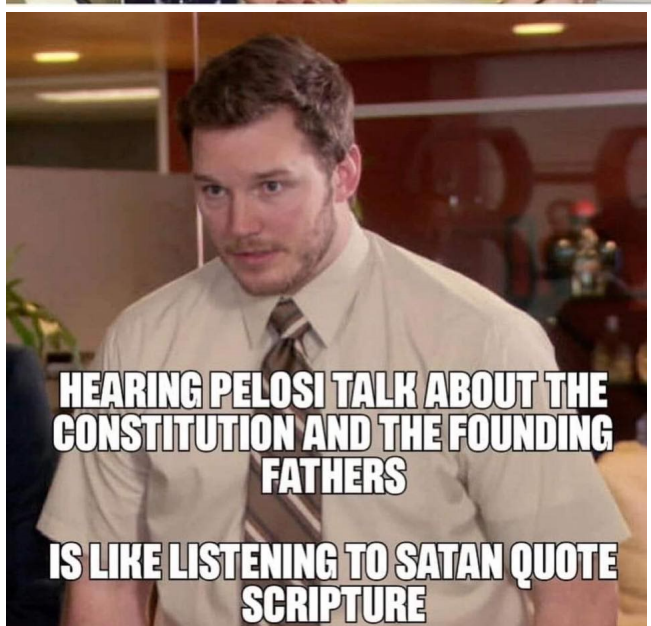
November is coming and if we learned anything from this crisis it's who really counts and who really cares about the regular everyday people that are our friends and neighbors.

And, don't forget to say a prayer for Mario and all the other front line responders.

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Is America In The Making Of A Sequel To October 24, 1929?

By Ernie C. Salgado Jr.

The systematic collapse of the American economy and that of the world may be irreversible for years and may dwarf the "Great Depression" resulting from the failure of the stock market in the United States on October 24, 1929, the impact was worldwide.

Every day the American industry is shut down is another nail in the economic coffin of the Country. How many nails will mark the final turning point will only be known in retrospect. But, I can assure you any longer than two months with be catastrophic for the average working American and a great majority of the small to medium size businesses.

For example, most small businesses operate on a JIT (*Just In Time*) schedule. Which means inventory and materials are purchased on a specific payment schedule from 30 to 120 days, during this time frame the small business produces goods for resale or re-

tails the produces to the public using the income for rents, insurance, wages, taxes, payment to their suppliers and other cost with the hope of earning a profit, entrepreneurship.

The JIT time frame is tight and this is where the system breaks down. With the mandated shut down, no one gets paid and in the end the banks fail because they are the primary money changers, as they loan money to everyone in the food chain.

However, the Socialist Democrats see this as a great opportunity as they along with the

24/7 of the "*Shy is Falling*" media main stream media blitz created the hysteria and panic that overwhelmed the Country for the sole purpose of gaining political control of the Nation.

I'm not trying minimizing the seriousness of the illness, but we have survived a number of virus' and flu's over the past two decades without halting the economy.

The devastating results of the manufactured crisis is unforgivable. We will be facing food shortages, normal health care, homelessness, and finan-

cial ruin just to list a few of the more pressing needs.

But, hey don't worry the government will take care of us. As an American Indian, born and raised on an American Indian Reservation I know first hand what a totalitarian government looks like and how it treats the people and I guarantee you you're not going to like it.

History has a way of repeating itself and we may very well be headed in that direction.

From 1930 to 1946 America was a quasi-Socialist Country under the leadership of president of Franklin D. Roosevelt and his successor president Truman. During this period the Federal Government ruled all aspects of the lives of the people and industry.

With a tax rate as high as 90 percent industrial growth and investment were stymied.

And 17-years later after a world war that claimed the lives of

over 90-million people did the world economy begin to rebuild.

Since the United States has risen to an economic power over the past three years with the return of manufacturing and millions of jobs despite the efforts of the Socialist Democrats, little green people, liberal court judges and the main stream media to undermine it at every opportunity regardless of the benefits to the American people.

For the first time in the history of the Nation we are no longer dependent on the import of gas and oil. Even though the little green people oppose the usage of fossil fuel.

The next few months is going to be one of the most critical periods in the history of the United State of America.

We will either allow the free market system to function or we will revisit the 1930's under a Socialist Rule.

