

The MONTEBELLO Voice

an independent gazette

all dressed up

November 1, 2021



Let us show that we care about each other

By Amy Friedlander

Never, in my wildest and most pessimistic dreams, did I ever imagine that I would find myself entering and leaving my home fearing for my life.

Unwilling to enforce the masking rule, the Montebello Board of Directors has eliminated it for all places but the elevators. Some of our employees and contractors had blown off the requirement before it was ditched. I have no problem with eliminating the rule for the café, party rooms, and hobby rooms. The use of those facilities is optional. Entering and leaving the building to access our homes is not optional.

Far from thinking that infections are easing, experts are warning us of another likely uptick with the coming colder weather, when people and activities will be moving indoors.

Over half of our residents are over 65 years old. The example of Colin Powell shows us that nobody is exempt. And we do not know how many have underlying conditions. Look around at Montebello. Can you guess who has an underlying condition? Consider the example of John King of CNN. Who would have guessed? And, there is the risk of what is called long COVID.

Masks, to me, are not only a potentially life-saving measure but also carry a message: "I care about you." We call ourselves a community. I wish we acted as a community, not as an aggregate of individuals each pursuing their individual version of happiness.

Can we overcome the me, me, me culture? Can we show that we care about each other and wear a mask in the common spaces that we all must transit in our way to and from our homes? Can we ensure that contractors, other service people and employees do the same? 🙏

Farewell to Fawn

By Catherine Pruitt

I bought Fawn as a puppy when I was a 17-year-old senior in high school. Fawn, a toy rat terrier, was with me through college, two grad schools, and multiple roommate living situations before we moved to Montebello in 2018. Residents may have seen me carrying Fawn in a paoose on my chest during walks.

Montebello only got to know Fawn in her golden years, but in her youth she'd play fetch for hours! She loved playing ball so much that I had to kick the ball while trying to get dressed in the mornings. Fawn's passion for playing ball extended to watching soccer. From the sidelines, she'd be barking, unable to contain her enthusiasm for playing ball. She was so spirited that one time she broke her leash and went running onto the soccer field! I was horrified, thinking the two dozen strapping players wouldn't see Fawn's little 12-pound body. She wove in and out of their legs, clearly unaware she could be stepped on, and literally stole their ball. She promptly punctured a hole in the soccer ball and began carrying it to me, a look of supreme pride on her little face. This was the Fawn I knew. 🙏



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Photos by Dian McDonald



We would like our friends and neighbors to know that we have just become great-grandparents. Our little bundle of joy, Francesca de Angelis, arrived on 8 October 2021. She lives in Chesapeake, VA with her parents Marc and Megan de Angelis. – Joe and Hedi de Angelis



Montebello Music Club

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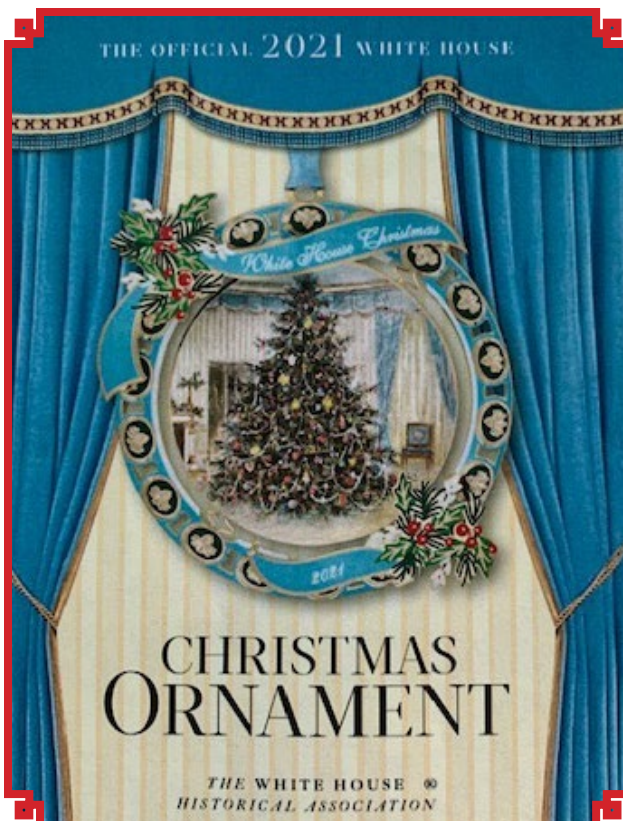
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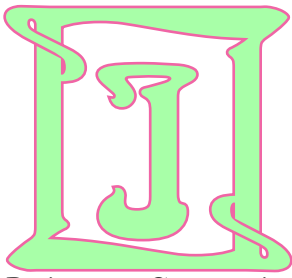
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Thank you for your continued support

Judy O'Brien leaves a lasting impression with her paintings and friendships



Judy O'Brien passed away peacefully after an extensive illness, at Paul Spring Retirement Community in Alexandria on October 17, 2021. Judy was born in Binghamton, NY, and lived in Vestal, NY, Charlotte, NC, and Alexandria, VA. Judy was the daughter of the late Pat O'Brien and Pauline Shea O'Brien.

Judy attended Vestal High School, where she developed an artist's love for fine art and painting. She was awarded an art scholarship and pursued her education at Syracuse University School of Fine Arts, School of Art Institute of Chicago, and Giverny, France art school. Upon her return from a trip to France, she was invited to have a one-woman exhibit at the French Embassy in Washington, DC.

Judy was a working artist for 40 years, mostly in acrylics due to allergies to oil paints. Judy's art is well represented in galleries, as well as over 1,500 corporate and personal collections all over

the world and Judy (a true people person) especially loved outdoor art shows where she could chat and interact with people, particularly with children, who were invited to sit at her easel and use her art brushes. They would delight in usually their first experience with "fine art" and a "real" artist!

Judy is survived by her son, Joseph M. Galatha (Karen) of Hazelton Township, PA, and her sister, Patty O'Brien Berg (Owen) of Naples, FL, and several cousins. She was pre-deceased by the love of her life, Chuck McDermott.

She will miss you all. We know she would want to say "thank you" to all the wonderful people she met during her lifetime, and especially to the gals that took such great care of her at Paul Spring and Alliance Care LLC and the wonderful girlfriends that visited her so frequently at Paul Spring! She cherished your friendships. At Judy's request, there will be

no memorial service and interment will be in Calvary Cemetery, Johnson City, NY. So instead, please raise a glass (of Yuengling) in memory of Judy, her Irish



wit and her many wonderful, brightly colored impressionistic paintings. In lieu of flowers, donations may be made in Judy's memory to St. Jude Children's Research Hospital, (501 St. Jude Place, Memphis, TN 38105), Planned Parenthood Federation of America, Inc., (Attn: Online Services, PO Box 97166, Washington, DC 20090-7166) or a place very dear to your heart. — *Patty Berg, Judy's sister* 🍷

A life in balance

By Audra Kai Woodley,
Q-HC, RYT

My career spans over 30 years of corporate experience within the Department of Defense and Intelligence Communities. As a Senior Acquisition Program Analyst Subject Matter Expert (SME), I've provided Integrated Defense, Acquisition, Technology & Logistics Life Cycle Management System (IDAT&L) expertise within various sectors of the National Reconnaissance Office (NRO), Department of Defense (DoD), Office of Secretary of Defense (OSD), Defense Cyber Crime Center (DC3), National Missile and Defense (NMD), and National Geospatial-Intelligence Agency (NGA). My assignments include working as a Program Element Manager (PEM) for several highly visible fighter and bomber platforms, such as the F-22, B-2, F-16, and Next Generation Air Dominance (NGAD) within the Secretary of Air Force Acquisition (SAF/AQP) Division.

My education began at Lincoln University and later Drexel University, obtaining separate Bachelor's degrees in Physics and Commerce and Engineering with a concentration in Finance, respectively. Later, I earned a Master's in Information and Telecommunications Systems Management from Capitol Technology University.

In spite of multiple career and education accomplishments, the fast-paced and everchanging work environment resulted in stress, anxiety, fatigue, and burnout. As such, I contemplated a career change on several occasions, but my vision and direction weren't clearly defined. Being mindful of an established lifestyle, I knew a decision to change would result in compensation reduction.



Yet, I entertained the possibility on several occasions as a way of relaxing the brain and calming the energetic charge within the body. Reality was imminent, however, so returning to the workforce was the feasible option. Each time this occurred, my desire to continue within the environment diminished. "But, what was next?" I would ask.

Always having a connection with universal energy within and beyond my physical scope, I've delved into various modalities to support a holistic lifestyle, such as acupuncture, self-help books, essential oils, Thai therapy, herbs, meditation, metaphysical seminars, crystals, and sound healing. Most notably, yoga, has allowed me to completely submerge into the concept of union, oneness, and meaning of existence. So much so, I've obtained over 350 hours of training as a certified and registered yoga instructor

(RYT), including a countless number of continuing education courses and workshops. Even my beloved dog, Sandie Christina, benefitted from my lifestyle, enjoying weekends at the dog spa for aquatic swimming and acupuncture, road excursions to DMV area parks, and organic and freshly prepared meals.

With the world in such a devastating state of affairs, it was the pandemic that made me take a hard look at myself and personal desires. I evaluated the ongoing consequences to my health resulting from extreme disruption and imbalance to the autonomic nervous system. This led to a heightened sense of anxiety, agitation, and stress. Another conflicting element was the constant exposure to positively charged environmental toxicities within an enclosed work structure encased with computer screens, excessive wiring, and tinted windows preventing direct connection with any external organic existence. "Where do I want to be on the other side of this?" again asking myself. Placing greater emphasis

on the pandemic opportunity, I made a complete shift in thinking and forged a new path to address imbalances by changing nutritional intake, transforming the physical body, and most importantly, detoxing the mind. In addition, I enrolled in a Bachelor to Doctorate program in Natural Medicine, completed course requirements to become a Board Certified Quantum Health Coach, resigned from a longtime career, and officially launched a business, Authentically Holistic, LLC.

As a Quantum Health Coach, I specialize in providing coaching, education, and training that promotes self-awareness and self-healing ultimately, enabling a pathway towards optimal health and wellness. I do not claim to cure, treat, or fix any disease. The intent is to gather information based on client input and together arrive at a feasible course of ac-

to your health



Contact Audra
Kai Woodley

Digital business card https://www.dibiz.com/audra_woodley

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tion. Doing so empowers the client with tools, resources, and various modalities to obtain a state of homeostasis within the conscious mind, physical body, and spirit energy leading to heart, brain, and gut coherence.

As we age, the effects of adverse nu-

tritional habits and behaviors begin to take a toll on our health. This can lead to thinning of the hair, joint pain and stiffness, brain fog, anxiety, stress, sleeplessness, depression, digestive issues, and disease. To encourage a lifestyle transformation promoting balance and manifestation of self-awareness, physical restoration, and The Best You, I offer an alternative to allopathic medicine incorporating meditation, body movement, nutrition, biofeedback technology devices and other modalities. Meditation, for example, is one of the best modalities resulting in noticeable benefits. It increases oxygen to the blood, reduces stress and anxiety, increases emotional awareness, strengthens mind-body connection, reduces memory loss, improves attention span, may lower heart rate and blood pressure, encourages better sleep, and reduces chronic pain.

In addition to Authentically Holistic, LLC, I am the founder of the Audra Kai Quantum Studios and Audra Kai Quantum Academy. Through help of a digital practice, the client is guided

through the process of tearing down blockages and obstacles preventing self-fulfillment and healing; exploring personal existence and its energetic exchange; and establishing the root cause of trauma, worry, fear, and physical pain. It's my own journey that's given the understanding to improve one's quality of life and cultivation of spiritual enrichment. In the end, the client has what's needed and desired to harness their full potential.

In my spare time, I appreciate intellectual conversation, healthy meals, exercise and yoga, and travel to yoga retreats. My travel experiences include South Africa, Bali, Dubai, Thailand, France, Italy, Switzerland, Dominica, Jamaica, Puerto Rico, and many domestic locations. Planned for 2022, are a Costa Rica yoga retreat and visit with friend in Puerto Rico. 🏠



Exercise boosts your “happy” chemicals

By Chester Taylor

Seeking more happiness? Try exercise. It pays huge mental health dividends. How? Exercise increases concentrations of norepinephrine that moderates your brain's response to stress or worrying. It releases endorphins that create feelings of happiness and euphoria. Studies have shown that exercise can even treat mild to moderate depression as effectively as antidepressant medication.

Exercise boosts your brain's norepinephrine, dopamine, and serotonin levels, all of which improve your focus and attention. This reduces symptoms of deficit/hyperactivity disorder (ADHD) much the same way drugs do. Exercises that involve cross movement and engage both arms and legs, called “body focus,” help the nervous system become “unstuck” and begin move-out of the immobilization stress response. Exer-

cise can even reduce the symptoms of post-traumatic stress disorder (PTSD). Finally, your brain improves as exercise stimulates the growth of new brain cells (neurogenesis) and helps prevent age-related decline.

How much exercise? Every little bit helps, but, ideally, you want to achieve 30 minutes of moderate exercise (a brisk walk) five times a week, plus strength training at least twice per week to work all your major muscle groups. Why? You want to increase nitric oxide into your body. Moderate exercise does this.

In 1998, the Nobel Prize in Physiology or Medicine was awarded to three scientists for the discovery of nitric oxide's role as a cardiovascular signaling molecule. Nitric oxide helps blood vessels dilate to promote proper blood flow and provides various health benefits, including improved exercise performance, lower blood pressure, and better brain function. Strength training also helps

and builds more muscle mass that increases the metabolic rate in your body. You burn more calories during the day which leads to weight loss and other benefits.

Exercise makes you happier and gives you higher self-esteem, improved sleep, increased energy and productivity, and a stronger immune system. It fosters your sense of self-worth, sense of empowerment, positive self-image, and a sense of achievement. These are just the mental aspects, think about all the physical benefits.

The pandemic has added extra stress in all our lives. If you experience undue stress or depression, or have concerns about other mental health issues, talk to your primary care physician. Ask him or her to connect you with the right mental health services. 🏠

Dig it! The German love affair with potatoes

By Raymond Houck

With the arrival of Autumn, cool temperatures and bright Fall foliage, I start to think of the tasty German food from my youth — and those memories all have something to do with potatoes.

Germans have been growing potatoes (*Kartoffeln*) since the plants arrived from the New World in the late 1500s. Even though Germany has the reputation as a “meat-and-potatoes” country, the starchy tubers were slow to find a place on Teutonic tables and only gained widespread acceptance as an essential food crop about 250 years ago.

Despite their slowness in becoming the beloved vegetable of today, potatoes eventually took Germany by storm as a filling and nutritious side dish and now are found in soups, salads, breads, dumplings, desserts, and main dishes. Germans also quickly figured out how to distill them into potent alcoholic drinks, including Schnapps and vodka.

Today, more than 150 distinct kinds of potatoes are grown in Germany for

eating as part of home-cooked meals or included among commercial products such as potato chips, potato flakes, frozen French fries, and dumplings. Others are grown for industrial use like potato starch, a component in many non-edible products. Potatoes are harvested from late May through October, but fresh potatoes are available in German markets year-round thanks to imports from Italy and warmer climates. Potatoes last a long time in storage, de-



to dumplings, and surprisingly, a delicious potato pizza. Her mealtime creations included many German and Hungarian recipes that embraced potatoes in various forms: peeled and unpeeled, whole, sliced, cubed, mashed, boiled, baked, roasted, fried, in a soup, in a casserole, or rolled into dumplings. You could spend months eating your way through her menu!



Over the centuries, Germans have developed recipes for many different potato salads, mashed potato dishes, and a variety of potato soups — hot and cold, chunky and smooth, seasoned with herbs, spices, mushrooms, meats, other root vegetables, and fruits such as apples and prunes. Research recipes online or start with a recipe in your kitchen, and then experiment with your own unique variations! *Guten Appetit!* 🍴

pending on when they are picked and the conditions under which they are kept. In the past, they were stored in root cellars to stave off hunger during the harsh winter months.

Potatoes are so popular in Germany that many restaurants even specialize in potato-based dishes for each course of a multicourse meal, from start to finish. As a boy, I was served potatoes in various specialties my grandmother used to make — from creamy homemade soup



Where do we go from here?

By Bob Shea

For the last 18 plus months, we have lived with one overriding issue in our lives: COVID-19.

What is next? Where do we go from here?

Yogi Berra once said, “When you come to a fork in the road, take it.”- Maybe Yogi knew something that we do not, and we, as a society, may elect to take both forks.

Just as 9-11 changed us forever, COVID-19 will also be part of our lives forever. At airports we empty our pockets; some take off their shoes; we are careful to make sure lotions and shampoo are in checked bags. We have adapted whether we liked it or not. It has become the new norm for the general good like seat belt requirements and smoking prohibitions.

What long-term pandemic effects will we learn to live with and adapt to as our new “way of life?”

Masks will probably never go away. In some areas of the world, decades before COVID, masks were used during the winter to protect against colds and respiratory disease. I was in Tokyo and Seoul in January 1964 and saw maybe 40 percent of the population masked in public. For some of us, I predict that masks will never go away, but will become part of our lifestyle, a choice that some will make based on who they are, and these folks should not be marginalized due the precautions they elect to take to protect themselves.

A whole generation of kids will live with the developmental impact of not learning group behavior and social interaction due to school being a solitary adventure at the kitchen table with mom or dad hovering. There has to be more to education than spelling and fractions. We as a society must accept this, and figure out a way to help these young disconnected citizens who crave a class team member or a new best friend. Our kids need to learn and

experience the best, and yes, the worst of group behavior. We owe it to them.

We live in a divided society where there are as many reasons to form tribes as there are to forge a togetherness. We also risk adding another “us versus them” syndrome. The governor of Alabama, Kay Ivey, in a moment of frustration, stated that we “have a pandemic of the unvaccinated.” At some point, the resentment of the vaccinated may boil over when the issue is not “my personal choice,” but rather “how your personal choice impacts me?”



Limited medical resources, the freedom to be out and about, the human cost of COVID, and the impact on what we can and cannot do may create a groundswell among those who are convinced that they alone have been responsible, while others have acted irresponsibly. In frustration and anger, we may echo Governor Ivey and begin to point fingers.

I grew up in New Hampshire, where the license plate says Live Free Or Die. Some folks are taking that state motto to the extreme. Martyrdom has always been painful and has never been easy. That is their choice, but what if their personal choice spills over into the space of others? Martyrdom is an individual choice and does not include pulling others into that dark hole. Is there a collective responsibility? Does society in general have a value set?

Business has learned that working from home can be effective and efficient. Cubicle farms of folks huddled

over computers may become a thing of the past for many. Work is accomplished by many without the water cooler discussions focused on “how about those Nationals?” Who will miss commuter traffic, Metro delays, parking fees, and endless in-person staff meetings? Business has adapted, and many employees are happier without a loss of productivity. But there are some who honestly miss the camaraderie of shared work spaces and the luxury of being able to get out of the house and not work in pajamas. Can we adapt to meet the needs of both groups?

Some will be traumatized by a single cough or sneeze by a stranger. Some will distrust and avoid crowds. This may exacerbate the loneliness of society when people elect to stay at home, isolated rather than risk exposure to strangers around them, making new friends, or experiencing memory-making adventures.

How far will the anti-vaccination movement go? For decades we have accepted for the most part that mandatory vaccinations are required to start school, to travel to certain parts of the world, or to protect ourselves each fall with a suggested flu shot. Where will it all end? Will needles in arms be only for those who follow science while others do their own internet research? The Washington Post quoted a western rancher who stated that he spends \$30,000 each year to vaccinate and protect his livestock herd, but would not let his family get COVID shots. Go figure! Is there a middle ground? Probably not.

My crystal ball is rather foggy on specifics, but I am convinced that, like 9-11, COVID will have a long and lasting impact on our daily lives. For good or not so good, it will change our lives whether we like it or not. It will probably again be a matter of personal choice. Can we as a society handle that? Are we ready?

Maybe we should just follow Yogi. Think about that. 🍷



It's all in the telling

By Joe de Angelis

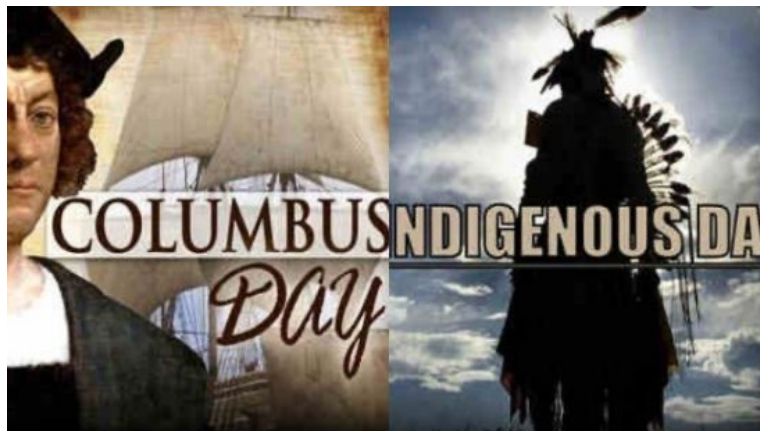
Because of the heightened awareness of social and racial discord in this country, there is a major movement to dismantle and distort our great nation's history. This article will focus on one specific issue: the Left's effort to do away with Columbus Day and replace it with Indigenous Peoples' Day. Both are important parts of our nation's history and neither should be diluted, altered, or discredited in any way for the benefit of the other.

Columbus Day has come and gone, but not without controversy. For the past several years, Christopher Columbus has been villainized and has become a scapegoat for many of today's social and racial ills. Today's newspaper and the internet seem to be inundated with articles defaming Columbus. Then there is President Joe Biden and his Presidential Proclamations on Indigenous Peoples' Day, plus Vice President Kamala Harris who unfairly criticized European explorers who discovered the Americas. All of which detract from the significance of one of the most historically important events in world history: the discovery of the New World by Christopher Columbus in 1492.

The earliest known Columbus Day celebration in America took place on 12 October 1792 to celebrate the 300th anniversary of his landing in the New World. Columbus Day became a federal holiday in 1971 and was meant to honor the legacy of the man credited with "discovering" the New World. However, today over a dozen states and more than 130 local governments have chosen to not celebrate Columbus Day,

but rather to replace it with Indigenous Peoples' Day.

The movement honoring America's tribal people began in 1976 when Jerry C. Elliott-High Eagle authored Native American Awareness Week legislation. But it was not until 1986 that President Ronald Reagan proclaimed November 23-30 as American Indian Week. Then on 3 August 1990, President George H. W. Bush declared the month of November as National American Indian Heritage Month (commonly referred to as Native American Heritage Month). All well and good, except for the use of the word "Indian."



Indigenous Peoples' Day versus Native American Heritage Month, was started in 1992 to protest the historical conquest of North America by Europeans, (not Columbus per se) and to call attention to the losses suffered by the Native American peoples and their cultures through diseases, warfare, massacres, forced assimilation, and mass relocation. Tragic as all of this was, and in some respects, still is, it is not Christopher Columbus' fault, nor is it entirely the fault of the Europeans in general. In 1990, the International Conference on Discrimination Against Indigenous Populations in the Americas, which was sponsored by the United Nations, began to discuss replacing Columbus Day with Indigenous Peoples' Day.

Les Begay, co-founder of the Indigenous Peoples' Day Coalition of Illinois, said, "Each October, when Columbus is honored, it further diminishes and erases Native people, their history, and their culture." Not true! It is time to put the spotlight on the wrongdoings, mistakes, and faults perpetrated by our government, and focus the blame where it belongs vis-à-vis the plight of Native Americans. The question here is why does Columbus Day have to be eliminated in order to have Indigenous Peoples' Day?

The WOKE culture, that is, those who are Working On Killing Everything that Americans hold dear, are actively seeking to change America, if not destroy it completely. This movement is characterized as those who have certain far-left views regarding social and racial justice, and believe that all who disagree should be punished, that is "canceled." The WOKE movement is trying to cancel Christopher Columbus because they claim, among other things, that he ushered in slavery in America and that he

was also responsible for the devastation and genocide of the Indigenous Peoples of the Americas. They also say that celebrating Columbus Day glorifies an exploration that led to the genocide of native peoples and paved the way for slavery. However, there are many contributing factors that brought about the annihilation of Indigenous Peoples and slavery.

A quick review of some historical events will show that Columbus was not responsible for, nor did he usher in any of the horrific events that followed his epic voyages. First of all consider that there were prior expeditions to North America, which are well documented and accepted as historical

history lesson

fact. Specifically, around A.D. 1000 the Viking explorer Leif Erikson made landfall in Vinland (Newfoundland, Canada). Then there are the Chinese! In his book *1421: The Year China Discovered America*, Gavin Menzies provides extensive evidence that a Chinese treasure fleet, under Admiral Zheng He, sailed to and landed on the west coast of the United States in 1421, and he most likely also sailed to and founded settlements on the Pacific coast of South America.

The point is, sooner or later someone would have stumbled upon the New World and human nature being what it is, the Indigenous Peoples of those lands would have surely been put at risk, no matter who that person, or persons were.

The transatlantic slave trade began during the 15th century when Portugal, and subsequently other European powers were able to expand overseas and navigate around Africa and beyond. The Portuguese first began to kidnap people from the west coast of Africa and brought them back to Europe as slaves. On the other side of the Atlantic, the production of cotton, a labor-intensive industry, but with a shortage of willing manual laborers, caused plantation owners to resort to the use of slaves. As the cotton industry grew and became the bulwark of the South's economy, the demand for slaves grew exponentially.

The Atlantic slave trade was not the only slave trade emanating from Africa, as attested to by Elikia M'bokolo, a Congolese historian, who wrote in *Le Monde Diplomatique* (French monthly newspaper) in April 1998: "The African continent was bled of its human resources via all possible routes. Across the Sahara, through the Red Sea, from the Indian Ocean ports and across the Atlantic. At least ten centuries of slavery for the benefit of the Muslim countries (ninth to the 19th) ... Four million enslaved people exported via the Red

Sea, another four million through the Swahili ports of the Indian Ocean, perhaps as many as nine million along the trans-Saharan caravan route, and 11 to 20 million across the Atlantic Ocean." The slave trade was prevalent in many parts of Africa, and for many centuries, before the beginning of the Atlantic slave trade to the Americas. The people of Africa were exported as slaves to Europe, Asia, and other parts of Africa long before Columbus set sail.



So, should Columbus be blamed for slavery in the Americas, or should the blame go to the Conquistadors and colonists, or perhaps the to the King and Queen of Spain for financing Columbus's voyages, or for requiring tribute from the newly discovered lands which they claimed as their own. Do not forget the cotton industry and the plantation owners in the American South. Given the above, how could anyone seriously state that Christopher Columbus ushered in the slave trade in America, or is responsible for the plight of Indigenous Peoples.

In 1851 Congress passed the Indian Appropriations Act which created the Indian Reservation System. The U.S. government then forced the Indians to move to and live on reservations, and they were not allowed to leave their reservation without express permission from the government.

It was not until 1924 that Congress granted citizenship to any Indian born within the United States; however, many were still denied voting rights by individual states and local laws.

For over 500 years, Indigenous people have been fighting for their survival, their land, and their rights. Indian Nations engaged in treaty negotiations with the United States in order to preserve and protect their people and their sacred homelands. Initially, the U.S. federal government recognized American Indian tribes as independent nations and negotiated treaties with them. More than 370 treaties were ratified by the United States Senate, all of which, ironically, helped United States expansion. There were eighteen treaties negotiated with Indian Nations of California, during the Gold Rush of 1848, all of which remain unratified to this day.

From 1778 to 1871, the United States government entered into more than 500 treaties with Indian Nations, now referred to as Native American tribes. If there was a peace treaty, then there must have been hostility,

or war between the two parties. Imagen that the U.S. government went to war with practically every Indian Nation on the continent, something Columbus did not do. Sorrowfully, all of these treaties have since been violated in some way, or outright broken by the U.S. government. For the most part, these treaties were designed to subjugate and/or assimilate the American Indians. Native Americans are still fighting in federal courts today for their rights as stipulated in those treaties.

In 1824 the United States government established the Bureau of Indian Affairs as the official liaison between the federal government and the Indian Nations.

In 1838 the Cherokee people were forcibly moved from their ancestral homeland and relocated to the Indian Territory (Oklahoma). They resisted their removal by taking their case to the U.S. Supreme Court, which ruled that they were a sovereign nation (*Worcester vs. Georgia* 1832), but President Andrew Jackson, whose portrait adorns our \$20 bill, ignored the Supreme

Court decision and enforced the Indian Removal Act of 1830. The Cherokee people were then forcibly taken from their homes, incarcerated in stockades, then forced to walk more than a 1,000 miles to the Indian Territory. There were more than 4,000 Cherokee deaths along The Trail of Tears.

Not long after that, in 1845, the idea of Manifest Destiny engulfed the American consciousness. Many people believed that God destined the United States to expand its dominion and spread democracy and capitalism across the entire North American continent all the way to the Pacific Ocean. And God help the Indians that got in the way. As the U.S. accelerated its Westward Expansion, internal political pressure grew for Indian removal.

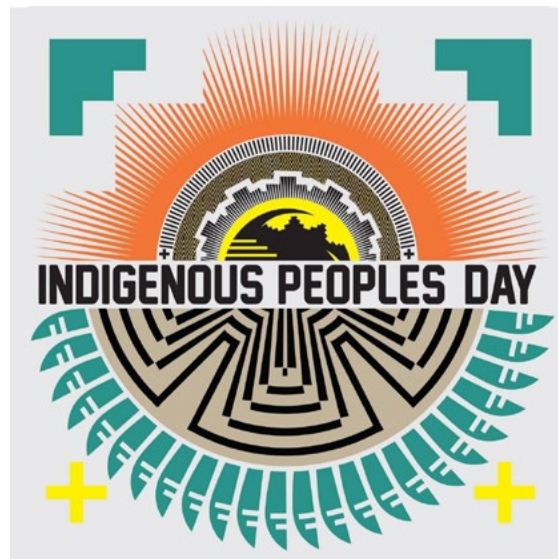
Subsequently, the making of treaties with Indian Nations ended in 1871 with the Indian Appropriations Act when Congress ceased to recognize Indian tribes as entities capable of making treaties and prohibited any future treaties; yet we still have the Bureau of Indian Affairs. Then, in 1903 the United States Supreme Court decided that Congress had full power over Indian affairs and had the authority to override any and all treaties with Indian tribes.

The National Museum of the American Indian founded in 1989 was thus named by Congress because that is the title that both the Census Bureau and the Bureau of Indian Affairs have used for decades. Just because the Census Bureau uses the term American Indian and we have a Bureau of Indian Affairs, is not a reason to continue using this misnomer, which is offensive to many, and detracts from the heritage and plight of Indigenous Peoples.

On 8 October 2021, President Biden became the first president in our history to issue a Presidential Proclamation declaring 11 October 2021 (Columbus Day) as Indigenous Peoples' Day, wherein he acknowledged the death and destruction wrought on native com-

munities after Columbus journeyed to North America in the late 1500s, ushering in an age of European exploration of the Western Hemisphere.

He went on to say, "Today, we also acknowledge the painful history of wrongs and atrocities that many European explorers inflicted on Tribal Nations and Indigenous communities. It is a measure of our greatness as a Nation that we do not seek to bury these shameful episodes of our past — that we face them honestly, we bring them to the light, and we do all we can to address them." And at the National Congress of American Indians 78th Annu-



al Convention, Vice President Harris said, without mentioning Columbus by name, "Those explorers ushered in a wave of devastation for Tribal nations, perpetrating violence, stealing land, and spreading disease." Neither the President nor the Vice President apologized to the Indigenous People nor did they address the "shameful episodes" of our history brought on by the actions of our government.

In 1492, the native population of North America north of the Rio Grande is estimated to have been seven to ten million indigenous people. Together, they account for approximately 600 separate and distinct Nations. Native American populations were greatly diminished in both size and territory by the end of the 19th century and today

there are only about 4.5 million Native Americans, according to the U.S. Census Bureau, and 574 federally recognized tribes.

On 17 June 2021, Congress passed the Juneteenth National Independence Day Act and President Biden signed the bill into law. Juneteenth honors the day in 1865, 19 June, when 250,000 enslaved people of Texas were free by executive decree. Juneteenth is the only federal holiday that acknowledges the end of slavery as an institution in the United States. Have not the Indigenous Peoples of the United States suffered a similar fate?

It is time to stop scapegoating Christopher Columbus! If we want to establish an Indigenous Peoples' Day, then it should be done on its own merits and not because a certain faction (WOKE) wants to eradicate Christopher Columbus — both merit national recognition. This should be fairly simple to do as evidenced by California and Tennessee, both of which celebrate Native American Day in September, thereby avoiding conflict with the celebration of Columbus Day in October. We celebrate Native American Heritage Month, so why not have an Indigenous Peoples' Day as a federal holiday and leave Columbus Day alone.

The National Museum of the American Indian should be renamed the National Museum of Indigenous Peoples, and the Bureau of Indian Affairs should be elevated to cabinet level with a Secretary for the Affairs of Indigenous Peoples. Most importantly, the president should officially apologize to all the Indigenous Peoples of our country for the wrongs perpetrated against them by the government of the United States. Congress should establish a national holiday honoring the Indigenous Peoples of our great country. This new holiday should not fall on the second Monday of October as that is the day that we, as a nation, celebrate Christopher Columbus and the discovery of the New World. 🙏

all dressed up



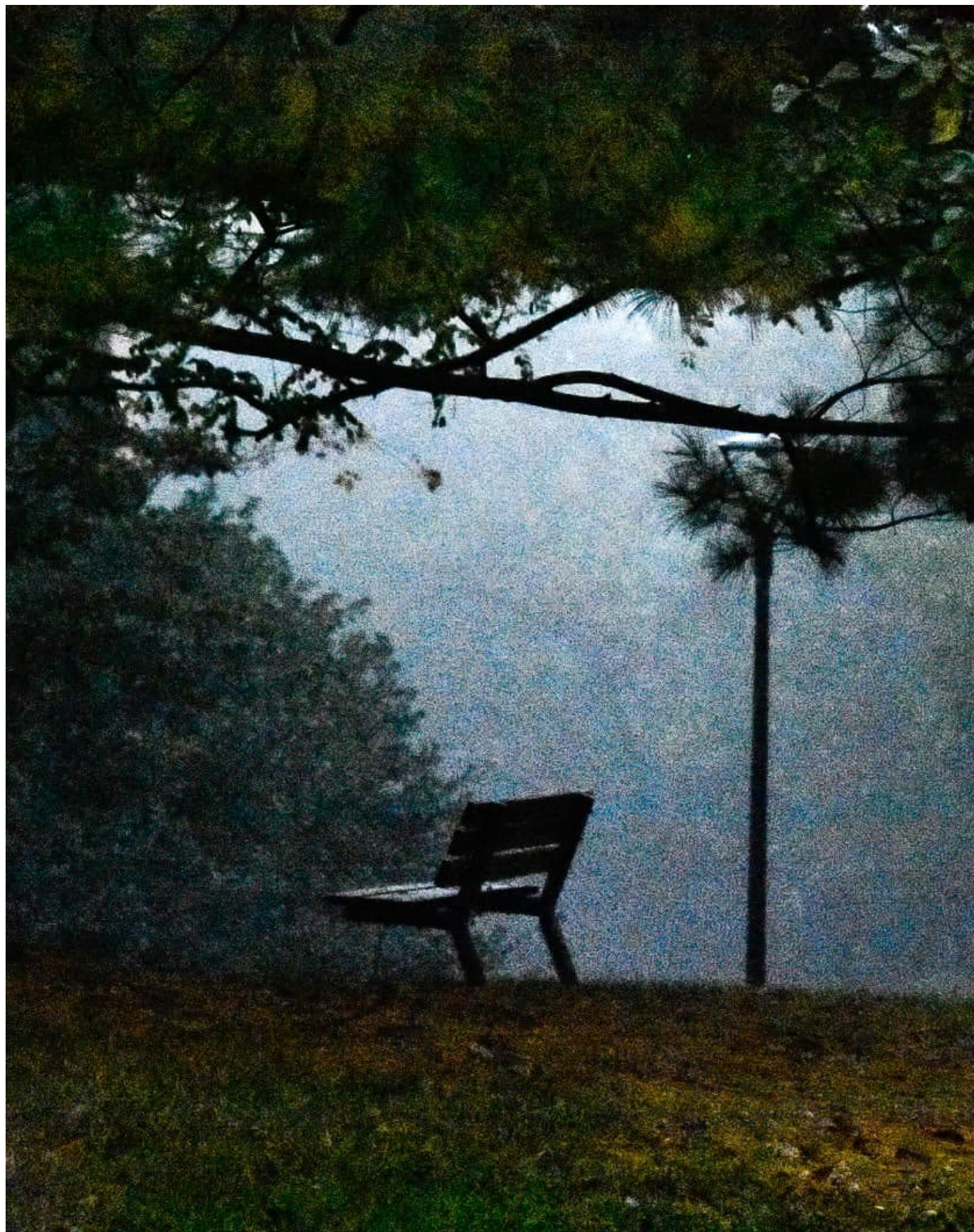


Photos by Dian McDonald

all dressed up



final glance



Morning, October 31, 2021

Photo by Linda Brownlee