

Journal #5275 from sdc 8.29.22

And then there's Lake Mead

Growing leaders for a healthy future

Pawpaws are America's hidden edible treasure. Here's how to pick them.

Crowfoot

The world's best-selling copyrighted book is published. Can you guess what it is?

Crystal Miller makes presentation to Native American Fish and Wildlife Society SW Regional Conf.

Chile hospital integrates Native medicine, birth to death

The Inflation Reduction Act offers subsidies for heat pumps

Park to Park in the Dark! Only-in-Nevada Adventure

Water deliveries halted to farmers in Oregon, California

EWG's Tap Water Database 2021 Update

Now illegal for anyone under 21 to buy canned whipped cream in New York

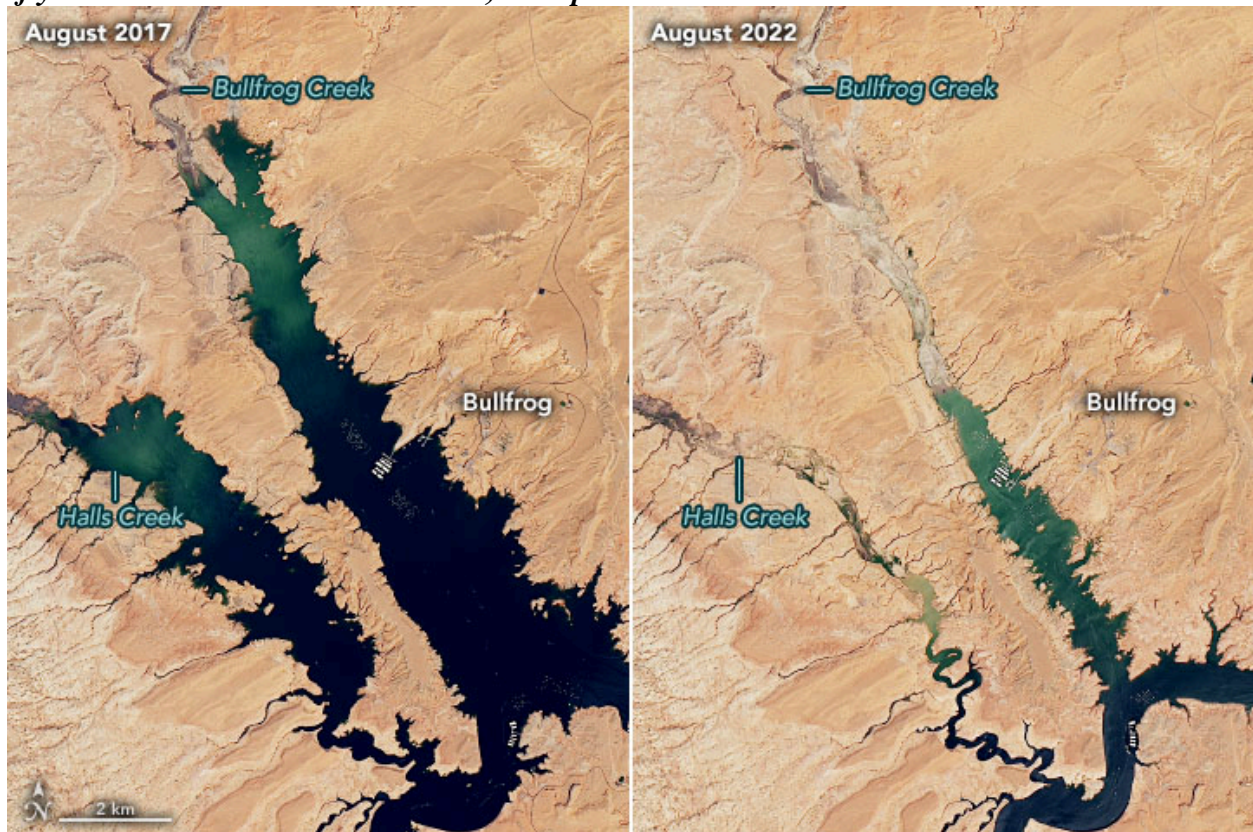
Rochester nature center imparts science facts with parody music videos

Experts Analyzed Centuries-Old English Skeletons, Exposed A Strange Reality About Medieval Life

Hawaii's Iconic Hand Gesture Has An Origin Story That's Not Suitable For Kids

Student Loan Forgiveness Information

If you are worried about Lake Mead, take peek at Lake Powell



[NASA Earth](https://www.nasa.gov/3Co7DKy)

Lake Powell, the 2nd-largest reservoir in the U.S., now stands at 26% of capacity, its lowest point since being filled in the mid-60s. On Aug. 22, the surface elevation was 3,533.3 feet, more than 166 feet below full pool. These natural-color Landsat images show the lake in summer 2017 vs. summer 2022. <https://go.nasa.gov/3Co7DKy>

Welcome! Growing leaders for a healthy future.

Sassafras acknowledges Aquinnah Wampanoag Territory and its People.

Sassafras is an indigenous Wampanoag nonprofit on Noëpe (Martha's Vineyard) founded by David Two Arrows and Saskia Vanderhoop in 2003. Our outdoor youth programs offer experiences that transform and build confidence, perseverance, and vitality. Our goal is to grow connected leaders, to build equitable and regenerative community for a healthier future, that integrates indigenous values of living in balance with our earth. Sassafras offers year-round programs for youth, teens, adults, internships, programs for schools/educational organizations, and consulting.

Sassafras Earth Education offers programs, events and services that;

- reconnect youth and adults to the earth through ancient mentoring practices;
- educate schools, organizations and the general public on a truthful representation and increased awareness of the indigenous peoples of Turtle Island;
- offer consultation on cultural competency for organizations on and off island, and;
- develop LandCulture – an indigenous permaculture project that restores the land.

[Read more](#)

<https://www.sassafrasmvy.org/>

Pawpaws are America's hidden edible treasure. Here's how to pick them.

<https://www.msn.com/en-us/travel/tripideas/pawpaws-are-america-s-hidden-edible-treasure-here-s-how-to-pick-them/ar-AA10VILk?ocid=msedgdhp&pc=U531&cvid=6bb1389d6ec93c410cb8721f984ae8e9>

Extract: [Culinary historians speculate](#) that the pawpaw arrived in North America thousands of years ago, along with large animals migrating north.

For eastern Native American tribes, the pawpaw had always been a [harvest staple](#). Sean Sherman, co-owner of [The Sioux Chef](#) in Minneapolis and founder of [North American Traditional Indigenous Food Systems](#) (NATIFS), says the pawpaw's disappearance is closely related to shameful treatment of Native communities.

While foodies may say the pawpaw is undergoing a renaissance, Sherman says it's really a reclamation of long-buried culinary culture that was lost because of the relocation and genocide of Indigenous peoples in North America.

Native Blood

"Crowfoot stood and watched as the white man spread many one dollar bills on the ground.



“This is what the white man trades with; this is his buffalo robe. Just as you trade skins, we trade with these pieces of paper.”

When the white chief had laid all his money on the ground and shown how much he would give if the Indians would sign a treaty, Crowfoot took a handful of clay, made a ball out of it and put it on the fire.

It did not crack.

Then he said to the white man, Now put your money on the fire and see if it will last as long as the clay.

The white man said, No...my money will burn because it is made of paper.

With an amused gleam in his eyes the old chief said, Oh, your money is not as good as our land, is it?

The wind will blow it away; the fire will burn it; water will rot it. But nothing will destroy our land.

You don't make a very good trade.

Then with a smile, [#spirit #Chief #history #indigenous](#) picked up a handful of sand from the river bank, handed it to the white man and said, You count the grains of sand in that while I count the money you give for the land.

The white man said, I would not live long enough to count this, but you can count the money in a few minutes.

Very well, said the wise Crowfoot, our land is more valuable than your money. It will last forever.

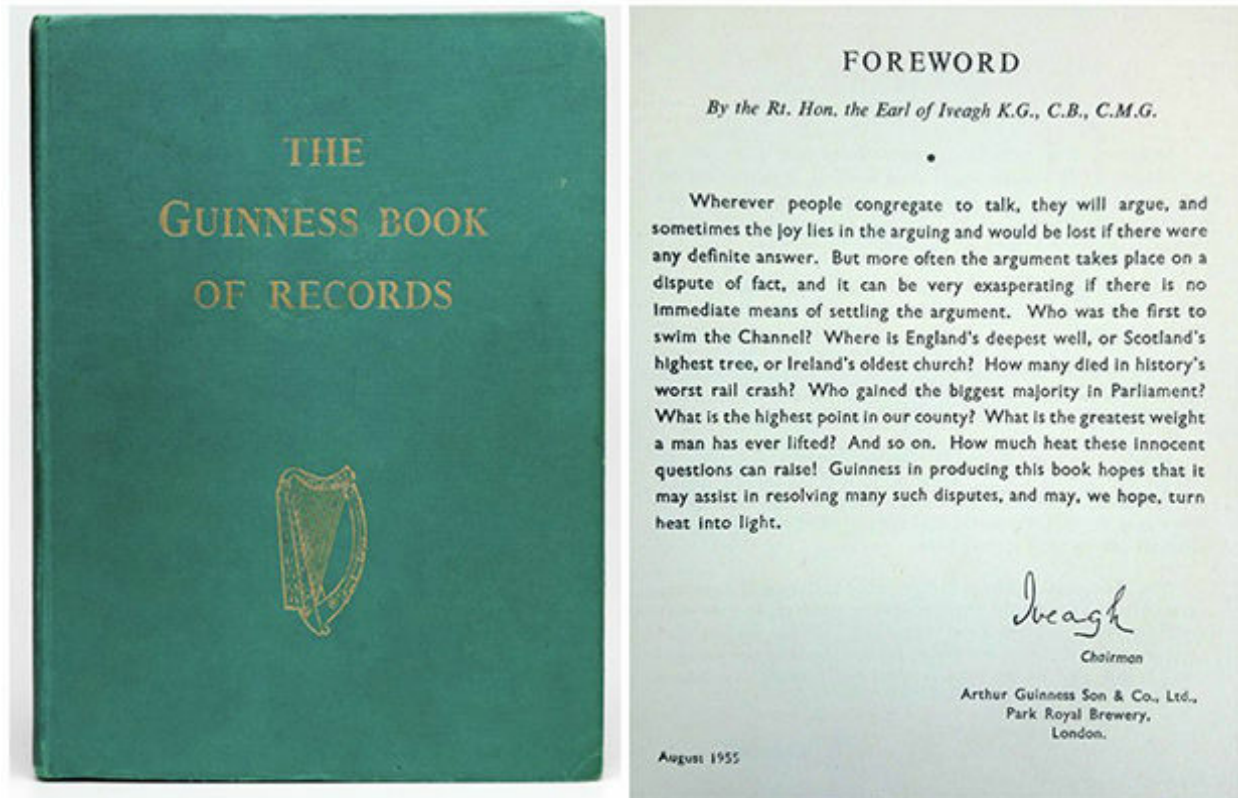
It will not perish as long as the sun shines and the water flows, and through all the years it will give life to men and animals, and therefore we cannot sell the land.

It was put there by the Great Spirit and we cannot sell it because it does not really belong to us. You can count your money and burn it with a nod of a buffalo's head, but only the Great Spirit can count the grains of sand and the blades of grass on these plains.

As a present we will give you anything you can take with you, but we cannot give you the land.”

Chief Crowfoot : [#Blackfoot #native #americans](#) Confederacy

August 26, 1955 – The world's best-selling copyrighted book is published. Can you guess what it is? 📖



It's The Guinness Book of World Records!

The brainchild of the managing director of the **Guinness Breweries**, Sir Hugh Beaver, the book was co-founded with Norris and Ross McWhirter in London's Fleet Street.

Listing world records of both human achievements as well as the extremes of the natural world, the informative book aimed to settle arguments.

Sir Hugh Beaver had come up with the concept while on a 1951 shooting party in Ireland. After he missed a shot at a golden plover, an argument erupted over which was the fastest game bird in Europe (it was the golden plover after all!).

As Beaver realized it was impossible to settle the argument even through turning to reference books, he imagined all the other unanswerable debates that must take place every day across the world.

Teaming up with the McWhirter twins who were running a fact-finding agency, the book was ready for publication in August 1955.

With its annual updates, it is now the world's [best-selling](#) copyrighted book.

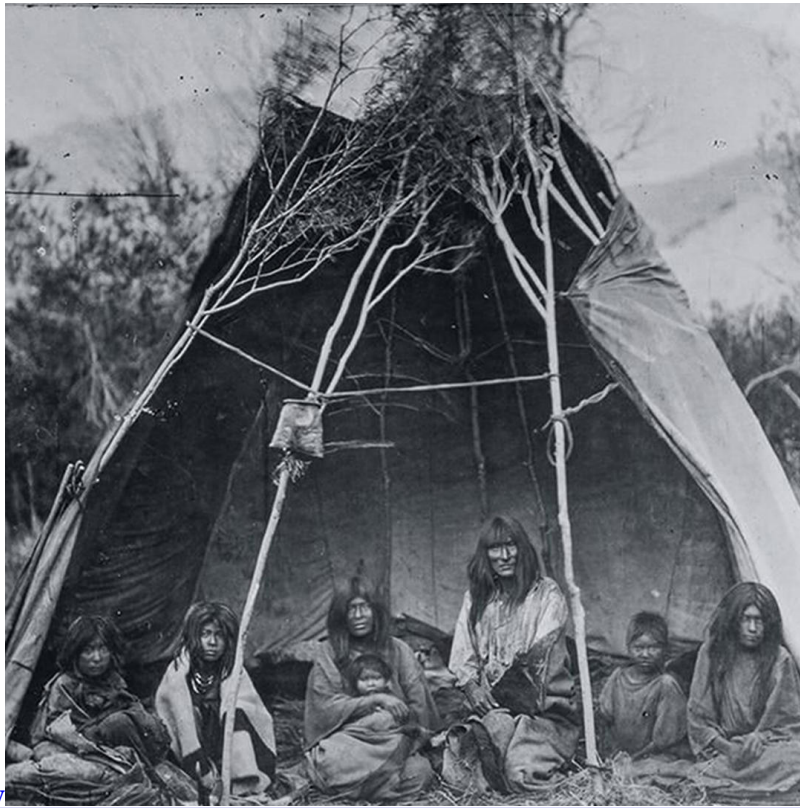
Bonus fact:

In 1984, the U.S. Mint requested that the book stop accepting claims of large hoardings of pennies and other currencies



“Like slavery and apartheid, poverty is not natural. It is man-made and it can be overcome and eradicated by the action of human beings.”

— *Nelson Mandela*



[Boredom Therapy](#)
[copy disappeared](#)

55th Annual CALIFORNIA NATIVE AMERICAN DAY



Friday 23RD
SEPTEMBER
2022 10AM-2PM

STAND STRONG TOGETHER
West Steps of the Capitol
Legislative Sponsor: Asm. James Ramos, Dist. 40
Presented by the California Tribal Chairpersons' Association
(Tribal Members: See Website for more information on this event)

www.CaliforniaNativeAmericanDay.com or email NAD@nahc.ca.gov.

Artist: Carl Avery/ Yurok

[We are excited to share the poster for the 55th Annual California Native American Day featuring artwork by Carl Avery Studios \(Yurok\). This year's event will be held on Friday, September 23rd from 10 a.m. to 2 p.m. on the West Steps of the California State Capitol with the theme "Stand Strong Together". We look forward to seeing you all there!](#)



[Elveda Martinez](#)

[Crystal Miller](#) made a presentation today at the Native American Fish and Wildlife Society Southwest Regional conference at the Santa Ana Pueblo in New Mexico. She shared Climate Change curriculum that she developed for native students. She is one of our Walker River Paiute Tribe's Water Resources Department's college interns.

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Associated Press

**[Chile hospital integrates Native medicine, birth to death](#)**

In labor with her first child last month, Lucia Hernández Rumian danced around her hospital room while her husband played the kultrun, a ritual drum. “It became my own space,” Hernández said. The largest public hospital in the southern Chilean city of Osorno is finding new ways to incorporate these and other Indigenous health care practices.

Our nation’s best chance at progress is for professional teachers to shed light on its complicated past while empowering students to formulate their own fact-based opinions — and **[politicians shouldn’t be standing in the way](#)**. Teaching our youth all of America’s triumphs and failures will empower them as adults to strive toward a more perfect union.

**<https://www.msn.com/en-us/news/us/i-taught-my-4th-grade-class-about-white-privilege-and-their-response-was-eye-opening/ar-AA10S5Ze?ocid=msedgdhp&pc=U531&cvid=5b4deabc82ae4b5783b8e6ebab79cef5>**

## [The Inflation Reduction Act offers subsidies for heat pumps — will U.S. homeowners warm to them?](#)

The Inflation Reduction Act offers qualifying homeowners up to \$8,000 in subsidies to purchase an energy-efficient heat pump.

[Read More](#)

### **Park to Park in the Dark! Only-In-Nevada Adventure!**

With summer winding down, now is a good time to plan a fall trip through beautiful central Nevada, where, once the sun goes down, you'll see more stars than just about any other place in the world. To make sure travelers get the absolute most out of their adventure, Friends of Nevada Wilderness teamed up with a number of public and private partners to create an itinerary called Park to Park in the Dark.

Both Death Valley National Park to the west and Great Basin National Park to the east are certified as International Dark Sky Parks. Both offer amazing stargazing programs that will instill a new appreciation for starry skies in the whole family. Because so much of our great state is owned by us, the public, it is home to vast expanses of land where there is no artificial light...where on a clear night, you can set up your campsite by light from the sky, lie back, gaze upward, and let yourself be "star-struck."

We encourage everyone to check out the Park to Park in the Dark website to plan your next trip. Whether you make the whole trek or just a part of it, you will never forget what it's like to get out from under the city lights and under the stars. Check out the information on the Park to Park in the Dark [HERE](#)

## **Water deliveries halted to farmers in Oregon, California. // [Associated Press](#)**

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EWG's Tap Water Database 2021 Update

Since 2013, water utilities' testing has found pollutants in Americans' tap water, according to an EWG drinking water quality analysis of more than 31 million state water records.

<https://www.ewg.org/tapwater/>

(contains great map of USA and you can look up your water by zipcode)

[It's now illegal for anyone under 21 to buy canned whipped cream in New York, officials say it's to stop teens from inhaling nitrous oxide](#)

[A New York state senator said the legislation targets the use of whippets after there were "complaints about empty canisters on neighborhood streets."](#)

INSIDER

Rochester nature center imparts science facts with parody music videos

<https://www.startribune.com/rochester-nature-center-imparts-science-facts-with-parody-music-videos/600199719/>

Experts Analyzed Centuries-Old English Skeletons And Exposed A Strange Reality About Medieval Life

[By Claire Harding](#) [July 18, 2022](#)

https://social.digitaltrends.com/s/skeletons-reality-medieval-life?as=6dap23851285057230612&utm_source=fb&utm_medium=z020573&utm_content=23851285050920612&utm_campaign=6dap23851285057230612&fbclid=IwAR2RAXDda2B3Kc1jQVXkXmv8uCYGGsuuvalEs4wKWxvtw4qoO3OFZB2hUcY&bdk=0

Hawaii's Iconic Hand Gesture Has An Origin Story That's Not Suitable For Kids

[By Kirsty Martin](#) Boredom Therapy Staff

https://boredomtherapy.com/s/hawaii-s-iconic-hand-gesture?as=780bt&utm_source=fb-organic&fbclid=IwAR2qDTCapJzMbwAvM-auevAykv-G95P9mobntUeYH8S4LPTjs7_lx1fYaTc&bdk=0

2022

BISHOP HANDGAMES SEPTEMBER 23RD - 25TH

BISHOP, CALIFORNIA - 390 BARLOW LN. HELD IN CONJUNCTION WITH THE BISHOP PAIUTE TRIBE'S CALIFORNIA INDIAN DAY ACTIVITIES AND PABANAMANINA POWWOW

EVENT IS SPONSORED BY THE BISHOP PAIUTE TRIBE AND WANAHA CASINO, ALONG WITH FUNDRAISING AND COMMUNITY SUPPORT.

FRIDAY

YOUTH TOURNEY 1ST-\$300, 2ND-\$200, 3RD-\$100

3PM; No Entry Fee; 2-5 Players Per Team; Registration Open 2pm-2:30pm; Double Elimination. 17 and under; Team must sing and play on their own; No back up singing; No chairs.

VALLEY CHALLENGE LOCAL PLAYERS vs. VISITING PLAYERS

7PM; ONE OPEN GAME - POT BET; Game will be prior to bonehog tourney.

BONEHOG TOURNEY 1ST-\$1,000, 2ND-\$500, 3RD-\$300, 4TH-200

SPONSORED BY THE FAMILY OF THE LATE ERICK MASON

To Follow the Valley Challenge; \$40 Entry Fee; 2 Players Per Team; Registration Open 5pm-6:30pm; Single Elimination.



IN MEMORY
OF THE LATE WHONAH
ERICK MASON

SATURDAY

MAIN TOURNEY 1ST-\$6,000+JACKETS, 2ND-\$3,000+SWEATSHIRT

1PM; \$150 Entry Fee; 2 - 5 Players Per Team; Registration Open 10:30am-12:30pm; True Double Elimination. Entry \$ will determine other payouts; *Commemorative t-shirt for all registered traditional gamblers.

FAST FIVE TOURNEY MIDNIGHT SPECIAL \$1,000 ADDED TO PURSE

To Follow the Main Tourney; \$50 Entry Fee; Registration Open 10pm-11:30pm; Single Elimination.

● 5 PLAYERS PER TEAM ● 5 SECONDS TO HIDE ● 5 SECONDS TO GUESS



WANAHA
CASINO

SUNDAY

3 MAN TOURNEY 1ST-\$1,500 Entry \$ will determine other payouts.

1PM; \$75 Entry Fee; 3 Players Per Team; Registration Open 11am-12:30pm; Single Elimination.

CHUPTOOHEE TOURNEY 1ST-\$300, 2ND-\$200, 3RD-\$100

11AM; \$10 Entry Fee; One hand - No Rebuys; Depending on # of Players, a Second Table Setup May be Added, Each Being Paid Tourney Payout - #s Drawn to Determine Players Table.



■ NO KICK STICK ■ NO THUMB POINTING ■ NO DRUMS DURING TOURNAMENT ■ OPEN GAMES ALL WEEKEND
■ NO PETS AT TOURNAMENT ■ BRING YOUR OWN CHAIR ■ CAMPING AVAILABLE ■ NO DRUGS OR ALCOHOL AT TOURNAMENT
SPONSORS, COORDINATORS, AND COMMITTEE WILL NOT BE RESPONSIBLE FOR ANY ACCIDENTS, THEFT, LOW FUNDED TRAVELERS, OR DIVORCES.
FOR MORE INFORMATION: TARA FRANK (760) 920-1177

Student Loan Forgiveness Information

1. [Text of S. 3828: Student Loan Forgiveness for Frontline ...](#)

Aug 09, 2022 · With each billing statement sent to the borrower during the two-year period beginning on the 15th day after the date of enactment of the **Student Loan Forgiveness for Frontline Health Workers Act**, the private educational lender shall include a notice informing the borrower of the availability of the Federal **student loan forgiveness** and private student loan repayment programs for **frontline health** care workers under the Student Loan Forgiveness for Frontline Health Workers Act, including where ...

2. [www.cNBC.com > 2022/08/24 > heres-what-you-need-toWhat you need to know about Biden's student loan forgiveness ...](#)

Aug 24, 2022 · Borrowers can **get as much as \$20,000 forgiven if they received a Pell Grant**. Those who didn't may be eligible for **up to \$10,000** in relief. What if I owe less than is being forgiven? The relief is...

- Author: Annie Nova
- Video Duration: 11 mi

3. [lawandcrime.com > high-profile > heres-the-legalThe Legal Basis for Biden's Student Debt Cancellation Plans](#)

Aug 24, 2022 · The plain **text** of the HEROES **Act** authorizes the Secretary to “waive or modify any statutory or regulatory provision applicable to” the federal **student loan** program, an authority that encompasses provisions applicable to the **repayment** of the principal balances of **loans**, provided certain conditions are met. We conclude that targeting relief towards those individuals who suffered financial hardship because of COVID -19 and who otherwise satisfy the requirements of the **Act** accords with the ...

4. [fed-pro.org](#)

[Student Loan Forgiveness - Education Loan Forgiveness](#)

Apply Today for Federal **Student Loan Forgiveness** for Teachers. Teacher **Loan Forgiveness** under the PSLF Public Service **Loan Forgiveness** Program.

5. **AG Nessel: beware of student loan forgiveness scammers** By Fox 2 Staff

<https://www.fox2detroit.com/news/ag-nessel-beware-of-student-loan-forgiveness-scammers>