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Realize Yourself Through the Warrior Spirit Within You

by Kenneth G. White Jr. MSW
Native Health Care Solutions LLC

These are extraordinary times. I am holed up here in Flagstaff, Arizona with family staying home day after day. As a Dine' (Navajo) I would like to share my thoughts today. First and foremost, I would like to wish you good health and safety from this virus. Please be safe and stay home.

There are so many needy people among us, among which are the children, elders, homeless, low income, and unemployed. Likewise, we have so many great people among us including doctors, nurses, EMT's, grocery store workers, teachers, students, postal workers, and developmentally challenged individuals, to name a few.

We also have great programs, services and facilities trying their



"The Tip" – Indigenous ancestors and elders truly believed self-realization, empowerment, the Warrior Spirit and Creator are forever present for healing in this sacred Circle of Life.

best to provide necessary care to Indigenous populations, including the Indian Health Service, tribal health care centers, and urban programs.

During these challenging times, some feel anxiety, stress, and may feel overwhelmed. When these feelings come to your mind, remember Indigenous people are strong and resilient. You are strong and resilient, you have it in your lineage and blood. Elders call it the Warrior Spirit. For example, the great Kumeyaay Nations are over 13,000 years old; the Dine' people endured the Long Walk; the Tribes in Oklahoma survived the Trail of Tears; our Lakota brothers and sisters survived Wounded Knee and we are all still here as Indigenous people. There is an inherent physical, mental, environmental, and spiritual power and strength among Indigenous people from our Creator that gives us the ability to survive during hard times.

One principle of social work and therapy is to never say "I know how you feel" because, one person can never actually know how another person feels. The humane way to state it is "I empathize

SEE **Warrior Spirit**, page 4

Spiritually Connected to the Earth

by -Floyd Red Crow Westerman

"We were told that we would see America come and go. In a sense America is dying, from within, because they forgot the instructions of how to live on earth. It's the Hopi belief, it's our belief, that if you are not spiritually connected to the earth, and understand the spiritual reality of how to live on earth, it's likely that you will not make it.

Everything is spiritual, everything has a spirit, everything was brought here by the creator, the one creator. Some people call him God, some people call him Buddha, some people call him Allah, some people call him other names. We call him Tunkaschila... Grandfather.

We are here on earth only a few winters, then we go to the spirit world. The spirit world is more real than most of us believe.

SEE **Spiritually Connected**, page 4

Joe Renteria Shares Survival Techniques of Gardening

by Susan Renteria

Joe Renteria our Elder Statesman and Indigenous role model knows how to keep everyone in his family young happy and well fed during this cultural hiatus. According to sister in-law Susan "We are all doing great. Of course, in the beginning we were listening to the news alerts a lot but as time passed we felt more comfortable focusing on more positive things. Joe has mobilized everyone with a green thumb and got our garden planted right away are starting to see new sprouts coming up. Joe's infectious positive outlook is good medicine. He has been getting out in the yard planting and keeping up on the weeds. We all are getting our exercise.

Vickie Gambala has really put some effort into keeping the elders connected. She reached out to us and others to post short videos of our projects on the Soaring Eagles website. It was really comforting to see our friend doing so well. We have had others call or send text messages to keep in touch. Also,

Cari Gloria at the San Diego American Indian Health Clinic was able to establish a GO TO MEETING page so that we could continue our Friday night Craft session. That is a real blessing that keeps us connected, gives us something to do and enables us to visit with each other! The local Target and Von's have been a big help with the online ordering and bringing the groceries out to the car and loading so we have minimal exposure. Once this is over, I will be returning to work so I made sure to write out a routine to follow every day to help me keep from getting depressed or sleeping too much and to keep a better sense of normalcy.

The best thing that has come out of this so far for me is the Facebook page,

Social Distance Pow Wow. Native Americans all over are dancing for everyone in their homes, in their yard and the beautiful back country areas. I got to see dancers and styles and country that I never would have seen just at our Pow Wow's. It is truly amazing and healing to be able to see them all. And the nurses and doctors are posting their pictures and telling about themselves, which helps me be more specific in my prayers, which go out to ALL.



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The NAACP Lynching Its Leadership?

On February 26, 2020 I, Clovis Honoré, then President of the NAACP San Diego Branch, received a letter from the National NAACP quoting a section of the NAACP constitution and telling him I was no longer a member, and would be kept out for 3 years before I can reapply for membership.

While I received some static from the NAACP California State Conference about a policy issue, I have never gotten any documentation from the National NAACP, the only one with the authority to take away my membership, according to the NAACP Constitution, explaining why they expelled me for 3 years. It's like I'm the Black kid in school who gets expelled because he's being a 'disruptive' Black kid."

When I joined the San Diego Branch of the NAACP as a volunteer, I thought I was going to be able to fight for what is best for oppressed people and people of color at the local level - here in San Diego. But apparently the local Branches can only fight for what the State and National NAACP think is best, or you can be summarily removed from the organization without explanation or due process, just for asking for a change in policy - and we followed their procedures. I feel like I've been lynched by the very organization that was founded 111

years ago to stop lynchings."

This appears to stem from a controversy over a resolution democratically approved by the NAACP San Diego Branch and signed by me, as the then President of the Branch. The resolution went nowhere fast within the NAACP, but got considerable attention in the media. This didn't sit well with the State NAACP, so they sent a letter to the National NAACP with some vague accusations against 3 NAACP branches and their leadership. The letter says someone did something, but it doesn't say who did what.

I've been reading "Just Mercy" by Brian Stephenson, and this reminds me of how the Alabama and Mississippi police hid behind their authority to abuse Black citizens. It's pretty shocking.

"If they have a reason to kick me out, all they have to do is say what it is, so the San Diego community I serve can know why. The NAACP owes San Diego at least that. All they've done so far is say I broke the rules', but they won't say how. It's like saying "you broke the law, here is the law you broke and this is your sentence." But where is the due process? Where are my accusers hiding? Where is the list of offenses? Where is the evidence? Even in a lynching they would tell the poor soul what they were

accusing him of, even if he didn't do it.

I've been involved in serving communities of concern in San Diego for more than 20 years. I was appointed to the Executive Committee and elected 1st Vice President and then President of the NAACP - all volunteer positions. People I've never seen in San Diego are deciding what is best for Black and oppressed people in San Diego without ever setting foot here, and a lot of people want to know why. Even the San Diego Branch of the NAACP doesn't know why. When they posted a statement to that effect on their website, the National NAACP made them take it down. Why? What are they hiding?

I have been a member of Alpha Phi Alpha Fraternity, Inc. For 40 years. Alpha Phi Alpha was founded in 1906 at Cornell University. The NAACP was founded in 1909 with the help of a member of my Fraternity, W.E.B. Dubois. Thurgood Marshall, who argued Brown vs. Board of Education before the United States Supreme Court on behalf of the NAACP, and later became the first African American Supreme Court Justice, was an Alpha. Another notable Alpha was Rev. Dr. Martin Luther King, Jr. These men and many others would be sorely disappointed with the behavior of the leadership of the nation's oldest and greatest civil rights organization. All that they represented, fought and died for is tainted by the lack of transparency and lack of due process in the way I and

other NAACP members and leaders have been treated by our own organization. Someone needs to ask them why."

*Clovis Honoré
Past President, NAACP San Diego Branch
Past President, San Diego Black Health Associates
Past Interim Executive Director, United African American Ministerial Action Council
Past Executive Director, San Diego Area Congregations for Change
Social Justice Editor, Indian Voices Newspaper*

*Cowardice asks the question,
is it safe?*

*Expediency asks the question,
is it politic?*

*Vanity asks the question,
is it popular?*

*But conscience asks the
question, is it right?*

*And there comes a time when one
must take a position that is neither
safe, nor politic, nor popular, but
one must take it because it is right.*

— Martin Luther King, Jr.

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Covid19, Coping, Community

An interview with San Diego area professor and Lone Pine Paiute-Shoshone native Kiana Maillet



Kiana Maillet is a member of the Lone Pine Paiute-Shoshone Tribe where she is a Tribal ICWA Representative and part of the Cultural Resource Protection Committee. Maillet holds Masters Degrees in Social Work (MSW) and Public Administration (MPA), Bachelors Degrees in Psychology and Child Development, and she is currently a doctoral student in a joint program through UC San Diego and CSU San Marcos studying Educational Leadership. Professionally, Kiana is a Licensed Clinical Social Worker and an Adjunct Professor. She has extensive volunteer and work experience working with youth, families, and communities in need.

Indian Voices: Can you tell us about some of the challenges you see people dealing with regarding distance education during the Covid19 quarantine in your community?

Kiana Maillet: People are experiencing so much stress right now. A lot of people don't have the equipment for online learning, and if they have the equipment they often don't have the knowledge of how to use it and all the different programs that are needed. That goes for the students as well as the teachers. Many of the teachers themselves are learning how to do online teaching for the first time, which is a lot of hard work. I've taught online for 6 years, and online teaching is at minimum, twice the work. A lot of students may not have access to the internet and at the same time, with their families at home, they may not have a quiet place to do their studies. Everyone's situation is different. You're talking about laptops, tablets, P.C.s and getting online. Then on top of that you have people faced with this trauma. It's hard for students to focus. There's so much anxiety out there, a lot of worry, and learning online takes focus and good time management skills.

Indian Voices: Can you talk about some of the challenges instructors are dealing with in teaching online?

Maillet : First you have to build the curriculum and then you have find ways to make it engaging with your students. It's really not the same interaction as if you're in the classroom talking back and forth. You have to do it in a way that's interesting and engaging in the midst of all this chaos that's happening. We also have to go back and keep them engaged and so you have a lot more grading. My son started his online education this morning and he's in fifth grade and I see what their struggles are. I see the teachers are struggling to use the programs that they've never used before and have a short time to learn how. Sometimes, like for Google documents, the teachers don't know how to make them editable for the students. They're not familiar with the software on either end, and because I'm an online teacher I'm able to tell my son that it's okay and not to worry about it because his teacher didn't know how to do this but she'll figure it out. But every child might not have somebody who understands this and can explain it to them. There's two different styles of online teaching: One is asynchronous where you basically put the class work out there and they can do it on their own time; and the other kind, which is actual online sessions where we're all online at the same time. Like in the doctoral program I'm in now, we have a time where as a cohort we meet together online. If I were doing that kind of real-time education I would try to keep the students engaged and ask them questions because I don't think anybody likes just straight lecture. Also, lecturing for the first time by video is different and not everybody has that skill set.

Indian Voices: Do you try to prepare your own children for the hiccups and obstacles the teachers are confronting?

Maillet: Yes, I tell my kids the instructors are people too, and they get worried about making mistakes and so they have their own struggles and stress going on.

Indian Voices: Are you teaching at University this semester?

Maillet: I teach for the San Diego Community College District. For me it's fine because I've been teaching online for years so this isn't something new, but I totally understand the struggles that teachers are going through. I can't imagine being thrown into this instantly and having to figure it all out. Plus for the native community there are already cultural histories and present realities that are challenging, and it's hard for me to say because there's so many cultural issues, so many racial issues, micro-aggressions and unwelcoming environments attached to race. Our whole education system has issues outside of what is happening with Covid 19. I imagine that one-on-one is very important for these students, and so it's a big deal to have that diminished from the support that's needed. I can see that from the University level there are safes spaces for the students to gather and meet on campus , and so with the online format, some of them don't even have safe spaces where they feel okay now at home.

Indian Voices: Right, with your background in social work, what is your take on being forced to stay at home with regard to things like domestic violence and child abuse?

Maillet: Having to stay home can be a blessing and a curse at the same time. On the positive side, people get to spend time together. But they're doing it under this immense amount of stress and I imagine that some families are struggling with that. There are people living in small spaces and you know, they have to all be in the same room at the same time, all the time, and they need alone time. They need that space for their own mental health. Some people don't have yards or have places they can go safely be outside. And there are stressed out adults in the home.

Indian Voices: And stressed adults often turn to alcohol which can be calming, but it's pretty well documented that alcohol use is often a precursor to domestic violence. Can you speak to the issue of domestic violence during the Covid19 lockdown in Native American communities?

Maillet: There's a lot of challenges there because one of our safety nets, and

not just for children, but also for battered spouses are things like in-person doctor visits or going to school where children are around other people and have time seeing them face to face. During lockdown these things aren't happening. The same safety nets aren't there because people aren't seeing it so they're not reporting it. And they're not being connected to resources either. And you know it's not so easy to make that phone call for help. When somebody actually physically sees you and sees that something's wrong they can report it but not if you're in isolation.

Indian Voices: I understand there are some barriers to prosecuting men of domestic violence on tribal lands because authorities are unsure who has jurisdiction. Has that situation improved any?

Maillet: Well now, domestic violence isn't just men against women. It can be women against men or men against men, women against women. Domestic violence can occur between any people.

Indian Voices: I stand corrected and rightly so. Thank you for that. Have inroads been made legally on those fronts? Has prosecutorial power been expanded, clarified?

Maillet: Yes, that came with the Violence Against Women Act. For domestic violence and child abuse on the reservations. But there's still work to be done. There's tribal law and federal law, and it's hard for a lot of people to understand the differences, including the people that work within the systems.

Indian Voices: At the NAJA conference last summer it was stressed that Native journalists should be reporting success stories, especially those of models which could be duplicated. Is there anything like that you can talk about?

Maillet: There's a lot of positive work between the social workers and the tribes. There's actually a very good agency out here in San Diego called the Indian Specialty Unit. It's great that we have them but they're a small unit.

Indian Voices: Culturally speaking, what are some of the ways the Covid pandemic is affecting your extended community?

Maillet: A lot of our social gatherings are being cancelled or postponed and

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Warrior Spirit

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with you and how you are feeling.” Applying this principle, I can only say no matter what you are feeling during this pandemic, I am with you in my empathy and compassion for you and your family.

A second principle of social work is empowerment. Empower yourself. Use the indigenous gifts Creator gave you at birth to practice self-care, embrace your identity, be spiritually grounded and take care of you, your family and love ones.

A third principle of social work is realization. Realize yourself. Regardless of your personal and professional situation, you are a gift from God. You are unique, one of a kind in this world. By empowering yourself with self-realization and the Warrior Spirit, you will put on the armor of Creator's blessings as a protection in your daily life and be strong as an indigenous person. No one can take away your power and self-realization unless you let them. Your ancestors and elders in your life want you to succeed in life, they are 100% behind you beyond your worldly comprehensive. Realize yourself.

Society, through the awful seeds of bigotry, discrimination, racism, and imposed historical and intergenerational trauma beats down on individuals and families to make them feel less than who they really are as indigenous people. It is convenient to unconsciously accept these atrocities and negative consequences for Indigenous populations. Indeed, sometimes we have no choice but to exist in these man-made environments meant to hurt or destroy us. Always remember, our elders and ancestors did not succumb to these evil ways, they used them to make themselves stronger through good ways we have been gifted by Creator. Therefore, in carrying on and honoring our great Indigenous legacy

that were put in place before our contemporary generations, rather than succumbing to weakness, let discrimination and racism make you stronger, more determined and resilient as a beautiful gifted spiritual Indigenous person. Embrace the Warrior Spirit within you.

It is also important to note that in these extraordinary times, there are many people who are alone. Children with no parents, single adults, single Moms and Dads. But guess what? You are not alone. Our ancestors, elders, loved ones who went beyond, and the Creator are right there with you. Mother Earth and Father Sun greet you every day with a blessing. The animals, trees, water, and air are all spiritual gifts with you each day. Again, it has easy to believe you are alone in the so-called White man's way, but in the Indian way, you are never alone. Wake up, look around, embrace these gifts, and realize and empower yourself in a humble Indigenous way.

Likewise, manmade societal influences have made many Indigenous people to think in a linear manner – from point A to point B, because that is how we have been taught. This thought process is so common that we do not think of an embedded Indigenous way of thinking our ancestors and elders established and embraced for us to learn. Through Creator's gifts, in the Indian way, we are all part of a traditional circle made up of family, community, tribes and again, elders and ancestors. Redefine your thinking, empower yourself, and realize yourself - You are forever a part of an Indigenous loving circle, whether you are alone, with family, community, or tribe. Our ancestors and elders think in a circular manner – four seasons, four directions, four clans, four parts of every day, four lineages (Mom, Dad, Grandma, Grandpa), four primary Indigenous values – Love, hope, charity and faith. A great Lakota elder once told me “Think about your life like putting up a tipi in a circle. You need four poles tied together to set up the foundation for the rest of the poles to stand up in a circle. We must always recognize and honor our foundation and the beautiful circle we all live in every day.”

In these extraordinary times, this pandemic is not only a disease. It is an evil spirit. It reminds me of a time when we were called to Rapid City, South Dakota to help the people when eleven tribal members, mostly young people, had

committed suicide in a three-week span. The tribes had identified this tragedy as an emergency and called I.H.S., tribal programs, psychiatrists, psychologists, doctors and other professionals to discuss and suggest remedies for this suicide pandemic. We sat there for three days, everyone contributing their thoughts and expertise from a clinical standpoint. On the third day, at the conclusion of the meeting, a Lakota female elder stood up and offered her advice and guidance to the situation regarding unprecedented suicide among the people. She said “Suicide is an evil spirit. It is a blackness that comes in your heart and mind telling you to take your own life. The only way to get rid of these thoughts and evil spirit blackness is to chase it away with our prayers and Lakota ways.” In the Indian way, it is not for young people to question the elders, but to accept what they say unconditionally. I accept it and so should you because the elders speak for the Creator. Keep the evil spirit of this virus away from you and your family by prayer, burning cedar and sage, honoring our elder's advice and guidance, and staying home.

The bottom line, at least for me, is realizing that we are not in control of circumstances - Creator is - and always will be. So however way you believe – In God Almighty, Creator, the force, energy, etc., humble yourself to the universal power and realize the infinity and goodness of that power. As a wise Dine' elder once told me about trying to conceptualize the infinity and power of Creator – “A human being can never understand infinity. A human being can never really understand the love, power and grace of God. You are only one grain of sand in all the land and oceans in the world. That is how infinite God's love and compassion is for you. He is always there for you but beyond you human understanding. Do not questions Creator. Humble yourself and serve Him.”

I am just another guy from the rez – Fort Defiance, Arizona, Red Lake Road – and no better than anyone else. This message is filled with the teachings of my Dine' elders, in particular, my dear Dad, Kenneth G. White Sr., who went to be with God Almighty in June 2018. Thank you, Dad, for teaching me these ways.

Everything we do in this life is for our children. As adults, respecting you own way of life, it up to you to hear my message today. Along with my love and com-

passion for you, this message is for our dear Indigenous children among us. Let us strive unconditionally to make a beautiful future for them through our actions, not words, today.

We are living in extraordinary times - these times - the 7th generation -as prophesized by the great Chief Crazy Horse –

“Upon suffering beyond suffering; the Red Nation shall rise again, and it shall be a blessing for a sick world. A world filled with broken promises, selfishness and separations. A world longing for light again. I see a time of seven generations when all the colors of mankind will gather under sacred tree of life and the whole Earth will become one again. In that day there will be those among the Lakota who will carry knowledge and understanding of unity among all living things, and the young white ones will com to those of my people and ask for this wisdom. I salute the light within your eyes where the whole universe dwells. For when you are at the center within you and I am in that place within me, we shall be one.”

Realize yourself through the Warrior Spirit within you. God bless you all.

Spiritually Connected

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The spirit world is everything. Over 95% of our body is water. In order to stay healthy you've got to drink good water. ... Water is sacred, air is sacred.

Our DNA is made out of the same DNA as the tree, the tree breaths what we exhale, we need what the tree exhales. So we have a common destiny with the tree.

We are all from the earth, and when earth, the water, the atmosphere is corrupted, then it will create its own reaction. The mother is reacting.

In the Hopi prophecy they say the storms and floods will become greater. To me it's not a negative thing to know that there will be great changes. It's not negative, it's evolution. When you look at it as evolution, it's time, nothing stays the same. You should learn how to plant something. That is the first connection.

You should treat all things as spirit, realize that we are one family. It's never something like the end. Its like life, there is no end to life.”



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My message to all COVID 19 Freedom protesters:

by Phillip Kwa'han Espinoza

Hey, I'm like the only liberal who understands you it seems. And I'm with you guys, but remember when you used to tell protesters that if they don't like the laws of this country they should leave?

What happened to that?

And the whole "get a job" comment that would plague all protesting videos.

Do you think you could use this whole thing as a lesson in helping you understand why people protest? It's not because they wanna troll, it's because they're genuinely struggling, like you are now. The Black Lives Matter protesters, they're people, just like you, who simply want the freedom to live and pursue happiness. Don't let the media control how you perceive your brothers and sisters in the same class of society as you.

I applaud your passion for freedom and to express your concern regarding COVID 19. It reminds us what is great about the spirit of this country.

I hope you will continue protesting for the freedoms that nobody cared about being taken away before all this. All the people who are wrongfully convicted and serving life sentences, the prisoners in Guantanamo that get imprisoned indefinitely without due process. There are so many ways we are not free in this country, this is only one way, the most recent way. Like the peo-

ple who just now, as a result of this virus, are getting their eyes opened to how death happens all the time, there are people just now being made conscious of civil rights violations and freedoms that get denied to people all the time in this country. You could say our silence on these issues has lead to them feeling comfortable to do what they are now doing. Let us continue the fight for freedom beyond this issue of golf courses and haircuts and use this enthusiasm to fight for freedoms that truly matter, that nobody is currently fighting for. Let's fight for freedoms of black people who get unjustly harassed and killed by police every day in this country. Let's fight for freedom from minimum wage slavery. Let's fight for Natives' freedom from corporations using their land for profit. Let's fight for the freedom from predatory student loan scams that rob people of their right to pursue happiness and enslave them into a life of misery. Let's not stop fighting by being tranquilized once we get our own freedoms. We must fight for freedoms of all!

So let's turn this manufactured partisan issue into an issue where we recognize the struggles of our brothers and sisters of the same class and recognize that we all have the same needs in life: toilet paper, a haircut now and then, but most importantly, freedom.

Covid-19, Coping ...

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that is where social support is usually found. You know, our pow wows, our gatherings, different family events. We all go to family events, and so I see a lot of people struggling with just not having that support of getting out there and being with their people. Also, many tribal communities have always been matriarchal. The women were the leaders but because of colonialism those matriarchal roles were diminished somewhat. They would only speak to our people's men, not our women. But the women had that leadership. The women supported our people and I don't feel like their voices are muted. But I feel like they didn't have the power to lift their voices to lead their communities, to support their communities.

Indian Voices: Is the matriarchal presence and influence there today?

Maillet: I see some of the toughest people I've ever met just break down around their grandmothers. Sometimes at the reservations, the houses are really far apart so you don't even have neighbors to see and hear what is going on. In my experience, a lot of people behave better when they're around certain family members. It's tough without our gatherings. I don't want to go with a complete negative perspective because we're such an amazing, resilient people. And you know we've been adapting as well, finding ways to communicate with each other and support each other. I suggest

people call and text each other. The other day, one of my nieces reached out and just said "hi, how you doing?" and that's just really empowering, and heart-felt, and I love it. So there's good things coming out of this too.

Indian Voices: Thank you so much for taking the time to speak with us. Is there anything we didn't touch on that you'd like to address during this challenging time of the Covid19 pandemic in Indian Country?

Maillet: I think that our communities need to understand that we're in a traumatic time right now, and that they need to know that it's okay if we're not as productive as we'd like to be. It's okay to focus on ourselves and care for ourselves. It's okay if we make mistakes, you know as people, we need to be very forgiving of ourselves at this time. If we can't work, we can find other purposes and other meaningful ways to spend our time. I feel like we're almost going back to that old-time living where we don't have a grocery store and we got our beans, we have our rice. We have our flour, our commodities and we can survive on this for months if we need to. I'm going out to the plants daily and visit with them, and talk to them, and organize what we have. And you know, go through the whole alphabet in my roots and herbs. My family, you know we joke around and do shots of elderberry syrup. We have shot glasses and we sit around and we do shots of elderberry syrup. We make it fun.

HAS THE PRESCRIPTION OPIOID CRISIS AFFECTED YOU OR SOMEONE YOU KNOW? YOU COULD BE COMPENSATED FROM THE PURDUE PHARMA L.P. BANKRUPTCY.

FILE YOUR CLAIM BY JUNE 30, 2020.

PLEASE READ THIS NOTICE CAREFULLY. YOUR RIGHTS MAY BE AFFECTED.
PARA INFORMACIÓN EN ESPAÑOL, VISITE EL SITIO WEB.

WHAT IS THIS ABOUT?

If you think you've been hurt by Purdue Pharma L.P., a U.S. limited partnership, its general partner and its subsidiaries, including Imbrium Therapeutics L.P., Adlon Therapeutics L.P., Greenfield BioVentures L.P., Avrio Health L.P., Rhodes Technologies, and Rhodes Pharmaceuticals L.P. ("Purdue"), or Purdue prescription opioids, like OxyContin®, or other prescription opioids produced, marketed or sold by Purdue, you can file a claim for compensation in the Purdue bankruptcy proceeding. The deadline to file a claim is **June 30, 2020, at 5:00 p.m. Eastern Time.**

WHAT IS A CLAIM AND WHO CAN FILE?

A "claim" means a right to seek payment or other compensation. You must file a Proof of Claim Form so it is **actually received** by the deadline. It can be filed by you, by a legal guardian, by survivors, or by relatives of people who have died or are disabled. **All Personal Injury Claimant Proof of Claim Forms and any supporting documentation submitted with those forms will be kept highly confidential and will not be made available to the public.** You do not need an attorney to file a proof of claim for you.

Additionally, partnerships, corporations, joint ventures, trusts, governmental units, and Native American Tribes may also file a proof of claim against Purdue.

Go to PurduePharmaClaims.com to find a complete list of instructions on how to file a claim. You will also find a list of the opioids produced, marketed or sold by Purdue.

You may file a Proof of Claim even if a settlement is contemplated in the Purdue bankruptcy so that your claim can be considered as part of any settlement.

WHO DOES THIS AFFECT AND WHAT ARE MY RIGHTS?

If you think you've suffered harm from Purdue or its prescription opioids, you have the right to file a claim even if you may also have received reimbursement from insurance. Examples of claims that may be filed in the Purdue bankruptcy include death, addiction or dependence, lost wages, loss of spousal relationship benefit for things like child-rearing, enjoyment of life, etc., or Neonatal Abstinence Syndrome (sometimes referred to as "NAS"), among others.

The deadline to file a claim is June 30, 2020, at 5:00 p.m. Eastern Time. If you do not file a claim by the deadline, you will lose the right to file a claim against Purdue, and you will lose any right to seek payment or compensation you may have had. Proof of Claim Forms, a list of opioids produced, marketed or sold by "Purdue," and instructions for how to file a claim are online at PurduePharmaClaims.com. You can also request a claim form by mail, email or phone:

Purdue Pharma Claims Processing Center c/o Prime Clerk LLC | 850 Third Avenue, Ste. 412, Brooklyn, NY 11232 | Email: purduepharmainfo@primeclerk.com | Phone: 1.844.217.0912

THIS IS ONLY A SUMMARY OF THE INFORMATION.

Is Purdue out of money? No. For more information concerning Purdue's bankruptcy, Frequently Asked Questions, Proof of Claim Forms, examples of personal injury and other claims that can be filed, instructions on how to file a claim, and important documents including the Bar Date Notice, visit

PurduePharmaClaims.com, or call 1.844.217.0912.



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To improve the quality of life of those who recognize themselves and choose to be recognized by others as "Indigenous Peoples of Color of the Americas" and in support of The American Indian Rights and Resources Organization (AIRRO).

In Brazil, COVID-19 Outbreak Paves Way for Invasion of Indigenous Lands

With outsider encroachment into indigenous reserves continuing to escalate in the Brazilian Amazon and the COVID-19 outbreak spreading rapidly throughout the country, indigenous people are increasingly vulnerable to both violence and infection. The threats are exacerbated by a reduction in environmental oversight by authorities due to social distancing restrictions imposed in response to the pandemic.

Indigenous leaders and advocates told Mongabay they fear the situation will get worsen in the coming months as loggers, land grabbers and illegal miners take advantage of the coronavirus chaos

Writer, Civil Rights Warrior, Community Organizer, Professor of Political Science, Former City Councilman, Former School Board Trustee, former SNCC-Panther Leader

Mario Marcel Salas, an Afro-Mexican political leader, was born in San Antonio, Texas on July 30, 1949 to an Afro-Mexican father and a mixed race mother. For most of his adult life, Salas has been an advocate for San Antonio's African-American and Hispanic community, fighting against racism in all its forms. Mr. Salas is a retired Assistant Professor of Political Science, having taught Texas Politics, Federal Politics, Political History, the Politics of Mexico, African American Studies, Civil Rights, and International Conflicts. He is a current lecturer at the University of Texas at San Antonio, Texas (UTSA). He also served as a City Councilman for the City of San Antonio in 1997 for two complete terms, and was very active in the Civil Rights Movement for many years as a member of SNCC and the Black Panther Party for Self Defense. Professor Salas developed the first economic relationship for the City of San Antonio



with Mafeking, South Africa in 2001. He has authored several textbooks including, Foundation Myth in Political Thought: The Racial Moorings of Foundation Myth and American and Texas Political History: A Maze of Racialized Thought in America (2019). Professor Salas helped to develop the first economic relationship with an African country for the City of San Antonio with Mafeking, South Africa. Professor Salas also helped to co-author the Amicus Brief that went before the U. S. Supreme Court in the case of Grutter vs. Bollinger as a veteran of the Civil Rights Movement.

During his city council tenure he established by city council ordinance Tax Increment Finance Zone Board 11, which is building projects in poor neighborhoods to uplift oppressed communities. He was most recently successful in obtaining over \$200,000 to improve the city's African

American cemetery.

He championed the establishment of a Dr. Martin Luther King Jr. Texas state holiday and served as Vice-President for the Judson Independent School Board of Trustees. He is the President of San Antonio Community Radio (KROV) and is active in San Antonio Politics. He is a 300-Year Tricentennial Commissioner for the City of San Antonio and a member of the Bexar County Historical Commission and is considered an expert in African American History. He has done extensive research on African Americans in San Antonio, Texas, Afro-Mexicans, and the Black Seminoles. Mr. Salas has archived material maintained by the special collections department of the University of Texas at the Institute of Texan Cultures. He is married to Edwina Lacy Salas and has two children, Angela and Elena and 3 grandchildren.

For speaking arrangements and information email: msalas7831@yahoo.com or call 210-454-3875
For a list of archival material go to: <http://www.lib.utexas.edu/taro/utsa/00096/utsa-00096.html>

to accelerate their attacks on indigenous territories, emboldened by President Jair Bolsonaro's rhetoric and reports of a drop in enforcement activities.

"These criminals won't respect social distancing. Much the opposite: they will take advantage to be able to work more peacefully," Antonio Oviedo, a monitoring coordinator at the Socio-Environmental Institute (ISA), an NGO that defends indigenous rights, told Mongabay.

Environmental enforcement authori-

ties in Pará state near Belo Monte dam find stash of illegal wood. Image by Sam Cowie
Environmental enforcement authorities in Pará state near Belo Monte dam find stash of illegal wood. Image by Sam Cowie

In Rondônia state, the epicenter of last year's Amazon fires, members of the Karipuna indigenous people have submitted a complaint to the local Federal Prosecutor's Office (MPF), reporting non-indigenous people clearing forest inside their reserve, less than 10 kilome-

ters (6 miles) from the village where the group lives. The document was also signed by Brazil's Indigenous Missionary Council, which is affiliated with the Catholic Church, and Greenpeace.

"We are scared that one of these invaders will bring the virus inside our territory," Adriano Karipuna, one of the group's leaders, told Mongabay.

"Bolsonaro has told these people that it's just a little flu and that they can go back

SEE **Brazil COVID-19**, page 14



Native American Artist

TR Whitefox

Kiowa Tribe of Oklahoma

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Email: redroxwhitefox@yahoo.com

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PERSPECTIVE from PEACHE

Photos Rochelle Porter

Philanthropist and Figgers Wireless CEO Freddie Figgers has spearheaded a campaign to provide critical assistance to thousands of healthcare workers on the front lines of the COVID-19 crisis. The Figgers Foundation, a Florida-based non-profit is donating and distributing approximately 700,000 units of personal protection equipment (“PPE”) to Coronavirus outbreak hotspots around the country.



FORT LAUDERDALE, FL – The Figgers Foundation, the charitable arm of African American owned telecommunications firm Figgers Communications, aims to bring awareness and provide solutions to real life issues. Committed to making the world a better place by donating a percentage of the company’s profits to pro-social efforts, philanthropist and CEO Freddie Figgers has spearheaded a campaign to provide critical assistance to thousands of healthcare workers on the front lines of the COVID-19 crisis. The Florida-based non-profit is donating and distributing approximately 700,000 units of personal protection equipment (“PPE”) to Coronavirus outbreak hotspots around the country. These hotspots include hospitals and healthcare workers in New York, Washington State, California, Georgia, Maryland, New Jersey, Florida, and Michigan. The donations include some of the most crucial PPE equipment such as surgical masks, N95 masks, face shields and hazardous material protec-



American Inventor, Telecom Company Founder, Software Engineer and Philanthropist, Freddie Figgers (CEO, Figgers Wireless) Prepares PPE kits for distribution to healthcare frontline workers in COVID-19 hotspot regions.

tive coveralls.

“When I saw the virus in China and how it affected the nearly 1.5 billion population, I knew it was only a matter of time before it struck home here in America,” said Figgers. “I knew the pandemic could potentially overwhelm our

healthcare system and began planning to gather critical supplies, such as PPEs, anticipating that access to protective gear could become an issue for healthcare professionals on the front lines. I was able to purchase these supplies directly from manufacturers before they would be overwhelmed themselves. We are grateful to be able to make this contribution and

stand with American first responders as they work tirelessly to battle this global health crisis. I am personally committed to doing everything in my power to make the world a better place.”

Distribution of PPE donations will continue while supplies last – if you are

a healthcare provider in need of PPE for your patient care staff, please submit a request by visiting The Figgers Foundation website at www.figgersfoundation.org or accessing the form via the following link: FiggersFoundationPPERequestForm.

For more information about The Figgers Foundation or to donate, please visit www.figgersfoundation.org.



*If you are a healthcare provider or frontline medical professional in need of PPE supplies please submit your request via FiggersFoundation.org for donation form. #FiggersFirstResponders #FiggersFoundation #JoinTheMovement



We’re here to help Native Americans overcome their barriers to employment so they can obtain and maintain their employment goals.

The Sycuan Inter-Tribal Vocational Rehabilitation (SITVR) Program provides counseling, rehabilitation assistance, employment training, education assistance, job placement, job search, career assessment, assistive technology and employment services for Native Americans with disabilities

The eligibility criteria for vocational rehabilitation services are:

- * You must be an enrolled member of a state of Federally recognized Indian tribe.
- * You must live on or near one of the 12 Kumeyaay Indian Reservations in San Diego County.
- * You must have a physical or mental impairment that creates difficulty with obtaining or maintaining employment
- * You must require vocational rehabilitation services to achieve and maintain gainful employment.

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WORLD BEAT CENTER

The Place: World Beat Cafe, 2100 Park Boulevard, Balboa Park, 619-230-1190; 619-558-3728

Hours: 11:00am-7pm daily (from 12:30pm Sundays)

Prices: Mushroom barley soup, \$6; shiitake mushrooms in garlic “butter,” salsa, \$6; mushroom “cheez” burger \$6; veggie coconut curry with plantains, rice, \$8.50; chili and rice, chips, \$6; Jamaican patties, \$4.50; tofu hot dogs, \$3; organic spring salad, \$5.50; spicy Jamaican red curry, \$9.50; costa chica chili, \$6; Louisiana Creole gumbo with okra, corn, rice, \$6; African peanut coconut curry, rice, \$5; combo of four entrees, \$12

Buses: 7, 215

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GROUND ZERO FOR THE HOMELESS IN THE WORLD'S FINEST CITY

It Takes a Community to Save the Community

by Makeda Cheatom and Jesimarie Rodriguez



The arts have been hit very hard during these times, but the WorldBeat Cultural Center has been resilient in keeping strong for

31 years in Balboa Park and will stay committed for generations to come. WorldBeat Cultural Center realizes that it is not easy for any grassroots organization, that's why it takes all of us in the community to collaborate and help save our community, our family, our nation and our Mother Earth. It's a time to put all petty differences aside and come together as ONE HUE-MAN RACE.



We've been connecting with so many people and it's definitely a rainbow of elders and sisters that formed the Sisters Circle of Resilience. Starting with our first sister from Oceanside who one day surprised us and dropped off homemade masks for the whole WorldBeat team. She said "the schools are closed and I'm not working, so all I do now is make masks all day, haha!" Maye's generosity made us realize a lot of people were out of work and this gave us the opportunity to keep the money flowing through the community.



that Their health is OUR health and we could help prevent the spread of COVID-19 by helping the most vulnerable people with the least access to hygiene and healthy foods. With the help from food donations



maintain. Walking through the garden with Miss Bobbie was such a gift and blessing and also an affirmation to how important and necessary it is for our elders to tend to living food as they water the plants giving life, love, and faith to grow, the plant in return reflects that same love with more life and gives us nourishing food and oxygen.



WorldBeat Cultural Center's Sisters Circle of Resilience thanks those who have sent donations and those who bought our Masks of Compassion. Your contribution is an act of Community Saving the Community! If you would like to help sustain "Operation Reset" and help our wishes come true please go to our website WorldBeatCenter.org to donate or email OneWorldBeatCafe@gmail.com to purchase a Mask of Compassion.

During these two months Balboa park has been closed so WorldBeat Center had to strategize on how to keep serving our community, especially seeing that people of color are the most vulnerable and have

the most number of deaths caused by COVID-19. As a cultural center we felt it our duty to spark up "Operation Reset". Collectively reinventing ourselves seeing what is most important during these times, finding our inner strengths that will help not only ourselves but our fellow neighbors to thrive and survive. It takes a community to save the community.



we started the Masks of Compassion program where we reached out to other members of the community like Bobbie Miller and Ahn. Through our beautiful sister/ auntie/ grandmother beloved Miss Johnnierenee we also met Miss Bobbie Hems and her daughter. Talk about resilience, Miss Bobbie is 87 years old and her daughter is 65 and they are the most humble, grateful, compassionate, and kindest people I ever met. In fact she's been feeding the homeless for the past 8 years and she gave us the inspiration to help her feed the homeless too. We realized



as well as masks to help prevent the spread of the virus. We are so grateful for Miss Bobbie and all of our Sisters Circle of Resilience. We are committed to keeping our elders strong by making a crucial part of "Operation Reset" being to supply each of them with all the herbs and



healing remedies fresh from our garden by providing them with their own plants to grow in planter boxes, ones that are suitable just for them, convenient, and easy to



Free Yourself from the Colonized Diet

Greetings and Blessed Love in these challenging times. It's very important that you take care of your temple. This is the time for a reset. With so many conspiracy theories and some, I do believe are true. It's like reading some of the sci-fi books I read years ago that predicted this time of confusion and chaos. One of my favorites was "1984" and Octavia Butler's, "Parables of the Sower". Most indigenous people from the Hopis in the Americas to the Dogon in Africa to Aboriginals in Australia have warned us of getting to a time of life out of balance.

Take this time to stop and look within to find your new direction. Make sure you take time to meditate, pray, and change your diet to mostly plant-based food. Learn about herbs and let them be your medicine. Food should be your medicine and heal you. Start growing your own food, even if it's in a bucket on your balcony. Don't bury the dead in your stomach. If you cut a potato in half and bury it you will get another potato but if you cut a goat in half and bury it, you won't get another goat. If you continue to eat meat make sure your chickens are ground scratching chickens and make sure your meat is kosher.

Get away from the colonized diet. This is why we have more diabetes, high blood pressure, kid dialysis, heart diseases and other diseases which make us highly susceptible to epidemics like COVID-19. At this point in

time, we should know that death begins in the colon that's why when you got sick your grandmother would give you horrible tasting bitters like castor oil or senna leaves. They knew that bitters were medicine and a filthy colon that was backed up with toxins was the root cause of your dis-ease. Use black seed oil and black walnut tinctures to clean out the parasites. All that junk that you've eaten over the holidays is still there impacting your intestines. Yeah, in fact, it's a constipated nation. So start cleansing and fasting even if it's one day a week. That's a good start with smoothies or juice. It just gives all your organs a rest and your jaws too from eating everything around you. Though seriously make sure you don't drink anything cold, drink warm tea and sweat because this virus can't live in heat.

Oregano oil is good, garlic and ginger, the sun, anything anti-viral. Chlorella and spirulina protect the cells. In fact, that's what this virus goes after, the cells. Also please get mushroom tinctures like reishi, turkey tail, and cordyceps. They are incredible for your immune system. If you don't have money and are from the community, there are loquat trees all over San Diego and a lot of people don't eat because they don't know what they are. Save your seeds and plant them. The tree bears in about 2 years and now is the season to pick. We call it ghetto fruit. The leaves are medicinal too. Check me if you want some seeds.

Bless up. Stay healthy. Stay safe. And keep your prayers to the Creator. Prayer and being in nature is our secret weapon.

Aho! All of my relations, Makeda Ori Cheatom

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DELIVERIES MADE SATURDAY

What Happens When STEM Research and Programming is Led Directly and Equitably by Community Leaders?

For the first time, four community leaders share the role of co-principal investigators, gaining direct access to the scientific enterprise, including practice and dissemination of STEM research and programming by those who are impacted, fostering greater equity, diversity and inclusion.

We are so honored to have had the opportunity to create a video for the STEM For All Showcase to show our project. On May 5th-12th, over 170 projects funded by the National Science Foundation and other federal agencies showcase 3-minute videos of their innovative work related to STEM teaching and learning in formal and informal environments. WorldBeat Center is part the NOISE Project where a team of Community Researchers representing communities historically excluded from the sciences, in collaboration with the Cornell Lab of Ornithology, share a different perspective and approach for doing science "with" communities instead of "on" communities.

Visit #STEMvideohall May 5-12 to view our 3-minute video about our NOISE Project!
<http://stemforall2020.videohall.com/p/1891>

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with co-hosts Jim Moreno & Makeda Dread

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BLACK XPRESSION

UCSD Students Build Oral History Archive with Focus on Pandemic

by *Andrea Lopez-Villafañá*

SAN DIEGO - Some students at UC San Diego who set out to document the oral histories of San Diego's ethnic communities also are witnessing firsthand the impact the coronavirus pandemic is having on marginalized communities.

The UC San Diego course "Race and Oral History Project" requires undergraduates to record interviews with people in San Diego's neighborhoods. The 32 students are paired with a nonprofit organization and collect stories of immigrants, refugees and Latino and black residents.

The class was first introduced in spring of 2018. This year it's taking place as nonprofit organizations scramble to provide resources during the pandemic.

Students are collecting stories that don't exist in textbooks, said professor of ethnic studies Yen Lê Espiritu.

"Even though San Diego is one of the largest cities in the country, there really isn't a prominent monograph or book on the history of racialization (of) communities in San Diego," Lê Espiritu said.

"It is exciting in that we will have this cohort of 32 oral histories about how individuals are dealing with COVID-19."

Students say refugee communities are struggling to get access to technology, and immigrants in custody at detention centers are concerned for their safety because of the pandemic.

Lina Mohammed, a human biology senior, said she was struck that some people in detention were refused access to translators or other resources.

The class requires students to intern with an organization and conduct in-person interviews, but because of COVID-19 they are conducting all interviews virtually.

The organizations students partnered with include Allies to End Detention, the United Women of East Africa, the Refugee Health Unit, the Vietnamese Chamber of Commerce in Oakland, the

American Friends Service Committee and the Refugee Teaching Institute.

The class is a collaboration between the university's history and ethnic studies departments. Professors Luis Alvarez, Lê Espiritu and Simeon Man created the course.

Man, with the history department, said the students' work is highlighting disparities.

"It's showing very clearly how this devastating pandemic is not affecting everybody equally," Man said, "and that some people are more vulnerable to the pandemic based on their socioeconomic background, their race, their status as documented or undocumented immigrants."

The class met Tuesday through video conference. They started off sharing general concerns about the pandemic and then presented updates on their work with the organizations.

Gaia Grippa, a second-year student, is working with the Refugee Health Unit. She said she has learned that many refugees don't have access to laptops and other technology, but she observed how the organization still was able to provide information on resources.

"It was just very interesting to see how they are trying to respond very quickly to those new circumstances," Grippa said.

The oral histories collected in this course and two past courses will be archived at the university's library next year. For the time being, they are accessible through a class website.

Lê Espiritu, Man and Alvarez take turns teaching the course each quarter.

Man said some students choose to continue advocating or working with the organizations they are paired with after the course.

"It's been really wonderful to see the class become a vehicle for some of these students to continue to work with the community organizations," Man said.

andrea.lopezvillafana@sduuniontribune.com

Congress of Independent Puerto Rican Farmers

by *Jake Price*

June 9, 2019 was an important day for farming in Puerto Rico. It was the first time hundreds of independent farmers from across the island came together for The First Congress of Independent Puerto Rican Farmers.

Organized by Ian Pagan-Roig, a farmer and a collective recipient of the 2018 Food Sovereignty Prize for his work in agroecology, the congress took place at Hacienda La Esperanza, a former sugar plantation lorded over by a slave-owning sugar baron named José Ramon Fernández in the 1800s.

After 200-plus years of operating as a plantation, it was fitting that the space hosted the progressive farmers who are turning around many of the economic, social, and environmental injustices that originated with the Spanish conquest and have persisted through decades of U.S. policy, culminating in the multiple crises

following Hurricane Maria.

Pagan-Roig founded The First Congress—as well as the agroecological farm El Josco Bravo, located in the mountains along the northern coast of the island—in response to climate change. "Because of the climate emergency, we truly believe there is a sense of urgency," he said. "It poses a serious threat to humanity, and agroecology offers alternatives. If we want to stop and reverse what is happening, we have to take drastic measures."

The farmers at the Congress were largely young and stylish, their bodies adorned with tattoos and body jewelry, attendees understood how diversified small-scale farms work and how, by planting biodiverse crops, they can help address the climate emergency. Throughout the day, they met and shared techniques and then presented their ideas in a series of spirited presentations.

Coronavirus, Local Food, Seafood

by *Meg Wilcox*

Scott MacAllister has mixed feelings about heading out to sea these days. This time of year, the 27-year-old dayboat fisherman primarily catches skate and monkfish from his home port of Chatham, Massachusetts. And while he certainly needs the income, MacAllister worries about exposing himself and his crew to coronavirus on his 40-foot boat, the Carol Marie.

"It's a pretty small space [for] three or four people. If one of us gets it, we're all going to get it," he told Civil Eats. Still, MacAllister is grateful that the regional wholesaler who buys his catch, Red's Best, still wants to buy his product.

Other fishermen in New England's billion-dollar industry, which employs some 34,000 people, aren't as lucky. Markets for lobster, oysters, and shellfish have collapsed along with restaurant closures and a sharp downturn in trade, leaving many fishermen struggling to make ends meet.

"There are certain things there are no markets for," said Jared Auerbach, founder and CEO of Red's Best, which buys solely from small, dayboat fishermen. While Red's Best usually sells seafood fresh, the company is freezing fish in the hopes that international trade will eventually pick back up—or that the product will find new, domestic uses.

South San Diego County High COVID-19 Case Count

Areas in South San Diego County that have seen a big jump in confirmed cases of COVID-19 also have the fewest hospital beds, according to recent data.

Of the 10 ZIP codes countywide with the highest case counts, six are in the South Bay, according to data reported by the San Diego County Health Department. ZIP codes in Chula Vista and Otay Mesa

top the list with more than 100 cases.

Yet, those areas are served by just two major hospitals: Sharp Chula Vista Medical Center with just over 330 beds; and Scripps Mercy Hospital Chula Vista with just over 170 beds, according to 2018 data from the Dartmouth Atlas of Healthcare Project, which studies medical resources nationwide.

Indigenous Seeds Save our Culture

The U.S. is in the midst of a gardening renaissance. As the coronavirus pandemic prompts big questions about the future of our food system, people everywhere are buying up seeds, pulling up lawns, building raised beds, and flocking to learn from Master Gardeners.

The most important aspect of food sovereignty: what kind of seeds you're planting and whether or not you'll be able to save and share them next year.

To save seeds is to preserve food culture. Heirloom crops wouldn't exist if it

weren't for the gardeners who meticulously grew and saved seeds including the Brandywine tomato, Purple Top White Globe turnip, and many other varieties, passing them on to future generations.

In recent years, many Indigenous groups have also used seed saving as a way to preserve their cultures—as well as important crops like Cherokee White Eagle Corn, the Trail of Tears Bean, and Candy Roaster Squash for future generations.

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Plant a Seed. Nurture Life.

by Alastair Mulholland

Spring time is here and we are on lock down. A milder form of house arrest has been issued to us all by our government in order to prevent the spread of Covid-19. This is a difficult time for many because of job loss, toilet paper shortages, and the fear of contracting a deadly virus. Where are all my phages at? Phage is a beneficial virus in case you were wondering. Yes, I guess there are beneficial viruses just like there are beneficial bacteria, beneficial insects, etc... Anyways since we are staying at home, what better time to talk about home gardening. While isolation is good to prevent the spread, so is boosting our immune systems with some sacred plant medicines!

I heard the rain was coming and so I dropped a bunch of seeds in the ground last night. Lettuces, beets, beans, corn, squash, sunflowers, moringa trees, basil, cantaloupe... You know what I'm saying! Now I'm sitting here watching the rain germinate life energy, beautiful. So here are a few tips when working with our plant relatives, whether directly in the ground or in a pot.

1. When planting from seed, it is good to bury the seed about as deep as the seed is long. For example, a corn seed is about a quarter inch in diameter and so therefore you should plant it about a quarter inch below the surface of the soil.

2. After you plant your seeds, you will want to keep the soil moist to the touch from the time you first water it until you see sprouting. It is important for the soil to stay wet during the seeds' germination period, because if it dries out even for a short time, then the seed may fail to sprout. For example, if you are planting corn, then you will have to keep the soil it is planted in moist for about 1 week until you see sprouts. That is why rain can be a blessing in this process.

3. If you are planting something that is in one of those six packs or maybe one of those gallon pots, then you are going to want a dig a hole that is a bit bigger than the container the plant is in. Also do your best to make the top of the dirt in the container level with the surrounding dirt that you plant it in. Be sure to press the

soil around the transplant firmly. For example, when planting kale you want to make sure that the stem is not any more or any less covered by dirt than when it was in its original container.

4. Create a water source. Maybe a little bird fountain, a pond, or an aquaponics system. Each can provide water needed by beneficial insects like lady bugs and parasitical wasps who can help control pests like aphids.

5. Learn about companion planting. Some plants do much better when grown near other plants. For example, natives would plant the three sisters together (corn, squash, and beans) because they mutually aided each other.

6. Learn about your weeds. I don't pull it unless I know it. Many plants are dangerous, however there are also so many wonderful plants around us that are nutritious and medicinal it can be truly awe inspiring. Here are a few:

- Wood Sorrel
- Dandelion
- The seeds of a Queen Palm Tree
- Purslane
- Fennel
- Watercress
- Sagebrush
- Amaranth
- Mugwort
- Horseweed
- Stinging Nettle
- White Sage
- Lambs Quarter
- Nut Sedge
- Nasturtium

I encourage you to read and learn more about these and other plants as there are ways to use them and not to use them. Legal disclaimer; these statements have not been verified by the FDA!

7. When gathering plants from nature it is good to ask the plant for permission and to leave a little something for the plant, according to the advice I read from a medicine man named Rolling Thunder in a wonderful book titled Rolling Thunder. Also, it is best to not take more than you need and to respect the protocol of the native nation where you may find yourself gathering.

Indigenous ReGeneration

"Indigenous Re-Generation is a 501c3 that exists to inspire Native Communities on re-generative living concepts, through food cultivation, medicinal farming, culture and eco-village education programs, to achieve re-indigenization and true Tribal sovereignty."

The Indigenous Re-Generation Project exists to create and nurture a futuristic eco-village based on the traditions of the Kumeyaay people.

The village serves as a space to learn Organic farming methods, traditional Kumeyaay plant medicines and holistic herbalism, Environmental awareness and education, plant based nutrition for optimal health, positive self expression through music and culture, and Environmentally forward thinking educa-

tion on advanced eco-building, collective living and implementation of regenerative systems.

We believe in preservation of native habitat for biodiversity, encouraging sustainable living techniques and recycling.

The Indigenous Re-Generation Project strives to reduce chronic illness and obesity within Native Communities through education and increased accessibility of fruits and vegetables through free CSA programs.

Indigenous Re-Generation Project strives to improve tribal economic vitality through sustainable local food systems, recapturing food waste, creating new jobs, and increasing per-capita productivity. Serving self, community and Mother Earth.

The KAYANERENKO'WA can be conveniently divided into two distinct parts. The first part is the narrative that describes how the Peacemakers brought his message of peace, power and righteousness to the people of five nations and persuaded them to abandon bloodshed and adopt peace, order and good government as their guiding principles. The second part the legislative part of the law was formulated once the chiefs met in the first council, and describes the form and rules of the government they created.

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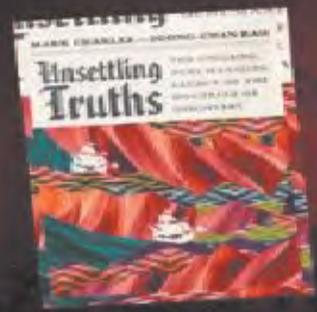
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A FACE OF CHANGE
 or AFOC is the next generation nonprofit 501(c)(3).

What does that mean? It means it does not have one specific focus. Its operations are to create more awareness and mindfulness about and collaborate with those individuals, groups of people or nonprofits that already exist. And in doing so help them by bringing innovative new ideas through collaborative efforts.



Unsettling Truths
 The Ongoing, Dehumanizing Legacy of the Doctrine of Discovery
 by Mark Charles and Soong-Chan Rah

Available from InterVarsity Press
<https://www.ivpress.com/unsettling-truths>

Federal Government Ordered to Release Vulnerable Prisoners

SAN DIEGO – Today, Judge Dana Sabraw issued an order directing the federal government to release more than 50 medically vulnerable individuals who are in U.S. Immigration and Customs Enforcement (ICE) custody at the Otay Mesa Detention Center. This is a result of a lawsuit filed last week by American Civil Liberties Union Foundation of San Diego & Imperial Counties (ACLUF-SDIC) in U.S. District Court demanding a drastic reduction in the number of detainees at the Otay Mesa Detention Center and the Imperial Regional Detention Facility to slow the spread of COVID-19 and save lives.

“Our primary and most pressing concern is the health and safety of people in harm’s way at Otay Mesa, where the rapidly escalating outbreak of COVID-19 threatens the health and safety of confined people and staff. We are pleased the court has ordered release, recognizing it is the only option to protect medically vulnerable people during this crisis,” said Monika Langarica, immigrants’ rights staff attorney with the ACLUF-SDIC. “We will vigilantly

monitor compliance with this order because it is clear that, left to their own devices, ICE and CoreCivic cannot be trusted to care for people in their custody. And we will continue fighting on behalf of all vulnerable people in jails, prisons and detention centers during this global pandemic.”

The lawsuit, filed on April 21, included a request for an emergency temporary restraining order calling for the immediate release from Otay Mesa of all people age 45 and over, and people with underlying medical conditions that place them at heightened risk of serious illness or death due to COVID-19. The judge granted the request, ordering the release of medically vulnerable people, including people who are age 60 and over.

In an April 28 hearing on the ACLUF-SDIC lawsuit, attorneys for CoreCivic, the company that runs the Otay Mesa facility, told the court there were eight individuals in ICE custody at higher risk for severe illness due to the virus. One day later, CoreCivic filed a supplement with the court saying they “acquired new information” from ICE that “51-69 ICE detainees” are at “higher risk for severe illness due to COVID-19.”

A copy of the judge's order : <https://www.aclu-sandiego.org/wp-content/uploads/2020/04/2020-04-30-38-ORD-Granting-TRO.pdf>

CoronaVirus Testing in Southeast SD

A drive-by coronavirus testing center opened in Southeast San Diego today, one of the areas hardest hit by the pandemic in the county. But the limited amount of tests offered still doesn't meet demand.

The drive-through test site outside of the Euclid Medical Center was open for six hours on Saturday. Each test took ten minutes -- meaning that only 24 people could be tested at the site on Saturday.

The testing was by appointment-only. Those who wanted to be tested had to call 211 to be screened beforehand.

RELATED: South San Diego County Areas With Most Coronavirus Cases Also Have Fewest Hospital Beds

“Many folks in this community are frontline personnel, they have to work,” said Dr. Rodney Hood, a primary care physician at the Euclid Medical Center, who reached out to the county to set up the testing today. “Many are living in multi-generational environment where there are other folks who might be sick. And they’re getting exposed. This is a



A drive-through testing site in southeast San Diego on May 2, 2020.

high-risk population, and more extensive testing needs to be done.”

Hood says people tried to make appointments, and were qualified to do so through screening, but there weren't enough time slots available.

Officials from the county say they're ramping up these types of drive-through sites in the coming days and weeks.

“I think this is an important first step, but I believe that after this, it really has to be on a more regular basis,” Hood said.

Las Vegas Historic Westside Wired Revamping Black Neighborhood in Technical Neglect Struck Hard By Coronavirus

SoulCity.us announced today that a sponsorship from Anthem Blue Cross Blue Shield and the Anthem Foundation will help bring free internet to school aged children and vulnerable families in distressed neighborhoods in Las Vegas. Historic West Las Vegas is identified as a distressed community, with underserved residents and blighted properties.

SoulCity.us began as a partnership between the National Juneteenth Observance Foundation (NJOF) and Harrison House. The NJOF mission is to identify and connect resources that can bridge the digital divide across America. In Clark County, 122,000 school aged children are not connected to technology, most, in the Historic Westside and surrounding downtown community,

SoulCity.us operates from the Las Vegas Technology Center. Establishing the business as a community based wireless internet service provider allows them to accept donated computers, recycle, refurbish and return them to the community. Call 702-659-8889 for information.

Championing the cause are Clark County School District Trustee Linda Young and Antonio Bowen, who is expected to be elected to fill her vacant seat. Mr. Bowen has raised funds towards installation of the initial phase. Anthem Blue Cross Blue Shield was the first to answer Mr. Bowen's call.

Central to the success are the churches where the signals will be deployed. Pastor Ron Thomas of Reconciliation Apostolic Ministries and Dr. Robert Fowler of Victory Baptist Church are participating.

Coordinating the effort is Katie Duncan, Executive Director of Harrison House. “It is my hope that agencies and private sector investors would prioritize and deploy resources to help educate these communities on the use of the internet”, she said. NJOF president, Steven Williams designed the project and travelled to Las Vegas for initial hardware installation and technician training on the most advanced software currently available.

It is expected that the KCEP 88.1 FM Radio, Las Vegas Review Journal, Cox Communications and CCSD will partner. The SoulCity.us Team is Antonio Bowen, Katherine Duncan, Steven Williams, Deborah Evans, Laniece Rogers, Pastor Thomas, Tyrone Armstrong, Michael Muldrew, Jerry Xu, Ken Cheta, Ricky Towers and Shay McGee.

SoulCity Wi-Fi Rises

SoulCity Wi-Fi very first antenna was installed this week over the 1322 D Street building, site of the Las Vegas Technology Center -photo attached. Programing for Soul City Wi-Fi has been developed by Steven Williams, photo attached Principal Consultant for Micro Information Resources. He is an experienced IT engineer with an international record of success. Williams was the founder and owner of one of the first high speed, Wireless Internet Service Providers (WISP) in the country, SkyNet Access, Leesburg, VA.

As a member of the Congressional Internet Caucus Advisory Committee, an Internet connection was brought in with a point-to-point wireless connection that he designed. Mr. Williams has provided support to Federal government agencies in the development and training for cloud-based technology. He wrote the formula which enabled mobile computer carts in hospitals, providing accessibility to critical care patient and clinical quality.

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Walk Of The Warrior Steps Forward

I would like to thank my dear friend Rose Davis of *Indian Voices* for giving me the opportunity to write about some updates for Walk of the Warrior. My name is Wolf Diaz from the Chiricahua



Chairman Anthony Pico, Chairman Mark Romero, David (Wolf) Diaz celebrate Romero's success.

Apache nation, I am the Founder & President of an American Indian Nonprofit Outreach program called Walk of the Warrior.

This Outreach Program serves the needs of alcoholics and addicts on the reservations in San Diego by bringing Alcoholics and Narcotics Anonymous meetings to the reservations here. I have been an unsuccessful grant writer for about eight years, so I funded the program with my own money I make from working as a carpenter. I learned how to be told no hundreds of times during those grant writing years. It is a very humbling and painful experience, but I never gave up and kept telling myself one day somebody's going to say yes.

And about three years ago they started saying yes. Yippee and the crowd goes wild!! There are times when I am filled with fear and worry, and I must remember when I first started this nonprofit, I was filing forms and sending them to all the proper government agencies. And I got one back and there was a typo.

Instead of it saying Walk of the Warrior it said Walk of the Worrior. I could picture a worrier biting his fingernails and sweating walking down the path in fear. And then I realized it was a note from the universe telling me to make up my mind, saying what are you a warrior or a worrier ha ha ha ha ha. So, when I start worrying, I just say God is not fear God is love and everything turns groovy.

Nothing brings me greater joy than witnessing the miracles I see on the reservations with the addicts and alcoholics that I work with. They become better fathers' better mothers' better sons' better daughters' better community members and that is the most joyful thing to watch.

I give all glory to God; I can take no credit in this and as corny as it sounds it is only because I have turned my will and life over to a loving God of my understanding. I take credit for all the mistakes.

Recently San Manuel Reservation approved a grant I wrote months ago for \$5000, Barona Reservation recently contributed \$2,500, and Viejas Reservation where I live has given generously over the years through in-kind contributions totaling somewhere near \$10,000. The contributions have gone to our annual general operating cost or what is called core-support. My gratitude and appreciation for these contributions is the highest measurable and it means the world to me. I thank them with every fiber of my being and God only knows of my true immense thankfulness.

So, in my humble opinion this is where things get interesting and sacred. I have a dear friend whose name is Mark Romero and among other things he was the former Honorable Tribal Chairman for Mesa Grande Reservation for years and years and has done so many beautiful things for his people there. It would be hard for me to list all his amazing qualities as a humanitarian. So, I turned it over to another dear friend Anthony Pico who was the former Honorable Tribal Chairman for Viejas Reservation who is a legend in Indian Country.

Anthony is much more eloquent and articulate with words than I am, so I asked him to please describe Mark. And he jumped at the opportunity to speak publicly about Mark. So, these are Anthony's words ... Mark Romero is one of the greatest humanitarians I know. He resembles who our people once were before we all became colonized. He is generous, kind, honest, he works for the benefit of all people. Native and nonnative. He is the kind of person who no matter how busy he is will take the time to generously help others. I have experienced this personally. If one ever wanted to know who our ancient people were, hang out with Mark Romero and one will find out. His courage is off the charts, his humility is off the charts, his acceptance of what the world has put in his life is off the charts. I served with him on the Southern California Tribal Chairman's Association and always found him to be willing to help, to always go above and beyond the call of duty and always to take the ethical high road. I know that is saying a lot, but like my friend Wolf Diaz has said "That's my story and I'm sticking to it". I have known Mark many years and I am so proud that Mark Romero loves me.



So that is what Anthony had to say about Mark. The reason we are describing Mark is because the things he has done for Walk of the Warrior, which I consider sacred acts of selfless loving kindness which are noteworthy. Years ago, I started seeing something interesting on the reservations which puzzled me. When I would give these Indians those plastic key tags for celebrating months and years in recovery, they would look at them like what is this thing and not being too

thrilled about it. So, one night after the meeting I asked one of them how do you feel about those key tags. And he told me point blank, those little cheesy plastic things, that's what you give to other people and he went on to say how meaningful it would be if they received eagle feathers.

So, I had been gifted quite a few eagle feathers over the years for the work I do on the reservations from elders and a sponsee had gifted me an eagle fan. As I

started giving away all my eagle feathers to these brave warriors and I was getting down to twos and fives my ego screamed out loud what are doing idiot giving away all your eagle feathers what will you have? Then I prayed and heard another

voice of a Divine nature and it said don't worry. I had mentioned this all to Mark. Then one day he showed to the meeting celebrating 29 years clean and he now has 32 years clean, he gifted me with a bag of 63 eagle feathers and I started to cry because he knew what I was doing with them. As I gave every last one of them away to these courageous warriors, I figured that was that and I'll go back to the key tags. Then the other Mark had invited to his home for these bad ass delicious Chicken Enchiladas he makes, by the way he is an amazing chef too, he said come on up and I have a gift for you. Quite honestly, I thought it was going to be another Wolf thing people have gifted me over the years with Wolf stuff. So, when I got there he went to the freezer and pulled out this huge bag and I thought it was a massive Salmon. But when he handed it to me, I could see that's no salmon it was a huge full Golden Eagle wing. I was amazed and speechless and as I drove home that night, I had to keep wiping the tears of gratitude and awe for dear friends sacred selfless act of loving kindness. I consider it a high honor to be the steward of these feathers which will go to these amazing Indians I work with on the reservations. THANK YOU MARK and THANK YOU ANTHONY you are my true brothers and I will walk anywhere with you. I look forward to starting the meetings again when this virus threat has passed, and I offer my prayers for those affected by it.

Desert Shores – The Return of TECUMSHE

THE SALTON SEA or Lake Cahuila as it is called from Geological times has expanded and shrunk four times. In the largest size it connected with the Sea of Cortez and ended in Death Valley at the foot of Mount Whitney. Hence, when it rains hard the ancient lake appears as it did on CALIFORNIA'S GOLD with Huel Hauser in 1995 where there was kayaking on Death Valley floor. A land rise occurred in 1540 which gave the rise to the marooned pirate ship 1840-1860 which was never found.

In 1908 fifty locomotives were dumped in the Southeastern part of the Salton Sea and blocked off the Colorado River to get water for a thirsty West which caused a flood and expanded the Salton Sea. There was boating and resorts until Mary Buono Black became the 36th district congresswoman who did nothing as the lake shrunk for thirty years where the lake is in its present shape as it is today without an outlet.

TODAY AGESS is doing THREE projects. The FIRST is at THERMAL California on the western side of the lake. This project is to have a SEA-TO-SEA project with a berm to dam up the five fingers and have solar power with electric vehicle charging stations including a dock to have a sailing center for all and canoeing= kayaking- and electric boats as chase boats. This will be done

in three phases.

THE SECOND PROJECT is a twenty-two Kilometer canal from the Sea of Cortez to the Salton Sea which the Sea of Cortez is Sea Level and El Centro United States is 292 feet below sea level which will complete the flushing action as the Sea of Cortez has a forty foot tide influx (high tide to mean tide).

THE TURTLE WAY comprised of 18 tribes and four in Mexico along with ECO-COMPASS to make this project happen. The project is to clean up the Salton Sea and make it back to the recreational area that it once was.



Tonkawa Elders

Calling All Elders and Supporters in the Community

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active tribal community that supports your tribal identity, dignity and culture.

Contact Vicki Gambala
619-306-7318
VickiGambala@gmail .com

Brazil COVID-19

Continued from page 6

to work.”

Fear of the spread of COVID-19 by non-indigenous invaders inside Brazil's indigenous communities has grown in recent days following reports of the hospitalization and death of an indigenous Yanomami teenager.

At least five other indigenous people have been infected by the virus in Brazil so far, according to a map produced by the ISA. At least two indigenous people living in cities have died after being infected.

The Yanomami reserve in Roraima state is Brazil's largest indigenous reserve and is overrun by tens of thousands of illegal goldminers. Indigenous leaders from the region say they suspect the current increase in illegal activity due to high gold prices and low local gasoline costs because of the epidemic.

Recent images published by BBC Brasil show illegal miners advancing on an area of the reserve populated by an isolated indigenous community.

In response to the outbreak, many indigenous groups across the country have blockaded villages and cancelled meetings and advocacy events.

Farm Life is Just Ducky

by Colin Whaley

My partner Gavon Morris and I own the farm. We moved to Escondido from San Diego's Clairemont neighborhood about four years ago. Our jobs are still in San Diego, so the current pandemic is a welcome opportunity to spend more time enjoying our surroundings and less time on the road. After looking a long time for more affordable housing options, our search led us to our current area. We weren't looking to buy an orchard, but the views, quiet and relative privacy appealed to us. We found the calls of our neighbors' peacocks charming. The prospect of a peaceful rural life was too great an adventure and respite to pass up. Taking care of trees and animals followed naturally.

We love our ducks, but their main purpose is to help us control weeds and pests,



especially snails and slugs. Snails, left unchecked, will destroy a whole citrus crop. In addition, duck manure enriches our soils. The breed we raise are called Indian Runner ducks. They do not fly, so they stay within our perimeter to hunt and forage for the items we need to control. After hatching and raising a few generations of ducklings, we found the right balance to keep our orchard healthy and productive. A byproduct, of course, is a lot of eggs. When well cared

for, Indian Runners lay prolifically. As with the fruit trees, we take advantage of their bounty, but we can only eat so much. We share with loved ones, neighbors, and the community.

Here is a website explaining the many benefits of duck eggs: everything-you-need-to-know-about-duck-eggs: everything-you-need-to-know-about-duck-eggs

CREEK FREEDMEN DESCENDANTS SOUGHT

Muscogee Creek Indian Freedmen Band is seeking the descendants of Creek citizens placed on the Creek Freedmen Roll from 1896 to 1915.



If your ancestors were on this roll, write P.O. Box 6366, Moore, OK 73153 for eligibility information.



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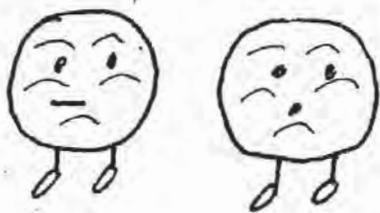



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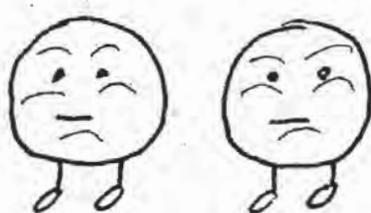
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Mobilizing For Mumia's Abu-Jamal's 66th Birthday in the Midst of COVID19

by Gloria Verdieu

Thank you, Mumia for your 39 years + of Journalism. Thank you, Noelle Hanrahan and Prison Radio for recording and posting Mumia's commentaries. Thank you to all the organizers and those who contributed to an amazing 5 day celebration of Long Distance Revolutionary Mumia Abu-Jamal. Speaking Truth is Power! All of us, every one of us, when we fight we win. So let us fight together. Never forget the love for each and every one of you for the remarkable work you have done and we have done together, so let's get together. Let's make it happen. Keep growing the movement to put maximum pressure on officials to alleviate the plight of inmates in all the jails, prisons, detention centers, and other correctional institutions like juvenile halls throughout the country. All correctional institutions are overcrowded with little or no personal hygiene and sanitizing products, and lack of adequate medical care. A prob-

lem amongst prisoners is they are afraid to report illness because it would automatically result in them being isolated in the hole.

The International Concerned Friends and Family of Mumia Abu Jamal, Mobilization4Mumia, San Diego Coalition to Free Mumia and All Political Prisoners, Bring Mumia Home, On a Move, Workers World Party, Socialist Unity Party, Peace and Freedom Party, Saigon Penn Cop Watch, All of Us or None, Union del Barrio, African People's Socialist Party, Black Lives Matter, Black Alliance, De-incarcerate Pennsylvania, American Indian Movement (AIM), International Leonard Peltier Defense Committee (ILPDC), Abolitionist Law Collective, Amistad, Release Aging People in Prison (RAPP), Prison Solidarity Committee are just a few of the many organizations that are involved in the Movement. The Mobilization4Mumia to Rise-UP and Resist Free All Prisoners.

Today's World in Perspective

by Gwendalle Cooper

The situation in this world is not the first time it has happened, although the method utilized may seem different. There is a lesson here for those willing to see it. Floyd Red Crow Westerman, in his observation of the state of things before and after contact, ends his talk regarding how, if people after contact lived as people did before contact, we would still be able to drink from streams and breathe clean air,

The colonized way of living has brought us to fouling the air and waters due to living in an unbalanced way. The lack of concern by those in power and the greed of many has brought about the imbalance.

So, let us take an overall view of the world situation and learn from it. THE AIR IS CLEARER. I.e., the Himalayan Mountains can be seen for the first time in 30 years. Our air is clear and cleaner to breathe, everywhere. How did this happen? The pollutants have stopped. Also this country, USA, everyone has worked together, corporations, all people everywhere have been pulling together

resembling how villages and small towns pulled together to survive whatever crisis befell them.

Families are experiencing ways to be and work together. Neighborhoods are behaving like a big family. Much good has come from this challenge facing us and the world.

The broad, historical view is: over-population of animals has been controlling about it, we have been following the ways that have been productive and more positive. led by "Mother Nature" (and we are human animals) throughout the eons. There are natural laws always present. Life and the world produce well when we follow those laws. Without thin

The danger appearing to losing control of our progress is people unwilling to hang in there for a couple of more weeks. Yes, it is difficult, but not hanging in there, so to speak, will mean millions of more deaths. IT IS TOUGH. PLEASE DO NOT START MINDLESSLY JOINING DEMONSTRATORS. You will bring about the doom to yourselves and your loved ones.

With sacred fires and prayers for you all.

Tecumseh was a Shawnee warrior chief who organized a Native American confederacy in an effort to create an autonomous Indian state and stop white settlement in the Northwest Territory (modern-day Great Lakes region). He firmly believed that all Indian tribes must settle their differences and unite to retain their lands, culture and freedom. Tecumseh led his followers against the United States in many battles and supported the British during the War of 1812. But his dream of independence ended when he was killed at the Battle of Thames, which led to the collapse of his Indian confederacy.

It is my deepest belief that only by giving our lives do we find life. I am convinced that the truest act of courage, the strongest act of manliness is to sacrifice ourselves for others in a totally non-violent struggle for justice.

— Cesar Chavez



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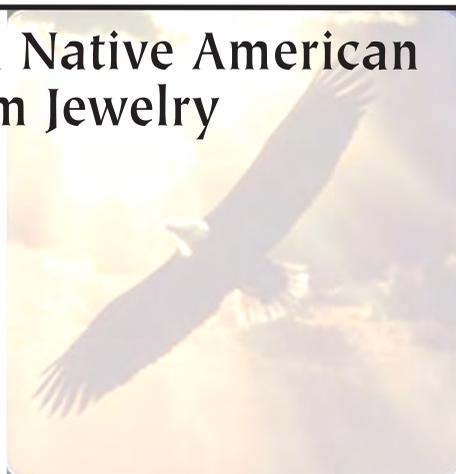
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