

Journal #4645 from sdc 3.30.20

Hopi Wisdom

Corona Virus Attacks Navajo Nation

Tribes in Nevada Prepare for Coronavirus

WetsuwetenSolidarity_

Vegas PBS expanding educational TV while schools are closed

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More Activity Resources

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Naming Matters

Mauna Kea Isn't Just About a Telescope, It's About Who Will Decide the Future

Here it Comes: Dept of Interior to "disestablish" Wampanoag Reservation



Message from White Eagle,
Hopi indigenous on *“This
moment humanity is going
through can now be seen as a
portal and as a hole. The
decision to fal...*

[See More](#)



In the past week, coronavirus cases in the Navajo Nation, an American Indian territory in the southwestern United States, have risen to 69. The population is under stay-at-home orders, but many of the reservation's 350,000 residents are without running water and must drive miles to get it, which experts fear may fuel the spread of the disease. [NPR](#)

Tribes in Nevada brace for coronavirus

<https://www.nevadacurrent.com/2020/03/26/tribes-in-nevada-brace-for-coronavirus/>

Wetsuweten Solidarity

[https://actionnetwork.org/petitions/sign-the-petition-to-protect-indigenous-sovereignty-demand-fossil-fuel-profiteers-jpmorgan-chase-and-kohlberg-kravis-roberts-co-divest-from-coastal-gaslink-pipeline?](https://actionnetwork.org/petitions/sign-the-petition-to-protect-indigenous-sovereignty-demand-fossil-fuel-profiteers-jpmorgan-chase-and-kohlberg-kravis-roberts-co-divest-from-coastal-gaslink-pipeline?source=20200303_WetsuwetenSolidarity_Kos&link_id=15&can_id=565454a1645b196232195afb36a99f71&email_referrer=email_761627&email_subject=youre-wasting-everyones-time-trump-official-shut-down-on-cnn-after-rant)

[source=20200303_WetsuwetenSolidarity_Kos&link_id=15&can_id=565454a1645b196232195afb36a99f71&email_referrer=email_761627&email_subject=youre-wasting-everyones-time-trump-official-shut-down-on-cnn-after-rant](https://actionnetwork.org/petitions/sign-the-petition-to-protect-indigenous-sovereignty-demand-fossil-fuel-profiteers-jpmorgan-chase-and-kohlberg-kravis-roberts-co-divest-from-coastal-gaslink-pipeline?source=20200303_WetsuwetenSolidarity_Kos&link_id=15&can_id=565454a1645b196232195afb36a99f71&email_referrer=email_761627&email_subject=youre-wasting-everyones-time-trump-official-shut-down-on-cnn-after-rant)

Vegas PBS expanding educational TV while schools are closed

Vegas PBS will offer educational programming from 6 a.m. to 6 p.m. on weekdays beginning Monday while schools across the state remain closed.



Cheryl Hicks

Had to share this...Roy is in the top row. Nixon high school now pyramid lake high school. The year they got kicked out of fernley. Roy was the first graduating class of 1980. The year he also won the national high school rodeo calf roping championship.

[Click to enlarge](#)



Jeanette Allen

If you are a basketball person please join the challenge of posting a basketball photo. Just one picture, no description. Please copy the text in your status, post a picture and look at some great memories/pictures. [I miss the crew already](#) ❤️👍👍👍

Nathan Moxley

American population: 330,483,530 Stimulus bill: \$2,000,000,000,000

Dividing the cost by every person in America is \$6,051.74.

The government could have given every person over \$6,000, but instead will give \$1,200 to each adult under a certain income. Because bailouts.

Wanna know where the missing 96% of your tax dollars will go?

\$300,000,000 for Migrant and Refugee Assistance pg 147

\$10,000 per person for student loan bailout

\$100,000,000 to Nasa, because, who knows why.

\$20,000,000,000 to the USPS, because why the hell not

\$300,000,000 to the Endowment for the Arts / because f it

\$300,000,000 for the Endowment for the Humanities/ because no one even knew that was a thing

\$15,000,000 for Veterans Employment Training / for when the GI Bill isn't enough

\$435,000,000 for mental health support

\$30,000,000,000 for the Department of Education stabilization fund/ because that will keep people employed

\$200,000,000 to Safe Schools Emergency Response to Violence Program

\$300,000,000 to Public Broadcasting / NPR has to be bought by the dems

\$500,000,000 to Museums and Libraries / Who the hell knows how we are going to use it

\$720,000,000 to Social Security Admin / but get this only 200,000,000 is to help people. The rest is for admin costs

\$25,000,000 for Cleaning supplies for the Capitol Building / I shit you not it's on page 136

\$7,500,000 to the Smithsonian for additional salaries

\$35,000,000 to the JFK Center for performing Arts

\$25,000,000 for additional salary for House of Representatives

\$3,000,000,000 upgrade to the IT department at the VA

\$315,000,000 for State Department Diplomatic Programs

\$95,000,000 for the Agency of International Development

\$300,000,000 for International Disaster Assistance

\$90,000,000 for the Peace Corp pg 148

\$13,000,000 to Howard University pg 121

9,000,000 Misc Senate Expenses pg 134

\$100,000,000 to Essential Air carriers pg 162 This of note because the Airlines are going to need billions in loans to keep them afloat. \$100,000,000 is chump change

\$40,000,000,000 goes to the Take Responsibility to Workers and Families Act. This sounds like it's direct payments for workers. Pg 164

\$1,000,000,000 Airlines Recycle and Save Program pg 163

\$25,000,000 to the FAA for administrative costs pg 165

\$492,000,000 to National Railroad Passenger Corporation (Amtrak) pg 167

\$526,000,000 Grants to Amtrak to remain available if needed through 2021 pg 168 (what are the odds that doesn't go unused)

Hidden on page 174 the Secretary has 7 days to allocate the funds & notify Congress

\$25,000,000,000 for Transit Infrastructure pg 169

\$3,000,000 Maritime Administration pg 172

\$5,000,000 Salaries and Expensive Office of the Inspector General pg 172

\$2,500,000 Public and Indian Housing pg 175

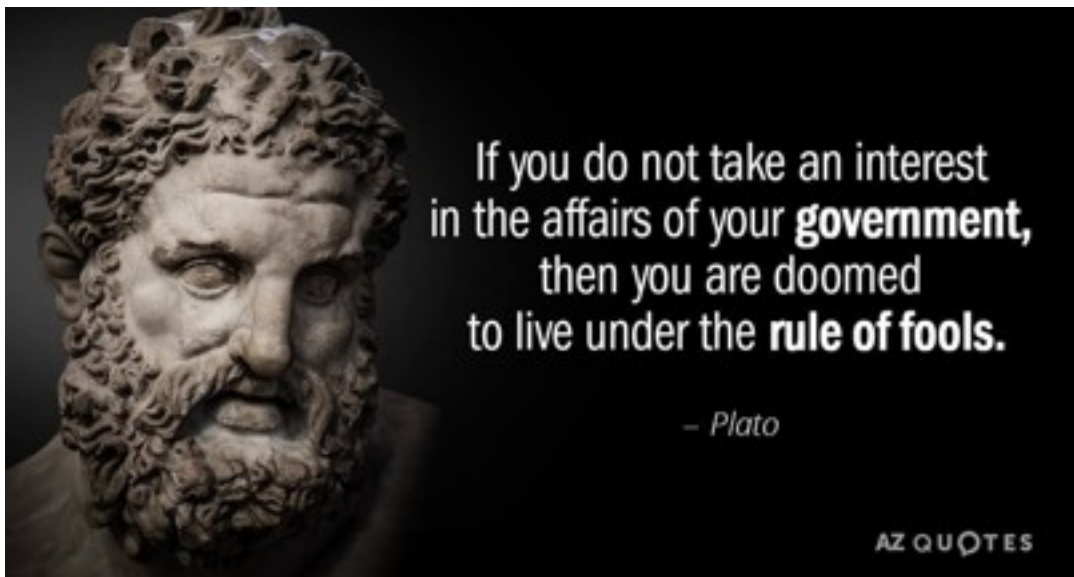
\$5,000,000 Community Planning and Development pg 175

\$2,500,000 Office of Housing

<https://www.nytimes.com/article/coronavirus-stimulus-package-questions-answers.html>

https://www.nytimes.com/2020/03/25/us/politics/virus-fineprint-stimulus-bi-ll.html?auth=3Dlogin-email&campaign_id=3D9&emc=3Dedit_NN_p_20200326&instance_id=3D17074&login=3Demail&nl=3Dmorning-briefing®i_id=3D25905172§ion=3DtopNews&segment_id=3D22910&te=3D1&user_id=3Dc38947501e68571d7aa5496fb=c02c266

ll.html?auth=3Dlogin-email&campaign_id=3D9&emc=3Dedit_NN_p_20200326&instance_id=3D17074&login=3Demail&nl=3Dmorning-briefing®i_id=3D25905172§ion=3DtopNews&segment_id=3D22910&te=3D1&user_id=3Dc38947501e68571d7aa5496fb=c02c266





The Soul Sanctuary

[July 19, 2019](#) ·

Have you seen these plants? They are called Broadleaf or Broadleaf Plantain

It grows especially well in poor, rocky soil (such as driveways) and is often seen alongside dandelion. More often than not, you will see plantain growing in gravel pits and construction sites as nature seeks to regenerate the soil. Introduced to North America in the 1600s, it was once called “White Man’s Foot” by the Native Americans who witnessed that where the Europeans tread and disrupted the soil, plantain sprung up.

Plantain has often been the go-to remedy for hikers plagued by mosquitos. Because it draws toxins from the body with its astringent nature, plantain may be crushed (or chewed) and placed as a poultice directly over the site of bee stings, bug bites, acne, slivers, glass splinters, or rashes. Bandage the area and allow the plantain to work its magic for 4-12 hours. Plantain may also be used to create a balm for emergency kits, or an infusion used as a skin or general wash. It is also a notable, soothing remedy for hemorrhoids. Plantain is renowned for its healing effect on the digestive system. This is especially useful for anyone who has been damaged by antibiotics, anti-inflammatory or pain medications, food allergies, or Celiac disease. Both leaves and seeds specifically target the digestive system for healing. The leaves may be steeped as tea, added to soups, or dried with a sauce similar to kale chips. The seeds – a type of psyllium – can be ground or soaked for bulk mucilage or absorbable fibre, which, consumed before meals, may help with weight loss.

Because plantain is a gentle expectorant and high in silica, an infusion can be helpful for lung problems, coughs, and colds.

Plantain is almost a panacea for the human body, treating everything from all menstrual difficulties, all digestive issues, to nearly all skin complaints, and even arthritis. Add to salads, chew to ease thirst, or enjoy in stir fries. This versatile wild vegetable will keep you in good health for years to come!

Sackville Community Gardens

<https://www.hometalk.com/44276979/s-13-diy-crafts-for-all-of-those-toilet-paper-tubes-you-re-stockpiling>

Mitigating COVID-19 When Managing Paper-Based, Circulating, and Other Types of Collections

Join us for a webinar on Monday, **March 30, 2020**, from **1:00 to 2:00 PM ET**.

Please join Dr. David Berendes and Dr. Catherine Rasberry from the Centers for Disease Control for an overview of the CDC's guidance for community settings and environmental disinfection, and a discussion of how libraries, archives, and museums can help mitigate COVID-19 when working with paper-based, circulating, and other types of collections. The presentation will be followed by a question and answer period.

[Register Now!](#)

resented in coordination with:

- U.S. Department of Education
- Institute of Museum and Library Services
- National Archives and Records Administration
- Smithsonian Institution
- Library of Congress

Speakers:

David Berendes, Ph.D., M.S.P.H.

Dr. David Berendes is an epidemiologist in the Waterborne Disease Prevention Branch at the Center for Disease Control, focusing on global sanitation and hygiene issues.

Catherine Rasberry, Ph.D.

Dr. Catherine Rasberry is a Health Scientist in Center for Disease Control and Prevention's Division of Adolescent and School Health.

This webinar will be recorded.

After registering, you will receive a confirmation email containing information about joining the webinar.

As we at **Heyday** remain sheltered in place but fully operational, we turn our thoughts to you, our community, and how best to provide you resources during this time. That is why, in collaboration with [John Muir Laws](#) and [Emilie Lygren](#), we are offering a **free PDF download** of one of our most anticipated books of the summer, [How To Teach Nature Journaling](#).

This is the perfect time to learn and to teach this gentle practice. If you enjoy this free PDF:

1. [Donate the book's price](#) (\$35) or any amount to Heyday, a 501(c)(3) independent publisher. Each donation, no matter the size, will help Heyday continue to offer these kinds of resources to you!
2. Support Jack, Emilie, and Heyday by [pre-ordering the print copy](#), coming this June.
3. Browse and order from Heyday's wide selection, including the complete [John Muir Laws collection](#).

Emilie and Jack's book is exactly what we need in these trying times. This comprehensive guide:

- Offers ways to connect with nature
- Supports learning for all ages
- Encourages social connection between parents and children, educators and students, and fellow journalers
- Helps develop new skills
- Provides new ways of learning and being.

[Click to download!](#)

Best of all, it encourages the things we need most in this moment: routines and rituals, creative expression, observation and concentration, engagement with nature, and connection with each other (even if from a distance!).

Are green spaces near you closed or inaccessible? Nature journaling can happen anywhere, from a kitchen window to a neighborhood stroll. With the right tools and ways of observing, you can document the bird sitting on a telephone wire, the beans in your pantry, the flower blooming in your neighbor's front yard, the weed pushing through the cracks in the sidewalk, or the vine creeping up the side of your apartment building

We hope you enjoy this book. Continue to take care of yourself, and Heyday will continue to find ways to contribute meaningful work to the community that means so much to us.



[Jack Malotte](#)
[Spring was here yesterday](#)

Trump administration allows companies to break pollution laws during the pandemic
Extraordinary move signals to US companies that they will not face any sanctions for polluting the air or water

Read in The Guardian: https://apple.news/AQUH_6is0TmiJX8pM7cp-IQ

Critics blast EPA move as license to pollute during pandemic

Critics worry a new Environmental Protection Agency (EPA) policy will leave the agency unaware of how much pollution is leaking into air, water and soil as companies are given the green light to suspend monitoring during the coronavirus outbreak.

Read in The Hill: <https://apple.news/AH21QzYOiS0eFzrud2Ta6kw>

Lessons from the Coronavirus Can Help Us Overcome the Climate Crisis

https://www.yesmagazine.org/environment/2020/03/27/coronavirus-green-new-deal/?utm_medium=email&utm_campaign=YESDaily_20200328&utm_content=YESDaily_20200328+CID_203eb107ee03cfd987945617e53d3edf&utm_source=CM&utm_term=Read%20the%20full%20story

More Activity Resources

Story Time with a Scientist: Aerospace Engineering

Enjoy this story about how birds, planes, and rockets fly then design your own rocket out of whatever materials you have at home.

- [Listen to the Story](#)
- [Design your own rocket](#)

Be sure to share your rockets with us on social media by tagging @chabotSPACE.
#LearningLaunchpad #ChabotDIYRocket

Start Your Moon Journal

Does the moon always look the same? How does it change over time? Use Chabot's moon journal to track and observe our moon. Can you figure out how it changes?

Be sure to share your observations with us on social media by tagging @chabotSPACE.
#LearningLaunchpad #ChabotMoonJournal

Design A Moon Habitat For Your Pet

Imagine you and your family are visiting the moon. Your pet is coming too! What kind of habitat would you design for them?

Plan Your Project

Be sure to share your habitats with us on social media by tagging @chabotSPACE.
#LearningLaunchpad #ChabotMoonHabitat

More Information



Woodland Period of North America

Hopewell Culture of Native Americans



Erica O'Rourke to Social Distance Powwow

We don't have jingle dresses but our shell dresses also sing a beautiful song. My daughter in her maple bark skirt & shell dress. Sending prayers from Yurok Country in Northern CA. Stay strong my relations ♡♡♡

Naming Matters · National Parks Conservation Association

[https://www.npca.org/articles/2189-naming-matters?](https://www.npca.org/articles/2189-naming-matters?fbclid=IwAR1PB962ueVgjf0Y_YvcPZ7v7PX_QHIMmb_EcxdFBjKjKGiGStqSoTGThkU)

[fbclid=IwAR1PB962ueVgjf0Y_YvcPZ7v7PX_QHIMmb_EcxdFBjKjKGiGStqSoTGThkU](https://www.npca.org/articles/2189-naming-matters?fbclid=IwAR1PB962ueVgjf0Y_YvcPZ7v7PX_QHIMmb_EcxdFBjKjKGiGStqSoTGThkU)

[Mauna Kea Isn't Just About a Telescope, It's About Who Will Decide the Future](#)

WINONA LADUKE, TRUTHOUT

In the first major Indigenous-led occupation since Standing Rock, Native Hawaiian Mauna Protectors have occupied the proposed site of the Thirty Meter Telescope since July last year. But the battle is about more than the telescope, say the elders, it's about whose interpretation of the world gets acceptance and who gets to decide the future of life on Earth.

[Read the Article →](#)

Here It Comes:

https://www.dailykos.com/stories/2020/3/28/1932266/-Dept-of-Interior-to-disestablish-Wampanoag-Reservation?utm_campaign=trending

[Trump administration moves to 'disestablish' Mashpee ...](#)

<https://www.boston.com › 2020/03/29 › mashpee-wampanoag-reservation>

The *Mashpee* Wampanoag tribe is pledging to fight a move by *President* Donald Trump's administration to “disestablish” its *reservation*.

["Cruel:" Trump Admin. Moves to Take Land of Mashpee Tribe ...](#)

<https://www.commondreams.org › news › 2020/03/29 › cruel-trump-admi...>

The *Mashpee* Wampanoag Tribe vowed Friday to fight for its land after the Trump administration announced its *reservation* would be ... since "*President* Donald Trump tweeted his opposition in an attempt to assist his lobbyist ...

[Secretary Of Interior Orders Mashpee Wampanoag Reservation](#)

<https://www.wbur.org › news › 2020/03/28 › mashpee-wampanoag-reserv...>

The *Mashpee* Wampanoag Tribe's *reservation* will be disestablished ... until a critical tweet by *President* Trump led its sponsors to pull it from ...

[Mashpee tribe's reservation land 'disestablished' - News ...](#)

<https://www.capecodtimes.com › news › mashpee-tribes-reservation-land-d...>

The current administration is the first to *remove* a tribe from its trust status, Cromwell said. ... A bill called the *Mashpee* Wampanoag Tribe *Reservation* ... When the bill was put forth in the House in May, *President* Donald Trump ...