



# AIR SR. SCHEDULE: SPRING 2010

## AIR Programs

### Special Points of Interest:

- *Research into Health and fitness among Native Americans*
- *Academic support: through tutoring and academic workshops*
- *Community Partnered : University of San Diego, San Diego State University and University of California San Diego*

## WELCOME TO THE AIR SR PROGRAM

The AIR Program welcomes you to the 16th year of our project that serves our San Diego County region. Our program is founded on the ideals of academic success for our Native American participants through a philosophy of learning and teaching through culture. There are four main components to our program, which we use to service our participants.

Part 1: *Academic workshops*; that help our students understand processes of higher education. They include: working with teachers and professors, study skills, what degrees are, applications, and much more.

Part 2: *Topical Research Assignment*, Here we research an American Indian issues through assistance of our mentor staff. The ideal is to give research methodology on an academic level that will benefit the student in their current and future academic settings. Additionally, our topic is geared to induce interest in our Native American cultures and promote greater self confidence for our student participants.

Part 3: *Academic Support* where we offer tutoring and other academic needs for the student.

Part 4: *Familiarity with higher education*; the ideal is to show and acclimate the students to the higher educational setting. We hope to give familiarity with the campuses and overcome the initial fears of the university environment.

These are the main ideals that we attempt to use in promoting academics and higher education (but is not limited to these areas). Friendships and enjoying ourselves in a nurturing environment is also part of our goal. Overall, many of our students have gone on to pursue higher education and we hope that this semester you enjoy the program as those in the past have.



## Semester Theme: Health and Nutrition

The program is themed on nutrition and health for American Indians. Overall, present day Natives have a substantially poor and unhealthy diet and the increase of disease and poor health are climbing. One can only attribute poor dietary practices to the convenience of fast food and western practices of eating on the go.

Many Native cultures had healthy dietary practices prior to the colonization of the America's, in fact, many incorporated healthy diets into their traditions and culture. As an example, we can look at the Hopi's whose agrarian practices primarily concentrated on the farming of corn. Corn is the principle concept embedded in their creation stories and religious practices. Many Tribes have similar practices in farming, cooking, and preparation where many traditions take place towards the practice of a healthy diet. One can only look locally with Kumeyaay and acorn or in the Midwest with the Souix and hunting buffalo.



Within this project we will look at today's western "fast food" diets to understand the effects of such a diet. Then we will look at a handful of Native diets to understand their nutritional value and then compare these Native diets (of old) with today's healthy diets.

In the end we expect to find that our Native diets (of old) and today's healthy diets are very similar in nutrition in contrast to today's western "fast-food" diet.

**AIR SR. SCHEDULE: SPRING 2010**

<b>Meeting 1 (USD):</b>	<b>2-22-10</b>
<b>Location: USD</b>	<b>Room: Loma 4</b> <b>Time: 4:30 - 6:30 pm</b>

**Theme: Tradition and Nutrition:****Introductions****Pre-Evaluations****Introduction to thought processes****Workshop:** *Knowing who you are and a College game plan (Christy Garcia)*

In order to succeed in any venture, you have to know who you are and what makes you happy to understand what you want out of life and to succeed in that venture. In many instances it takes time and experience to understand this and therefore we will introduce a visioning process to find out what makes you happy and to create a foundation (of sorts) in ideas on what you may want to do later in life, especially through education.

**Introduction to tradition and nutrition**

Creation stories often tell a person how to live their lives. In many cultures growing seasons, picking of specific plants and diet are part of their overall creation stories. Examples can be found in Judaic Principles on eating swine, or Catholicism in the use of red wine and bread in various religious activities. Native Traditions also incorporate such principals as the Hopi use corn as fundamental staple for food along with religious and ceremonial practices surround corn. Many other Tribal Nations have such practices in hunting buffalo, gathering acorn, and fishing. With this, our Tribal Nations grew and consumed foods based on various diets that kept them healthy-so why are American Indians so unhealthy based on today's diets. At present, many of us are influenced by media that tell us what to eat thus diminishing what our Tribal customs taught us on how to eat right. Our research will look into this aspect of foods, culture, nutrition and how to stay healthy.



<b>Meeting 2 (USD):</b>	<b>3-1-10</b>
<b>Location: USD</b>	<b>Room: Loma 4</b> <b>Time: 4:30 - 6:30 pm</b>

**Theme: Physical Activity and Nutrition****Introductions****Workshop:** *What is the game plan to College?*

Now that you sort of have a game plan from last week's workshop we will examine how to fulfill your vision through education. The first step is to know you're a requirements and know what colleges want. We will ask a few of our college students what they knew when they were in high school that made them get to where they are (sort of following their visioning process and its implementation). Did they have a vision and did they have a game plan to get to college.

**Physical Activity/Nutrition/and Stress**

Proper diet and physical activity are two of the main components in healthy living. As discussed in our last meeting proper diets were important, however, along with this was physical activity. Native activities had many ideals embedded within their physical activities including hunting where for over long distances men ran far, and as a consequence, keeping them physically fit. In the Hopi traditional races were organized between neighboring villages where one would challenge the other to run races. In such cases, runners participated in the races to prove their fortitude and as far as the health aspect of running is concerned, Hopis believe that running banishes unhappiness, strengthens the body, and rejuvenates a person's energy.

During the time of the Pueblo Revolt of 1680, Pueblo messengers ran to the nearby pueblos to prepare the people for the attack against the Spaniards. Hopi messengers were celebrated for their promptness in delivering messages.

Hopi running also occurred in conjunction with several ceremonial events. While praying as a group for rain and prosperity during ceremonies like the Snake and Basket dances, running races served as significant ceremonial events. Even today, Hopis still practice ceremonial running. Hence, Hopi running games are religious as well as secular in nature. Such games were played to bring rains and cultivate crops.

**Activity:** Scavenger Hunt

Locate various prizes within the campus

<b>Meeting 3 (UCSD):</b>	<b>3-8-10</b>
<b>Location: UCSD</b>	<b>Room:</b> <b>Time: 4:30 - 6:30 pm</b>

**Introductions****Workshop:** *Money Talks*

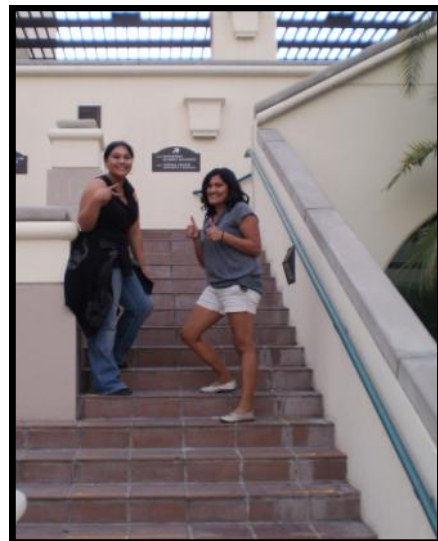
Discussion of money woes of college students. In discussing finances in college who else, but a current college student, will know how hard or easy it is to manage monies. These students can tell you what type of finances they need to stay in college and have money to go out a few times during the semester. Remember, you can only eat top ramen or go to the costco food court only so many times to save on money before you need to eat something else.

**Health: Health Concerns**

What do we need to stay healthy? We know that a proper diet and activity is important but the real question is what types of food will give us the greatest value towards a proper diet and what is an efficient exercise that constitutes activity? We will cover this through our guest speaker.

**Campus walk around:**

Need for a campus walk around to walk off our big lunch.



**AIR SR. SCHEDULE: SPRING 2010**

**Meeting 4 (SDSU): 3-15-10**  
**Location: SDSU Room: Storm Hall 136 Time: 4:30 - 6:30 pm**



**Theme:** Physical fitness

**Introductions**

**Workshops:** *How to deal with stress at the college level*

Being a college student is hard. Family is putting pressure on you to succeed and failure is always a bad emotional rollercoaster. Being Native, there seems to be added pressure as everyone in the community has expectations. What do people do to relieve stress from homework, tests, family pressures, community pressures, and your own expectations that? There has to be a healthy way to cope. Our mentors will cover some healthy alternatives.

**Activity:** *The Art of Rowing*

Years ago many of our Tribal Nations used the River ways, Lakes and Ocean as a daily part of their activities to fish and travel. The SDSU rowing team will help us with this activity to understand the work it took to do this and how some of our fellow tribal people stayed physically fit while accomplishing many things in their everyday life.

**Meeting 5 (SDSU): 3-22-10**  
**Location: SDSU Room: Storm Hall 136 Time: 4:30 - 6:30 pm**

**Introductions**

**Research:** *Finding that great Native Dish*

Again, we will ask each of the students to complete the research. Research is like sale tax on everything you buy-it is going to happen in college. You will be asked to do a research assignment in college and if you don't have some idea about the library then you will be at a disadvantage. The library is where you will be to do research, study before/after and between classes, meet others and sometimes use for fun research. The quicker you know about the Library the quicker you will be able to be prepared for college.

Today we will look up what some of our native dishes are and look to the nutritional value within them. Hopefully, we will find lots of great nutritional dishes.

**Meeting 6 (USD): 3-29-10**  
**Location: USD Room: Loma 4 Time: 4:30 - 6:30 pm**

**Introductions**

**Workshop:** Pulling it together!

What is procrastination-well we will tell you later. This workshop will discuss the biggest reason why college students fail. It's that word called procrastination. When you procrastinate you tend to grasp at anything that will get you by. Therefore, cheating, using other's work, and sometimes not even studying at all seem to be the mixture when you procrastinate. We will discuss this and hopefully you won't be called a procrastinator.

**Research presentations:**

This meeting we will pull all our research together and discussion to come up some sort of idea on this health issue. Finally we will come up with skits to demonstrate all that we have learned.



**Meeting 7 (SDSU): 4-5-10**  
**Location: SDSU Room: Storm Hall 136 Time: 4:30 - 6:30 pm**

**Filming**

**We will film our presentations.**

Here we expect our mentors to guide our students into developing a presentation that is non-traditional in format. In other words, *No Reading in the middle of the room and giving a presentation.* The idea here is to let the student think outside the norms of traditional presentations and use their knowledge to form a presentation that entertains and draws in the viewer more so that a traditional presentation.



*Special thanks to the University of San Diego, Dept. of Ethnic Studies and the San Diego State University, Department of American Indian Studies for all the support and being integral partners to the AIR Programs in serving our Native Youth. Our combined efforts are producing more Native College bound students than ever before!*



**SAN DIEGO STATE  
UNIVERSITY**





**AIR PROGRAMS**

PO Box 880471  
San Diego, CA 92168

Email: [info@airprograms.org](mailto:info@airprograms.org)

Visit our Website at:  
[www.airprograms.org](http://www.airprograms.org)



**Meeting 8 (USD):**  
**Location: USD**

**4-12-10**

**Room: Loma 4**

**Time: 4:30 - 6:30 pm**

**End of the Year  
Post Evaluations**

**Viewing of the presentations:**

We will review all our presentations for that we have done and give it back to our students on a DVD.

**Awards**

Awards for our students. We are positive that all the student participants gained great knowledge and understanding of higher education.

**Potluck:** For some of us we will cook our native dishes and some from other cultures for our students to sample and enjoy.



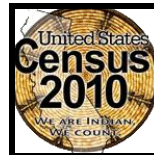
*Thank you to the Rincon Band of Luiseno Indians for all your support for this years programs. Truly, you are making a difference in our community.*



We thank the Barona Band of Mission Indians for continuously supporting our program throughout these many years.



We thank the University of California, San Diego for your support and partnership for this year's program.



*Thank you to the San Pasqual Band of Mission Indians for your support throughout these many years.*

