



# INDIAN VOICES

OUR 39<sup>TH</sup> YEAR

MULTI-CULTURAL NEWS GLOBAL NETWORK

MARCH 2025

## DIVERSITY BY THE SEA

### Political Winds Blowing Through Imperial Beach/Indian Land Carry Strong Message

by Indian Voices Journalist Coalition

The Ancestors bless the land of the Great Kumeyaay Nation with the sacred gift of another day in the universe while the people wake from an induced coma that has separated and isolated them from their natural indigenous heritage. Diversity, in nature and people, is the umbilical cord that ties Imperial Beach (IB) to the universe.

Being the most Southwesterly settlement in the continental United States, Imperial Beach is a family-oriented beach town in the south bay of San Diego County. The mighty Pacific borders the town on the West, while scenic estuaries cradle the

South and North boundaries. These geographic barriers have contained the population growth and contributed to the natural beauty and habitat for abundant birds and marine and other wildlife. There are miles of undeveloped beach both south, heading to the border of Mexico, and north, along the Silver Strand. It is home to the Navy Seals' training base. A stunning aspect of IB is this unique, protected location is only a few minutes' drive to infrastructure—leading medical facilities, the arts in all forms, an international airport, shopping, biomedical

Mayor Aguirre, Supervisor candidate with loyal constituent Dasha



**San Diego Board Of Supervisors Special Election April 8**

research firms, and multiple universities.

Imperial Beach, land of the Kumeyaay Nation, is now home to 28,000 folks; many have lived here for generations, with deep roots, while others are young military families that pass through as their careers dictate. It has transitioned from being a motorcycle gang stomping ground in the 1970s and 1980s to a family friendly, sort of sleepy town with beautiful beaches, a classic California pier, and enviable waves for surfers.

Imperial Beach has the everyday problems of a small town, from

SEE **Political Winds**, page 10

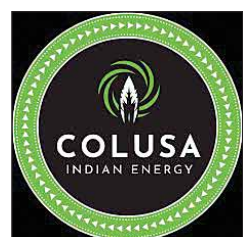
### Electrifying Indian Country on its Own Terms: Calusa Indian Energy Brings the Power

by David Bear

Today in the United States about 1.4% of the nonindigenous population does not have access to electricity. In Indian Country, fully

14% of the population lacks regular access to a power grid.

One hour north of Sacramento, California, on



the Colusa Rancheria, things are very different. There, on the reservation of the Cachil DeHe band of Wintun Indians, the tribe has been generating and distributing its own electricity for

20 years.

For the past 13 years— even while established utility companies in California regularly experienced major energy blackouts—the Calusa Rancheria has suffered none.

Before the Calusa Indian community developed the capacity to generate their

own electricity, its energy came from the beleaguered behemoth called the Pacific Gas and Electric Company. With PG&E, power outages were commonplace on the reservation, happening on average



Chief Operating Officer Ken Ahmann

some 50 times each year. It's an all-too-common problem across Indian Country. By and large, tribal lands are in rural and remote areas and are grossly underserved by many major utility companies.

In 2023, the tribe formed Colusa Indian Energy, a Section 17 corporation. Chief Operating Officer Ken Ahmann recalled, "I helped the tribe stand up their own tribal utility authority. We completely evicted PG&E and powered our resort casino, the tribal administration campus, medical clinic, water plants, and all the tribal members' housing. All the businesses and gas



stations and thousands of acres of agricultural land. It's all owned and operated by the tribe. Colusa Indian

Energy was formed really, as a means of exporting our decades of expertise to any other tribes who might be able to benefit from it."

According to Ahmann the original aim of Calusa Indian Energy was to purchase PG&E's existing 50-year-old overhead distribution lines that served the reservation. But the company wasn't having any of that. Instead, a 10-year-long legal battle

SEE **Calusa Indian Energy**, page 7

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# The History of Two-Spirit Folks

by Isabella Thurston

**Content Warning:**  
Mentions of Residential  
Schools and Effects of  
Colonizations

With June being Pride Month as well as Indigenous History Month, it is imperative to discuss and bring attention to the history of Two-Spirit (2S) folks. Many individuals are unaware of the term Two-Spirit, where the term originated and the power it carries.

The concept of Two-Spirit folks existed well before the arrival of European settlers on Turtle Island. Indigenous individuals who identified as Two-Spirit folks were seen as gifted and honoured in their community because they carried two spirits with them, both male and female. 2S folks were often the healers, medicine people, and visionaries within their given community and they were foundational members of their culture. Much of this can be attributed to the “double vision” 2S people are gifted with, being able to see both through the masculine and feminine lens.

## Impacts of Colonization

Two-Spirit people, as well as all Indigenous peoples on Turtle Island, were deeply impacted and harmed by the effects of colonization. One major impact on 2S folks was the introduction of residential schools which forced extremely heteronormative roles onto Indigenous children. Colonization resulted in Two-Spirit folks losing their way of life and culture, and the effects of that are still very real today and should be brought to light.

Throughout the process of colonization and the devastating effects that came along with it, the respect and honour Two-Spirit folks had was lost and their roles diminished in society. The homophobic attitudes and ideas that are present in society have eroded the ways in which 2S

Christian leaders, stand on our soil and claim: “gay marriage” has never occurred here. Over 130 tribes in every region of North America performed millions of same-sex marriages for hundreds of years. Their statements are both hateful and ignorant. Your “homosexual,” was our “Two Spirit” people... and we considered them sacred.



folks are treated. However, many 2S folks have worked to regain their power and place in the community and culture, through education and healing. Through these acts of healing and the restoration of identity, Two-Spirit folks are being reclaimed as Sacred.

Although the concept of Two-Spirit individuals has been around for a long time, the term was proposed only in 1990. During the Third Annual Intertribal Native American, First

Nations, Gay and Lesbian American Conference which was held in Winnipeg, Elder Myra Laramie put forth the term. The term Two-Spirit is a translation of the Anishnaabemowin term, niizh manidoowag, which actually translates to “two spirits”.

It is important to remember that notions, ideas, and identities should not be generalized to all Indigenous peoples and cultures. Due to the diverse and culturally specific nature of these traditions and understandings, it is crucial to recognize that the concept of 2S folks is not universal to all Indigenous worldviews. Additionally, when discussing the concept of Two-Spirit individuals, it is necessary to remember that it is not an identity that non-Indigenous people can adopt or claim.

Most importantly, always center, listen to and amplify the voices of 2S folks, not only during Pride and Indigenous History Month but every single day.

**Resources:**  
<https://lgbtqhealth.ca/community/two-spirit.php>  
<https://rainbowresourcecentre.org/files/16-08-Two-Spirit.pdf>  
<https://www.becomingeducation.ca/why2slgbtq>  
<https://www.ihs.gov/lgbt/health/twospirit/>  
<https://oacas.libguides.com/sogie/two-spirit>  
<https://waniskahk.ca/2-spirited/history>  
<https://www.kqed.org/arts/13845330/5-two-spirit-heroes>

# Two Ways of Thinking

by Norrie Robbins

My dad, the physicist, taught this: We really are a stupid species. One half of us thinks one thing, and the other half thinks the exact opposite. So there is no possibility of forward motion.

I think about this a lot, especially right now. A couple of years ago, I took a cognitive neuroscience course online at Cuyamaca College. I learned how the human brain is wired. We have two different pathways to take in information. One is through the amygdala, and the other is through the anterior cingulate cortex. The amygdala turns on the fear response. The cingulate cortex takes information in neutrally. If you are wired through the fear response, then you go into survival mode and think yelling, guns, and retribution. If you are wired neutral, then you think about the new information and sometimes reject it and sometimes agree with it; sometimes you act on it, and other times, you don't. The scary part is that it takes a lot of work to change your brain wiring.

I am thinking this is what separates us into two opposing groups, into Republicans and Democrats, into conservatives and liberals, into the right and the left, into MAGAs and not-MAGAs.

And thus, no possibility of forward motion for our country.

I don't have a clue as to how to stop us from lurching right and then lurching left, and repeating the process again and again through time. My brain is wired through the cingulate cortex, but no matter how deeply I think about this, my brain hasn't come up with an answer.

My family lived through the scary time of Joseph McCarthy. It was scary because my dad worked for the federal government (working on development of space suits) and we lived in a very liberal neighborhood in Washington, DC. McCarthy said there were commies in our neighborhood. The U.S. finally got rid of McCarthy because of Edward R. Morrow, who was a highly trusted TV anchor, much like Walter Cronkite who came next. Morrow said to McCarthy, “Have you no decency?” That woke up the movers and shakers, and he was censured by the Senate. So all the brains wired through the cingulate cortex breathed a sigh of relief. But now it sounds like there's a commie in the White House.

Who is the next trusted voice? I have no idea. But until that person appears, into the streets I go..

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**By a Nu and Living Way**  
Heb. 10:20

“Respect for all life is the foundation.” — The Great Law of Peace.



# What are the Impacts of Roe v Wade on Indigenous Women?

by Meera Baswan

*The Impacts of Roe V. Wade on Indigenous Communities, and a History of Restrictive Bodily Autonomy for Indigenous Women.*

The decision to overturn Roe V Wade, which was put into place to protect women's abortion rights, will change the course of bodily autonomy for women across the United States. This federal repeal now gives individual states in the US the legal jurisdiction to impose their own abortion laws. These laws will vary depending on each state - 13 states already have policies on abortion, which have been effective immediately. Countless additional states will most likely follow suit in the near future.

**Indigenous women are disproportionately impacted by restrictive abortion and bodily autonomy laws.**

According to the US Centers for Disease Control and Protection (CDC), Indigenous women are two to three times more likely to die as a result of their pregnancy than white women. In addition, Indigenous women face extremely high rates of violence and domestic abuse. More than one in three Indigenous women have faced violence in the past year, including sexual violence and domestic abuse. (2016 National Institute of Justice) In fact, Indigenous women are 1.7 times more likely to be victims of violence than white women.

“For those in an abusive relationship, not having access to an abortion could force the victim to stay in a bad situation and lead to more violence.” (Echo-Hawk)

**A History of Restrictive Bodily Autonomy for Indigenous Women**

Indigenous women in the United States and Canada have undergone coerced and forced sterilization for countless years, primarily during the 20th century. The lasting impacts of sterilization have caused a greater mistrust in the justice system, and centuries of healing and trauma for Indigenous women. (To learn more, please read our articles on a Brief History of Sterilization Against Indigenous Women in the US and Forced and Coerced Sterilization of Indigenous Women).

“Native people are still dealing with the trauma of colonization, historic violence against Native people, forced sterilizations, Indian child removal and boarding schools ... being forced to carry pregnancy is a really traumatic thing,

whether that is a pregnancy that resulted from assault or not. And now we'll have another generation with that trauma to carry on.” (Kerri Colfer)

With the repeal of Roe V Wade, Indigenous women have been further subjected to a restriction of their basic reproductive rights, an issue that has been going on for years, especially when it comes to Indigenous communities.

**The IHS, and a Longstanding History of Abortion Restrictions**

The Indian Health Services (IHS) provides healthcare services to over 2.6 million Indigenous peoples. However, the IHS restricts abortions available to Indigenous women. They are only allowed to undergo abortions in cases of rape, (if reported within 60 days), incest, and if the mother's life is at risk.

This means that even prior to the repeal of Roe V Wade, hundreds of thousands of Indigenous women did not have full access to abortions as compared to non-Indigenous women.

“Echo-Hawk, who was a co-author of an amicus brief submitted to the supreme court on this issue last year, said as part of that effort, her organization looked at 33 IHS-funded facilities. They found that between 2002 and 2021, only seven Indigenous women were documented as visiting an IHS facility for an abortion.” (The Guardian)

This means that many Indigenous women sought out abortions outside of the IHS facilities, due to their restrictive policies. With the repeal of Roe V Wade, Indigenous women living in impacted areas would have to travel much further outside their state to access an abortion clinic. However, countless Indigenous women who live below the poverty line struggle to have the proper funds to do so.

**Action Items**

Indigenous Women Rising is an Indigenous-led organization focused on supporting Indigenous women, especially when it comes to their reproductive rights. They have helped, and continue to help countless Indigenous women to have access to proper abortion funds, including travel, food, and stay. You can donate to Indigenous Women Rising to help support them in raising funds for Indigenous women.

Sources:  
<https://amp.theguardian.com/us-news/2022/may/19/roe-v-wade-indigenous-women-increase-violence>  
<https://www.mprnews.org/story/2019/06/06/silenced-slain-or-disappeared-indigenous-women-are-focus-of-new-task-force>

# Tribal Nations Are Concerned That Trump's Cuts Have The Potential To Violate Trust Responsibilities

by Graham Lee Brewer

NORMAN, Okla. (AP) — In tribal nations across the United States, leaders are scrambling to respond to a directive from President Donald Trump and Elon Musk to close more than a quarter of Bureau of Indian Affairs offices, which provide vital services to Indigenous communities.

Trump and Musk are calling on the General Services Administration, or GSA, to begin terminating leases on all of the roughly 7,500 federal offices nationwide, including 25 regional offices of the BIA. Those offices fulfill a wide variety of rights the U.S. owes to tribal nations, and some leaders and legal experts are worried the potential closures, layoffs and funding freezes could violate those trust responsibilities.

## In Memoriam: Remembering 41 Indigenous Defenders Who Were Murdered in 2024 in Latin America

*Content Note: The following includes disturbing information on violence against Indigenous Peoples. We have strived to provide information on each individual, in celebration of their lives and work, without gratuitous detail on their deaths. While we have worked to avoid linking to sources with graphic imagery, please note that the sources linked may contain further details and images may be changed by websites after we have reviewed them.*

Globally, 64.8% of all attacks against defenders were against those defending land and territories. Latin America is one of the most dangerous regions to be an Indigenous rights and environmental defender. Three out of four assassinations of environmental defenders take place in Latin America. Indigenous defenders face a double threat: defending rights and being Indigenous.

In 2023, 49% of murdered environmental or land defenders were Indigenous or Afro-descendants, a disproportionately high figure given that Indigenous Peoples comprise roughly 6% of the global population. It is important to take into consideration that killings are just the tip of the iceberg, and that before reaching that point, a variety of violence has occurred. According to the latest data from the Alliance for Land, Indigenous,

“It's a destabilizing action,” said Mark Macarro, president of the National Congress of the American Indian. “I really have to think we have to assume the worst, unfortunately.”

In the many treaties the U.S. signed with tribal nations, it outlined several rights owed to them — like land rights and healthcare through departments established later, like Indian Health Services. Trust responsibilities are the legal and moral obligations the U.S. has to protect and uphold those rights. Tribes go through BIA regional offices to approve things like road projects and law enforcement funding.

The move to close the regional offices is part of a sweeping effort by the Department of Government Efficiency, or DOGE, led by Musk to reduce the size and spending of the federal government.

and Environmental Defenders, for every killing of an Indigenous land and environmental defender documented in 2022, at least five non-lethal attacks took place.

As part of our Advocacy Program, Cultural Survival tracks violence against Indigenous defenders in an effort to draw connections amongst these cases and demonstrate that this crisis, rather than being a set of unconnected attacks on individual people, is systemic.

In these profiles, we remember and mourn 41 Indigenous people who were killed in 2024. We also recognize and condemn attacks, disappearances, criminalization, and other forms of violence committed against Indigenous defenders worldwide. We acknowledge that our scope is limited and that violence against Indigenous Peoples and against particular defenders of rights and the environment far surpasses the data that we were able to collect, and we honor all of the Peoples and communities who have been affected. We commit to continuing to work towards justice for Indigenous land and rights defenders alongside the affected communities to the extent that we are able.

Courtesy [culturalsurvival.org](https://culturalsurvival.org)

“Human kindness has never weakened the stamina or softened the fiber of a free people. A nation does not have to be cruel to be tough.”  
– Franklin D. Roosevelt

**Breaking News:** NASA astronauts who were stuck in space for 9 months safely splash down in Gulf of Mexico

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## See You On The Trail!!!

by Julie LaBrake,  
Pow Wow Coordinator | Tribal Government

Throughout the year, within the Kumeyaay Nation, there are many events. Some are traditional gatherings, while others are powwows. All are open to the public and have no entry fees. So, if you are looking for something to do with the family, here is a list of events. For some events, you may need to bring your own chair, so pack one up in case.

**UPCOMING EVENTS** Listed below are events/workshops/opportunities within the Kumeyaay Nation.



March 15: Miramar College Youth and Social Powwow  
March 21-22: Mega Throw Bird Gathering  
April 4 : Sycuan Spring Activity Day (Willow Lake)  
April 12: SDSU Powwow  
April 19: Pauma Peon Games  
April 26: Campo Earth Day Event  
April 26: Torres Martinez Key Key Tum Fiesta  
May 3-4 : Pala Cupa Days  
May 10: La Posta Earth Day Event  
May 10-11 : Balboa Park Powwow  
May 17: Soboba Fiesta  
May 18: UCSD Powwow  
May 31: Mesa Grande Tekamuk Gathering  
June 21: San Pasqual Gathering  
June 28: Sycuan 17th Annual Traditional Gathering

## Wellness Programs at San Diego American Indian Health Center

### Community Outreach as Strategic Prevention

San Diego American Indian Health Center recently served as a panel member at the San Diego DHCS Summit on Harm Reduction in Substance Use Disorder (SUD) Treatment, held on Tuesday, February 11, 2025.

At the summit, Curtis Cullen, Epidemiologist, explained how harm reduction strategies help create safer, more compassionate treatment options for those facing substance use challenges. He



highlighted the success of our community events and described how our clinic uses these strategies to support healthier choices and improve overall well-being.

For more information visit:  
<https://www.sdaihc.org/>

## Students and Tribes Sue DOI, Office of Indian Affairs, and BIE for Lack of Tribal Consultation Regarding Cuts at Haskell and SIPI

Students and Tribes Sue DOI, Office of Indian Affairs, and BIE for Lack of Tribal Consultation Regarding Cuts at Haskell and SIPI

Three Tribal Nations (Pueblo of Isleta, Prairie Band Potawatomi Nation, and Cheyenne Arapaho Tribes) alongside five affected Native students (Ella Bowen, Kaiya Brown, Danielle Ledesma, Victor Organista, and Aiyanna Tanyan) have sued the U.S. Department of the Interior (DOI) and Office of Indian Affairs over severe staff cuts at the Bureau of Indian Education (BIE) and its schools, Haskell Indian Nations University and Southwestern Indian Polytechnic

Institute.

The lawsuit, filed by the Native American Rights Fund (NARF), argues that these reductions — triggered by a February 2025 executive order from President Trump — were made without legally required Tribal consultation and have devastated school operations. Students and leaders report unfilled teaching positions, power outages, unsafe dorm conditions, and critical support services being slashed. While some rehiring has occurred, advocates insist it is not nearly enough to meet the government's legal and treaty obligations to Native education.

## UC San Diego 2025 Powwow Sunday, May 18th, 2025

Thank you everyone who came out to our 12th Annual Powwow held on May 20th, 2023!

We hope to see you in 2025 on Sunday, May 18th!

Find updates on the Powwow Facebook Page or our Instagram Page.

## Jacobs Center for Neighborhood Innovation Seeks Community Board Members

### Looking for Community Leaders Eager to Make a Difference

### Applicants Must Live, Work in, or Demonstrate Engagement with the Southeast San Diego Community

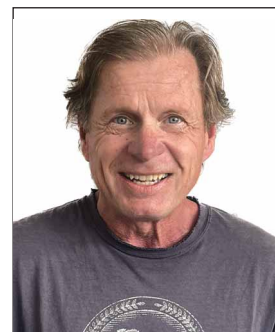
The Jacobs Center for Neighborhood Innovation is now accepting applications for community board members. These positions are open to individuals who live,

work, or demonstrate meaningful engagement with the Southeast San Diego community. It is an opportunity to contribute to the future of the community by providing leadership, advocacy, and support for local initiatives. Applications can be submitted online at [bit.ly/JCNIBoard2025](https://bit.ly/JCNIBoard2025) and are due by Tuesday, April 1.

For more information:

<https://www.jacobscenter.org/jacobs-center-for-neighborhood-innovation-seeks-community-board-members>

## The Newest Immigrant



by Tom Csanadi

The view from our house is nothing short of sublime. We dine every evening to a fiery, impressionistic sunset over the Pacific and wake

every morning to its idyllic glass surface. Often there is a powdery mist of marine layer that adds a hint of mystical calm, and sometimes we see a handful of arching dorsal fins of dolphins that glide just beyond the surf.

Everything moves slowly out on the ocean and on the beach, except when it doesn't. Sometimes we see a fast-moving object in the distance that quickly comes into focus as a speeding jet ski. We have lived here long enough to know that what we are about to witness is an unlawful act. The jet ski will make a sudden turn to the shore, and when we see there are two riders in this distinctive trajectory and in this area, we know our country is about to receive its newest immigrant.

The coyote will slow his jet ski just enough in the low surf for a young adult to hop off into thigh-deep water and hustle onto shore, then pivot the souped-up craft 180 degrees and head back out and then south. We've seen the retreating coyote endanger lives by cutting through a line of surfers and ducking between pilings of the pier at a perverted rate of speed. Sometimes he is chased by a high-speed patrol boat. Sometimes there are gunshots.

More often than not, the person dropped off is immediately swarmed by Customs and Border Patrol officers on 4x4s who had been lying in wait. I am surprised by how rough their treatment is at times, man-handling the scruff of a person's neck as if to say *there will be no question here*. Other times, a group of officers out-flank the person and calmly talk things over first.

Last week, another jet ski dropped a young adult male off right in front of our house. The man found his footing and jogged out from the water and onto drier sand. This time, there was no swarm of officers. When he realized he was not going

to be instantly arrested, he simply took his time. He became calm and relaxed in his demeanor and gait and casually walked onto the Land of the Free and Home of the Brave—the place where, if you just work hard, put your mind to it, and pull yourself up by your bootstraps, why, by damn, you can accomplish anything! Except that maybe for the more swarthy among us, there is that pesky impediment in our Land of Opportunity of deeply entrenched systemic biases.

I thought about how if this young man were to remain in the U.S. with any hope of a fighting chance, indentured servitude was what he was more than likely to face. In other words, working 16-hour days just to cover rent for a squalid room and with little hope to climb up and out.

When I told a close relative about this episode, he asked, "Was he an *illegal*?" in a more derisive tone than I was prepared for.

No, he is not an *illegal*. He is a person. He could very well be a refugee fleeing violence, the same way, six decades earlier, this same relative had also done, but is now blind to his fair-skinned head start.


What was this new immigrant running from? One guess is forced recruitment into a blood-lustful drug gang. He is the right age, it would seem. If so, I wanted to tell him *I'm rooting for you! Even if you did get caught by CBP soon after stepping onto our Pavement of Freedom, you know you can plead your case for asylum, right? Would they believe you? Would you be granted access to an attorney or social worker?*

I wonder about those he left behind. I wonder if they can breathe again. I picture his mother, up since the morning before, pacing. She rubs her hands until they crack and bleed. She is too nervous to cry. The real tears will come once she finds out how he fared. I picture a sister. She is next. She is nearly an adolescent, soon to be targeted by the same gang to tragically become this age and hemisphere's version of a "comfort woman." Her jet ski ride needs to be arranged in a hurry. I'm sure he will do everything in his power to set it up. In his family, he is the hero, after all. He has come ashore—to The Shore—and now stands straight with good posture and walks with confidence.


*My friend, I'm rooting for you*




# INDIGENOUS LANGUAGES



Americans for the  
Legalization of Indigenous  
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2022-2032 | INTERNATIONAL DECADE OF  
**Indigenous Languages**



Californians for the  
Legalization of Indigenous  
Languages  
facebook.com

by Mandy Curo: [mandycuro@hotmail.com](mailto:mandycuro@hotmail.com)

## Hemir (Until) - Kumeyaay/Iipai



Synopsis: The “big thing” these days is land acknowledgements. Whatever event you may attend there usually is some representation reminding us of the first keepers of the land. On occasion, I will be asked to come and say a few words pointing an audience to a better understanding of who the original people of this land were and continue to be. After a while, I decided to put it all down in the form of a song. Fitting, since music has always been a part of welcoming visitors. Hospitality was and is a big practice of the Kumeyaay. I begin the song in Iipay and English follows as it did throughout history. The lyrics reflect my thoughts on how this land has endured so much and has so many stories. My people have relied on her for thousands and thousands of years, and she has cared for us well, and we made a point to do the same in return. In pre-contact times, we practiced controlled burnings, ask ‘Emaay E’haa for rain and never take more than was needed. There was gratitude and an understanding of any sacrifice made from the animal kingdom or the earth for our benefit. How we treat our Creator, our world and everything on it tells of who we are at our core. There is a connection and a responsibility. Today, we share ‘Emat Kumeyaay, and her resources and dwindling. Fires can be devastating, water grows scarce, and plants and animals become endangered as we constantly leave our mark on this land. We can all do better. Change begins with learning. Learning can lead to a new appreciation, and the realization of accountability. Once this is accomplished, she can be loved just as my people have loved her all this time. As the chorus states: “You’ll never love her until you know her story.” You can come to our homeland, walk it, swim it, and even rest beneath an old oak tree. Once you take

the time to learn her story and know her struggles and marvel at her resilience she will become more valuable to you. As her story unfolds, you will see yourself as a part of it.

Nyip ‘emat peyii ‘Enyaach hekwan. Nya’taat nyip ‘emat peyii puu hekwan. ‘Enepaaw nyip ‘emat peyii puu hekwan tawaa tawaa tawaa... Puuyuyes rrawches, ‘esalyemk. ‘Emat kwa’han peyaa ‘Emaay E’haa wechowvu ‘enyaawapch ‘eyeehuy ‘epecheshuuches. Haasilly kwaykullk ‘emat saaym, ‘emat peyaa ‘ewampch ‘ehewewaay ‘enesoom, ‘uuchuch nyaamat ‘enychewiichvu nyiny puknach. Pil kupilly ‘emat peyaa ‘uumiirp ‘esekaay. ‘Uuchuch rewii ‘asaaw, a’siich, chewuuw weman, ne’urr, kuphall, nyehatt, ‘ehwiiw, hanecha, ‘emally, ‘ehpaa, ‘emat kwakhwatt, ‘ehaa kwettap, nyawim mu’yuum aapsiw. ‘Uuchuch peyap nyaamat nyechuuwiich ‘Emaay E’haa ekwachmaayaay tep’allches. ‘Iipaych tarchach nyechuuwiich ‘ematm. ‘Enyaawapch eyuuw ‘uuch war ehini. Kupallvech ‘illk enyaawapch nyii shuuhuu umaaw, kenay ‘ehanm munchewaych wesaawh. Haasilly kallwas ‘enyaawapch ‘arr. Nyamuuyaawkk memirrh. ‘Iiwalpm mewuuwh.

Menyemat kwa’tik menyew melly’aam ‘Emat peyii mepehkwiich melly’aam Mewamp pes nyii mucheyuup hemir Haasillyvely machepuull melly’aam ‘Ill kwerak ‘ukuwaay helltaa tetuupayp melly’aam Pes ‘Emat peyaa nyii muumiirp umaaw ‘Enyaa rewii hemir

‘Enyaawapch ‘uusaayp ‘emichvi ‘Enchewayp ‘eshawattvi ‘Enekwaaw tuuyakvi Nyaapum Patal ekwach Peyaak ‘eneyiw ‘Emat nyim nyechaawch ‘Uuchuch ehin ewamp tenam ‘Uuchuch ehini puu chaahay Nyaamatm puu uumiirp nyii mucheyuup umaawh Nyaaknaach mucheyuup hemir Nyaaknaach mucheyuup hemir

# JOURNALIST’S NETWORK

## Day 2 of ISOJ to Tackle Global Democracies Hostile to the Press, Challenges of Reporting on Trump 2.0 and Much More

by ISOJ (The International Symposium on Online Journalism)

Around the world, democracy is under attack, with news organizations and journalists increasingly facing persecution and restrictions on their work as regimes hostile to journalism target press freedom. The practice of independent journalism in countries where democracy is in jeopardy will be the topic of discussion for the first panel on Day 2 of the 26th International Symposium on Online Journalism (ISOJ), which will be held online and at the University of Texas at Austin, March 27-28, 2025. Registration is still open, so be sure to snag your tickets before space fills up! Journalists from El Salvador, Hungary,

India and Turkey, will discuss threats to the press in those countries and global attacks on democracy during the Friday, March 28, panel, “Doing journalism in countries with democracies on the decline.” Ann Marie Lipinski, curator of the Nieman Foundation for Journalism at Harvard University, will chair the panel, which features Carlos Dada, co-founder and director of Salvadoran digital-native outlet El Faro; Turkish journalist Gülsin Harman; Arfa Khanum, senior editor of multilingual news site The Wire of India; and András Peth, co-founder, editor and executive director of Hungarian investigative journalism center Direkt36. Visit <https://isoj.org/> for information

## IJA Mourns The Death Of Founder And First Treasurer Mary Polanco

Polanco was known as a fighter for Indigenous Journalism. The Indigenous Journalists Association (IJA) mourns the death and honors the life of Mary Frances Polanco (Jicarilla Apache), a founder and the first treasurer of the Indigenous Journalist Association. Polanco died on Friday, March 6, 2025 in her hometown of Dulce, NM. She was 86 years old. In 1983, two dozen Native American journalists came together at Penn State University to form the Native American Press Association, which later became the Native American Journalists Association. At the yearly convention in 2023, the name was changed to the present day name, Indigenous Journalist Association.



Polanco was elected to the first executive board as treasurer. She worked full time at the newspaper she founded, the Jicarilla Chieftain, where she was the editor for over forty years. Due to health issues she retired in

2020. IJA will honor Polanco during the 2025 Indigenous Media Conference in Albuquerque, NM., August 13-15. Funeral services will be held in Dulce, New Mexico. To email condolences, email her daughter Sabrina at: [Bacasabrina@hotmail.com](mailto:Bacasabrina@hotmail.com). To send cards or make a donation, mail to: Sabrina Baca PO Box 1842, Dulce, NM 87528

## Journalist Creed

Written by Walter Williams in 1914, founding dean of the Missouri School of Journalism

**I believe** in the profession of journalism. **I believe** that the public journal is a public trust; that all connected with it are, to the full measure of their responsibility, trustees for the public; that acceptance of a lesser service than the public service is betrayal of this trust. **I believe** that clear thinking and clear statement, accuracy and fairness are fundamental to good journalism. **I believe** that a journalist should write only what he holds in his heart to be true. **I believe** that suppression of the news, for any consideration other than the welfare of society, is indefensible. **I believe** that no one should write as a journalist what he would not say as a gentleman; that bribery by one's own pocketbook is as much to be avoided as bribery by the pocketbook of another; that individual responsibility may not be escaped

by pleading another's instructions or another's dividends. **I believe** that advertising, news and editorial columns should alike serve the best interests of readers; that a single standard of helpful truth and cleanness should prevail for all; that the supreme test of good journalism is the measure of its public service. **I believe** that the journalism which succeeds best — and best deserves success — fears God and honors Man; is stoutly independent, unmoved by pride of opinion or greed of power, constructive, tolerant but never careless, self-controlled, patient, always respectful of its readers but always unafraid, is quickly indignant at injustice; is unswayed by the appeal of privilege or the clamor of the mob; seeks to give every man a chance and, as far as law and honest wage and recognition of human brotherhood can make it so, an equal chance; is profoundly patriotic while sincerely promoting international good will and cementing world-comradeship; is a journalism of humanity, of and for today's world.





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).

## SISCA's Monthly Zoom Presentation – Tom Ashmore

by Windy Goodloe, secretary, Seminole Indian Scouts Cemetery Association

On Wednesday, March 19, members of the Seminole Indian Scouts Cemetery Association (SISCA) had the pleasure of listening to Tom Ashmore, president of the West Texas Archeological Society, give a presentation about his work.

Mr. Ashmore gave a presentation of the three-year archeological project of Camp Meyers Spring, located 100 miles northwest of Fort Clark. Throughout its occupation, this sub post of Fort Clark was home at different times to an infantry company, multiple cavalry companies, and the Black Seminole Indian Scout detachment. The archeological field work has covered an incredible 200 acres, breaking down the camps in detail and revealing daily life in this harsh environment.

Originally the scope of the project encompassed just five acres. It has now grown to over 200 acres. Lt. John L. Bullis first purchased the land in 1877 from a railroad company. It was originally called Painted Rock Springs. Mr. Ashmore believes (and proved) that the name Camp Meyers Springs may have come from the Seminole Negro Indian Scouts who may have called the springs "mejor," the Spanish word for "best." And eventually "mejor" became "Meyers."

Seminole Indian Scouts Cemetery Association  
**MONTHLY ZOOM**  
 LECTURE PRESENTATION  
 Wednesday, March 19  
 at 7:00 PM CST/8:00 PM EST

Speaker:

**Tom Ashmore**

President, West Texas Archeological Society



THIRD 2025  
PRESENTATION

The Zoom link will be emailed to everyone on our email list. It will also be posted on our Facebook page. If you would like it to be emailed directly to you, please contact us.

seminolecemeteryassoc@gmail.com  
 www.seminolecemeteryassociation.com

During his archeological excursions, Mr. Ashmore and his team have found bullets, buttons, broken china, and nails. The most interesting find was a can of baking powder that a soldier might have swiped, thinking he would take it back to Fort Clark, but it seems that he may have forgotten it, thus leaving it for history to find.

The scouts were officially stationed at Camp Meyers Spring from 1881 to 1884. While they were stationed there, they were allowed to pitch their tents in a traditional Native American formation. Instead of the straight lines that the other soldiers had to adhere to, the Seminole Negro Indian Scouts were allowed to pitch their tents in a semi-circle. The highest-ranking officer was always placed in the middle of the circle. Each subsequent row behind this officer was a lower-rank, until it got to the privates. While they were stationed at Camp Meyers Spring, the Seminole Negro Indian Scouts helped the Tonkawa Scouts improve their tracking skills. The

Tonkawa Scouts came from Ft. Griffin and were allowed to build teepees.

The Seminole Negro Indian Scouts were excellent hunters. One scout killed five deer in one day. Some Scouts were also allowed to help build a water tank while they were stationed at Camp Meyers Spring.

While their time at Camp Meyers Spring was short, through his archeological research, Mr. Ashmore has proven that their time was significant. Their short stay yielded a lot of important information that has helped to

paint a picture of what daily life was like for the Scouts.

Mr. Ashmore first gave a presentation about his work at Camp Meyers Spring at our 2022 Seminole Days. He's returned to give us an update each year since then. Each presentation has been interesting and intriguing, and we are certainly looking forward to his presentation at our 2025 Seminole Days, September 19-21.

For more information about the West Texas Archeological Society, please visit [westtexasarcheologicalsociety.website/](http://westtexasarcheologicalsociety.website/). And Mr. Ashmore's presentation can be found on SISCA Brackettville, our YouTube channel.

visit:

IndigenousNetwork.org



## Update on Protecting Tribal Health Care

U.S. Senators Tina Smith and Amy Klobuchar are demanding answers from federal agencies regarding the potential termination of the Bemidji Area Indian Health Service (IHS) office lease. In a letter to the General Services Administration (GSA) and Health and Human Services Secretary Robert F. Kennedy Jr., the senators stressed that closing this office—targeted for cuts by the Department of Government Efficiency (DOGE)—would disrupt critical healthcare services for 34 Tribal Nations across five states. The Bemidji IHS office supports essential health programs, including emergency care and sanitation services, particularly for smaller Tribal Nations without full-time medical staff.

Courtesy of NCAI NOW



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Calusa Indian Energy

Continued from page 1

between PG&E and the tribe ensued. In the end, the electrical giant was expelled, learning a hard lesson in tribal sovereignty.

**“The biggest misconception is that tribes aren’t sophisticated enough to do this themselves. We’re trying to eviscerate that misconception by showing what we have done at Colusa for 20 years, that tribes are more than capable.”**

As Ahmann says, “Luckily, we already had a plan in place to start running underground distribution to every one of the homes, so nobody was without power for any substantial amount of time. We got money from the DOE office of Indian Energy. We got a 90% grant to start expanding our grid. This is where the battle really took place.”

PG&E’s recalcitrance resulted in Calusa

Indian Energy’s engineers gaining invaluable knowledge and experience, which it will share with other tribes for generations to come.

The Indian energy startup’s immediate goals are to eliminate outages and unreliable utilities for tribes. The working model is to help tribes invest in their own tribal member workforce development.

To that end, Ahmann boasted, “We develop our own workforce. Priority is for tribal members of course. Tribal member workforce development for all of our projects is a top priority. These utility jobs already exist on reservations, but they’re in the hands of non-tribal members serving private shareholders.”

Ahmann continues, “We use our home microgrid at Colusa. We like to call it the ‘tribal energy training academy.’ That’s where everyone gets trained. But we also have global teaming agreements with big companies like Caterpillar, Rolls Royce, and Honeywell. These partnerships are



good for us because we get distributor-level pricing and lead time on critical equipment. But most importantly the sticking point for those negotiations has been that we need to have top-level factory training access, not just for our own people, but also for the tribes we’re developing.”

So, what exactly is a microgrid? “It means you have a source of power generation on site and distribution on site,” said Ahmann, “where you’re generating any percentage of your own power and you are distributing your loads on site. A single house could be a microgrid or it can be an entire community or reservation.”

At the Colusa Rancheria specifically, the microgrid is a natural gas fired cogeneration powerplant. “It’s ultra efficient in that we capture all the waste heat from burning gas and we use that waste heat to provide the casino resort with 100% of its space heating, its hot water, and even its air conditioning as a waste byproduct of generating electricity. Being as efficient as possible is always our charge,” said Ahmann.

After the energy infrastructure is set up, a native workforce is trained and a new tribal utility authority is established. Calusa Indian Energy does not require any membership fees. Ongoing partnerships are welcomed, but perpetual contractual financial obligations are not part of the business model.

“We view the next logical step for self-determination as taking control of your energy destiny, your energy future. The biggest misconception is that tribes aren’t sophisticated enough to do this themselves. We’re trying to eviscerate that misconception by showing what we have done at Colusa for 20 years, that tribes are more than capable.”

Over the next year about a dozen other reservations are slated to begin construction and operation of their own self-sustaining microgrids. As many as 60 other tribal entities have also begun preliminary engagements with Calusa Indian Energy.

To see an extended version of this story visit [www.indigenousnetwork.org](http://www.indigenousnetwork.org)

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Sober Warriors

by Kenneth G. White Jr  
(@ copyright: From the forthcoming book  
“Igniting the Warrior Spirit”)

*Dedicated with love to people in  
need of hope and healing*

C’mon Brother you can do it  
C’mon Sister you’ll get through it  
Let’s change our history  
Let’s be sober Warriors  
You and me

Let’s climb that mountain of hope  
And conquer that valley of hopelessness  
Let’s be happy, healthy, and free  
Let’s be sober Warriors  
You and me

Let’s go to the other side  
From depression and addiction  
To the promised land  
Of healing, wellness and conviction  
Let’s be sober Warriors  
You and me

Let’s go home to our family  
Forget about pills and drink  
Let’s go back to spirituality  
Let’s be sober Warriors  
You and me

Let’s get off these mean forsaken streets  
For they are nothing but heartbreak and deceit  
Let’s be a loving family  
Let’s be sober Warriors  
You and me

I know you’re hungry  
I know you’re tired  
I know you’re sick of being wired  
There’s a better way to live in peace  
Let’s be sober Warriors  
You and me

Let’s plan our sober life ahead  
Let’s get that job, get that degree  
There’s something good in front of us  
Let’s be sober Warriors  
You and me

Let’s find our Warrior Spirit  
It’s vibrating in our hearts and souls  
Let’s look within our Native self  
and to Creator to heal indigenously  
Let’s be sober Warriors  
You and me

Some started drinking young  
Innocent victims of colonial traumatic disease  
Realize brother and sister alcohol is an evil  
spirit  
Rise above holistically  
Let’s be sober Warriors  
You and me

But I can’t do it, it has control over me  
Understand God loves you and will set you free  
Call upon Him prayerfully then sincerely meet  
your prayer halfway  
Let’s be sober Warriors  
You and me

Our dear ancestors and elders only want what  
is good for us  
Their prayers are filled with love, hope and  
healing  
Through our Four Sacred Mountains  
And Dine ‘Deities’  
Let’s be sober Warriors  
You and me

If you are alone on this journey  
Always remember you are not alone  
God is on your side and your spiritual guide  
unconditionally, lovingly, eternally  
Let’s be sober Warriors  
You and me

Let’s stand on Mother Earth  
And get humbly on our knees  
Let’s pray to God Almighty to heal us  
Dear Heavenly Father please let me realize  
myself  
and my Warrior Spirit  
Let’s be sober Warriors  
You and me

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## Shining a Light on Noise Pollution and Light Justice: A Call for Environmental Equity

by Berenice Rodriguez

Noise and light pollution are environmental challenges that often go unnoticed but have profound impacts on both people and wildlife. At the WorldBeat Cultural Center, we believe in addressing these issues through community-focused initiatives that promote healing, education, and justice.

Noise Pollution disrupts ecosystems, mental health, and overall well-being, especially in urban areas. Our Healing Peace Garden, situated in a high-traffic

with limited access to green spaces. Advocating for "light justice" means ensuring that everyone, including marginalized communities, has access to dark skies and the natural world.

This year, during International Dark Sky Week (April 21–28), the WorldBeat Cultural Center is proud to collaborate with the Dark Sky Network San Diego Chapter and the Ruben H. Fleet Science Center to host a special event: "Birds, Stars, and Beyond: A Night for Light Justice".

### Event Details

- Date: April 26, 2025
- Time: 6 PM – 10 PM
- Location: WorldBeat Cultural Center (Indoors and Outdoors)

This immersive evening will feature:

- A presentation on light pollution and its effects on bird migration by Cathy Handzel of the Dark Sky Network.
- A talk on environmental equity and light justice by Mwenda KudumuBiggs.
- Mindful birding sessions to inspire mindfulness and bird appreciation.
- Workshops on native planting to create bird-friendly habitats.

- A magical Night Sky Star Party, where participants can stargaze and connect with the wonders of the universe.

This event is designed to educate, inspire, and empower participants to take action against light pollution while fostering a deeper connection to nature and the night sky.

At the WorldBeat Cultural Center, we are committed to celebrating Earth Day every year—and every day. Join us as we come together to honor the planet, protect our skies, and create a healthier, more equitable world for all.



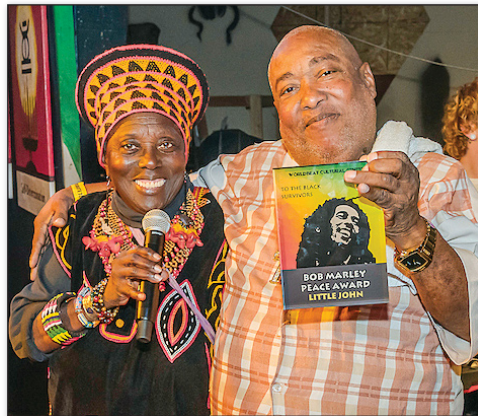
area of Balboa Park, stands as a sanctuary where people can escape the chaos of city noise. Through sound healing, mindfulness practices, and intentional soundscapes, we've created a space for reflection and relaxation, offering a model for transforming noisy urban spaces into havens of peace.

Light Pollution, on the other hand, affects migratory birds by interfering with their navigation and disrupts human circadian rhythms, leading to sleep disturbances and other health issues. This environmental injustice is particularly harmful to communities



# WORLD BEAT CENTER

## Honoring Reggae Legends and Indigenous Roots Reggae From Jamaica: Unity Through Music and Culture



It's such a blessing to witness the unwavering love for Roots Indigenous Reggae music. This year, we had a sold-out house packed with Roots-loving Reggae fans. Roots Reggae holds a special place in the hearts of the Havasupai Native Americans in the Grand Canyon. Back in the day,

they'd host a peach festival down in the canyon and invite Jamaican artists to play Roots Reggae. The Hopis even had their own Reggae star — Casper. What an incredible entertainer! I've heard he's making a comeback, and I truly hope to see him grace the stage at Tribute to the Legends/Bob Day in the future.

It was heartwarming to see veteran Native American Reggae fans travel all the way from Arizona to join us this year. Our brothers and sisters flew in from everywhere to be part of the celebration. The vibe was so peaceful, so full of love and unity. It didn't matter what color you were—everyone felt like family. That's the magic of Reggae music. It brings us together in a way that transcends differences and reminds us of our shared humanity.

### Diversity, Equity, and Inclusion

Music, art, and dance are our weapons of love and unity. In a world filled with madness, we must rise above it together. Hopefully, events like this inspire people to start seeing the world with a third eye — because, evidently, two eyes aren't enough. When you awaken your third eye, you begin to see things as they truly are and you become mindful, moment by moment.



recharge my melanin. And don't forget to nourish yourself — eat greens, salads, millet, black beans for grounding, and collard greens.

We are in the midst of a transformation, and Reggae music is here to guide us. It's message music—the music of the sufferers. Bob Marley's wisdom will always light the way. Peter Tosh reminds us that there is no peace without justice, and Bunny Wailer warns us that it's armageddon time.

### Join Us for Earth Day

Let's rise together on a higher frequency this Earth Day, which falls on Easter Sunday, April 20th, 2025. It's a time to celebrate, connect, and elevate. I hope you enjoy these photos from this year's Tribute to the Reggae Legends. Come see the ancient ones while they're still here with us on this plane. We also had the honor of presenting Reggae artists with the Bob Marley Peace Award — a reminder of the enduring power of music to heal and unite.

Stay tuned to what's happening in music and events at worldbeatcenter.org

One World, One Aim,  
One Destiny  
Makeda Dread Cheatom



## Millet-Miso Balls

by Twintastic Treats

**Ingredients:**  
2 cups cooked millet  
¼ pound of extra firm tofu  
¾ cup of grated carrots  
½ cup of diced yellow onion  
½ cup of chopped parsley  
¼ cup of diced celery  
¼ cup of instant oats  
4 tablespoons of barley miso  
4 tablespoons of nutritional yeast flakes  
4 tablespoons of olive oil  
1 tablespoon of cumin powder  
1 tablespoon of curry powder  
1 tablespoon of onion powder  
1 tablespoon of garlic powder  
1 teaspoon of cayenne pepper



### Serving Suggestions:

1. Serve inside of pita bread with tomatoes, vegan mayo,

tomatoes, vegan mayo, pickles, and diced red onions.

2. Serve on top of your favorite spaghetti recipe, adding sauce, just before serving so they don't fall apart.

**To Cook Millet:** Toast ½ cup of millet in a pan until it begins to give off a nutty aroma. Add 1 cup of boiling water, and return to a boil. Reduce the heat to a simmer, cover, and cook for about 20 minutes. Turn off the heat and let it stand for about 10 minutes, then fluff the millet. This makes about 2 cups.

### Instructions:

1. Preheat the oven to 350
2. Blend the tofu to the consistency of ricotta cheese.



## Light Pollution and Its Impact on Bird Migration

by Makeda Cheatom

For generations, humans across the globe lived under the natural darkness of night, guided by the stars and moon. This connection to the night sky was not just cultural or spiritual—it was essential. Harriet Tubman, the renowned abolitionist, depended on the dark sky and the North Star to navigate the Underground Railroad, leading enslaved people to freedom. However, in today's world, light pollution has drastically altered our relationship with the night and is causing significant disruption to wildlife, particularly migratory birds.

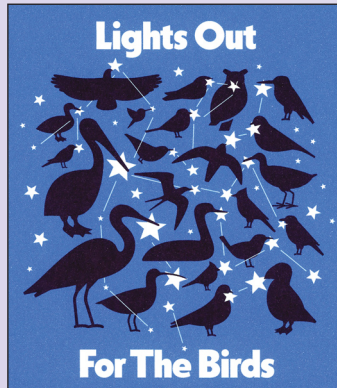
Birds rely on the natural patterns of light and darkness to navigate their migratory paths. Artificial lighting from cities, buildings, and streets confuses their internal navigation systems,

drawing them off course and often leading to fatal collisions with structures. This disruption threatens bird populations globally, many of which are already struggling due to habitat loss and climate change.

Organizations like the Dark Sky Network and the San Diego Bird Alliance (formerly the San Diego Audubon Society) are taking action to combat light pollution and protect migratory birds. The Dark Sky Network focuses on raising awareness about the importance of preserving natural darkness. They work with communities to implement solutions such as shielded lighting, dimming outdoor lights, and using motion sensors to reduce unnecessary light. Their efforts aim to create "dark sky reserves" where wildlife can thrive without the interference of artificial light.

The San Diego Bird Alliance is also actively

addressing this issue through education and advocacy. They collaborate with local organizations and policymakers to promote bird-safe lighting practices and encourage residents to participate in citizen science projects that monitor the impact of light pollution on birds.



On a global scale, the International Dark Sky Network leads campaigns to reduce light pollution and preserve the natural night sky. Their initiatives include International Dark Sky Week, which highlights the importance of darkness for both humans and wildlife. They advocate for sustainable lighting practices and provide resources to help individuals and communities make impactful changes.

### What Can You Do?

Reducing light pollution starts at home. Here are a few simple steps you can take:

- Turn off unnecessary lights at night, especially during bird migration seasons.
- Use motion sensors or timers for outdoor lighting to minimize its impact.
- Install shielded light fixtures that direct light downward, reducing skyglow.
- Switch to warm-colored LED lights that are less disruptive to wildlife.
- Draw curtains or blinds to prevent indoor light from spilling outside.

By embracing these practices, we can help reclaim the night for wildlife and ourselves, fostering a deeper connection to the natural rhythms of the Earth. As Harriet Tubman once relied on the dark sky to guide her journey, we too must protect this precious resource for future generations—both human and avian. Together, we can ensure that the night sky remains a safe sanctuary for all.



# Spring Blossoms with Wellness

by Cindy Saylor

As spring blows into Southern California I am reminded of the teachings of the season of spring: renewal, growth, beauty and joy. Flowers are beginning to bloom, seeds are sprouting, and our hardworking farmers are busy in the fields. New life grows and struggles into being in spring. Native California plants are greening up and leafing out. Noticing these changes in the natural world is an important part of being human. As an herbalist, I watch as the seasons turn. This helps me to be in touch with the natural cycles of the earth and to humbly learn from



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her teachings. When I teach herbalism at the World Beat Center I share about this important practice, often forgotten in our modern digital world. Connecting with nature, working with herbs, noticing the seasons, these practices remind us what it is to be human on the earth. To walk with a gentle step, to pause and connect with nature as we are born to do.

In spring herbalists think about spring greens both fresh and cooked to rejuvenate our sluggish digestion. Plants like nettles, chickweed, cleavers and dandelion (flower, leaf, root) nourish and support us. Edible flowers appear in spring, pansies, violas, calendula, borage, nasturtiums and more.

A fun, easy spring activity is to make an infused vinegar.

**Directions to make an Herbal Infused Vinegar:**

- Choose fresh herbs & greens, a mix from any of these: nettle, nasturtium (leaf & flower), chickweed, cleavers, dandelion leaf & flowers, arugula, cilantro, oregano, sage, thyme, rosemary, lavender, are all full of minerals, vitamins and more. You can add some garlic, ginger or onion and a hot pepper if you like spice. These plants will extract beautifully in apple cider vinegar.
- Finely chop your herbs.
- Place your finely chopped herbs into a jar with a lid, fill about 1/2- full of plant material.
- Cover with apple cider vinegar and fill the jar to within about 1 inch of the top.
- Make sure all of the plants are

submerged in the vinegar. Cover with a lid\*.

- Add a label with the date and ingredients.
- Shake daily for 2-4 weeks.
- When ready, strain out the plant material and compost it.
- Place your herbal infused vinegar into a jar.
- Use your mineral & vitamin supercharged vinegar for salad dressings, stir fries, or anytime you would use vinegar.

\* If you are using a metal lid, place parchment paper or brown bag paper over the top of the jar and then add the lid. You do not want the vinegar to come in contact with metal. The vinegar will corrode the metal.

The world right now is chaotic and uncertain. When we pause and reconnect with the natural world we strengthen our own resilience and self-sufficiency. Take time for self-care, take time to notice what the natural world is doing. You will be nourished and strengthened.

If you are curious about herbalism join me April 26-May 31 for Seeds of Herbalism - An Introduction to the Art & Science of Herbalism. We meet at the World Beat Center Ethnobotany Peace Garden.

*Cindy Saylor is an herbalist, nutritionist, community educator, poet and devoted to sharing the teachings of the plants and the earth that have been shared with her.*  
Learn more: [everydayplantmagic.com](http://everydayplantmagic.com)

## Political Winds

Continued from page 1

potholes to housing insecurity. Besides these inescapable struggles, given its geographic location, IB is faced daily with global issues of border security and immigration challenges, inevitable sea rise concerns, and an international boundary pollution crisis of untreated industrial waste and sewage flowing down the usually dry Tijuana riverbed and pouring into the Pacific.

This land needs strong and enlightened leadership. The cultural diversity and the multitude of global struggles highlight what the mayor of Imperial Beach, Paloma Aguirre, brings to the table and the futuristic collective consciousness that she and her vision represent.

Indian Voices met with Paloma

Aguirre for a casual and informative conversation at the relaxed high energy oceanfront home of Tom and Marvel Harrison in Imperial Beach.

There is no doubt that mayor Aguirre is a fighter for the a people that have historically been left out of the democratic process. As mayor of Imperial Beach many of these are her constituents. Her pluralistic background, cultural sensitivity and vision allow her to articulate and be a public face for this vast hidden, ignored and abused community.

### ENDORSERS - SUPPORTERS

San Diego Democratic Party  
San Diego Classroom Teachers  
Union Tribune Editorial Board  
San Diego Imperial County Labor Council  
National Union Health Care Workers  
Sierra Club  
State Senator Steve Padilla  
National City Mayor Ron Morrison

While she is sharpening political skills in preparation for District 1 Supervisor seat, an army of grassroots community organizations have been pushing forward and gaining strength within the corridors civic influence across the country.

Coalition building and civic education are first responders to the call to save our democracy. A greater asset to this cause is to widen the path of influence of Mayor Aguirre. We can do this if we all work together. The Ancestors are providing that opportunity on the land of the Great Kumeyaay Nation for all people for the next Seven Generations.

To donate to visit:  
<https://secure.actblue.com/donate/paloma-aguirre-1>





~ On the Town with Camille ~

by Camille Appling

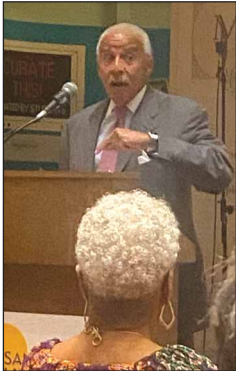
Latter-day Saint Ministries 2025

On March 3, 2025, I met with Elder Logan Carlisle, age 19, and Elder Jason Delap, age 21, about the importance of their mission to share about Jesus Christ, Profit Joseph Smith, and the right to practice the Mormon Faith. Our friends at the Church of Jesus Christ Latter-day Saints contribute heavily to society with ethics from Christ about children and other pertinent issues. We pray for safety along their mission.

If you are interested in learning more, please contact <http://comeuntochrist.org/jesus>

KOTC 2025

This year's Keepers of the Culture Event was hosted by the San Diego History Museum. We were graced by the opening, which was introduced by the San Diego African American Museum of Fine Arts. Some of San Diego's finest who were honored included California Secretary of State Dr. Shirley Webber. She was honored for her extensive contributions to Black culture, education, and civil rights, including



the Earl B. Gillum Bar Association. Dr. Webber was in great company with the Cooper Family Foundation, which has worked tirelessly in our community to provide safety and security through food and care. The Coopers also founded a Juneteenth celebration and provided us with BBQ and Black history in honor of their father. The next recipient, Ron Dhanifu, who has educated the Black community for years about art and music, was celebrated for his contributions to radio. And lastly Martha R. Logan of the Alpha



Kappa Alpha Sorority Inc. has diligently served in American financing in association with Lincoln University. Theo and Martha Logan have promoted positive economic development and progress consistently with Black excellence.

Rustin25

On February 28, San Diego reflected on the powerful influence of the Civil Rights leader Bayard Rustin. Rustin championed civil rights and personal liberties. Rustin's contributions to America include promoting nonviolence and supporting education and employment.



Rustin was celebrated by our mayor Todd Gloria at the City Hall Event.

Julian Tan 2025

The Athenaeum Music and Art Library welcomed rising artist Julian Tan, who gifted the art community with expressive portraits that detail poignant subjects in urban, multicultural America.



The use of objects like canes and real examinations of Athenaeum La Jolla and Barrio Logan life and culture make



Julian Tan's art interesting and reflective.

For more news throughout the month visit:  
[indianvoices.net](http://indianvoices.net) and  
[Indigenousnetwork.org](http://Indigenousnetwork.org)

NCAI Responds to Threatened BIA Office Closures

The National Congress of American Indians (NCAI) is making headlines as we speak out against a new federal directive that could have devastating impacts on Tribal Nations.

A recent article highlights concerns from tribal leaders—including NCAI President Mark Macarro—regarding a proposal from U.S. President Donald Trump and Elon Musk to close more than 25 regional Bureau of Indian Affairs (BIA) offices. These closures threaten critical services and could violate the U.S. government's trust and treaty obligations

to Tribal Nations.

President Macarro underscored the seriousness of the situation, stating: "It's a destabilizing action. We must assume the worst and continue to hold the federal government accountable to its trust responsibilities."

These BIA offices play a crucial role in approving infrastructure projects, managing law enforcement funding, and ensuring Tribal Nations can access essential services. Any reduction in their operations risks further delays and broken promises.



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**OFFICIAL INVITATION**

The Community Is Invited to Visit  
**The Negro Leagues Baseball Museum Touring Exhibit "BARRIER BREAKERS"**

The Story of the African American and Latin Players Who Broke the Color Barriers of Major Leagues Baseball Teams Starting with Jackie Robinson of the Brooklyn Dodgers through Pumpsie Green of the Boston Red Sox

With a special Tribute to Johnny Ritchey, San Diego Padres' first Black player

**FREE ADMISSION**

April 15, 2025 through May 31, 2025

Location: San Diego Central Library, 8th Floor  
330 Park Blvd., San Diego, CA 92101

Hours of operation: Monday-Saturday 12:00 pm – 6:00 pm,  
Sunday 1:00 pm – 5:00 pm

**Collaborators:**



**Community Supporters:**



Richard Barrera, Dr. Sharon Whitehurst Payne, Frank Jordan and Traci Wooden-Carlisle

Please call (619) 236-5800 for more information or to schedule group visits.

**The first 2 hours of parking is free with validation!**



## NEWS

from Las Vegas/Nevada

Kena Adams, Coordinator Las Vegas/Nevada

## The Dream of the Drum Beatz

by "GUS" Lyle Rhoads

When I close my eyes, I let my mind sleep, there are peaceful dreamz of drum beatz, NATIVE LIFE, clear skies WAR CRIES under sunrays or moonlight

When I hear that drum call when we sing that first song, it feels like new beginnings where I right all my wrongs

I can sit at ease amongst all my DRUM BROTHERS. We sing for ELDERS, VETS, KIDS and the WAR MOTHERS. We jam for those who have made their final journey. Memories are in the songs, to the families no worries. Pow wow life STRONG, Pow wow life goes on.

Even amongst PANDEMIC, we still have our drum songs. The other night had a dream singing among "FRIENDS, "but before that can happen, must make amends. I'm sorry I lost TRACK, lost my way among addiction. I apologize to OUR DRUMS. I chose "SUBSTANCE" over "TRADITION "on a hard path "MISERY and SUFFERING." But now things are different on a ROAD TO RECOVERY

So, I close my eyes and let my mind sleep always, peaceful dreamz, dreamz of drum beatz.

*I dedicate this poem to those who are GONE from COVID-19 or addiction.*

## NARA Affiliate; Dick Collin's Chapter 498 Welcomes Richard J. Cherchio North Las Vegas Councilman

Indian Voices would first like to congratulate the new officers:

President – George Dunckhurst Jr  
V. President – Loren Graves  
Treasurer – Darlene Hayward  
Secretary – Charla Garcia  
Trustee – Evelyn Pacheco

Dick Collins (Ch. 498 President) and George Dunckhurst Jr. (Apache) presented Councilman Cherchio with a Medal of Valor, courtesy of the late Nevada Intertribal Powwow. The councilman spoke highly of the changes, past and present, that have been happening in North Las



Every second Monday of the month, the Dick Collins 498 gathers together to lift their voices on the many issues concerning seniors and families alike here in Southern Nevada. They feature a multitude of guest speakers, ranging from US Senator-D Catherine Cortez Masto to State Treasurer Zach Conine. This month's meeting featured guest speaker Richard J. Cherchio, a North Las Vegas Councilman for Ward 4. If there was one thing he emphasized, it was that it was the PEOPLE that put him there, thus reminding NARA members of the importance of our voices and votes.

Vegas. "We (North Las Vegas) are finally getting to where we need to be," stated Cherchio. He mentioned projects like the VA Hospital (past) and a Stations Casino (new) near the 215 and Losee. As the meeting ended, he reminded us to "Continue to Speak Up!" His energy was refreshing in such an uncertain time concerning political figures. To contact North Las Vegas Councilman Richard J. Cherchio, call (702) 633-1194 or visit [www.cityofnorthlasvegas.com/our-city/contact-us](http://www.cityofnorthlasvegas.com/our-city/contact-us). He said he welcomes the correspondence.

## Thousands March In Carson City During International Women's Day

photos: Reno Gazette Journal



"Women belong in all places where decisions are being made. It shouldn't be that women are the exception."

– Ruth Bader Ginsburg

## My Cherokee Journey: Thomas Nicholas "Bright Eyes" La Croix

by Thomas Nicholas "Bright Eyes" La Croix

Heardville, GA - Cherokee Chief George Washington Welch lived from 1798 to 1840. As listed in the Georgia National Historical Registry, Chief Welch was a profitable merchant who owned, constructed, and operated a grist mill. It was located on the Old Federal Road, alongside Setting Down Creek.

I had always heard stories of my five-times great-grandfather Welch from my father and grandmother. In the fall of 2022, I decided to embark on a journey of my own to gather a new perspective on my ancestral heritage. I am a tribal citizen of the Cherokee Nation (Western Band) of Tahlequah, Oklahoma. The word *Tahlequah* (pronounced Tahl-le-quah) means "NO-MORE." This was not only a slogan for the Cherokee people, but also a reminder for all other nations to stand up for peaceful resolutions during the changes that were occurring to the American cultural landscape during the early 1800s.

My journey began as a casual road trip into Cherokee, North Carolina. As I traveled a long, curved road lined with luscious forest vegetation, I observed the mountainous terrain and a beautiful roaring, white-capped river. I stopped at a viewing area where I felt the presence of my ancestral roots and the river, its

strength and majesty. I drove into the city of Cherokee and took in the sites, such as the cultural heritage center and the bamboo forest. I had an amazing lunch where they served traditional Cherokee bean bread, frog legs, and fry bread tacos with Southern-style sweet tea. As I spoke to local Eastern Band Cherokees, they were warm and friendly. Smiles were a familiar spectacle, as if I had visited family for the first time. As the sun was setting, the temperature began to drop as it was fall. As I was leaving town, a herd of elk crossed the road in front of me. I counted at least forty grazing the wild grasses, blanketed in their winter coats. That's when it all sank in; Cherokee, North Carolina was the original winter hunting grounds for my people. With its luscious vegetation, animal life, and fresh water supply, this was a perfect combination to provide sustainability for the tribe during fall and winter.

It was now time to continue my journey, toward the site of where it all began—Heardville, Georgia. I took a scenic route through the mountains, where there were homesites along a small lake. Views of autumn whispered through the air in the form of orange, red, and light brown leaves. Wild ducks flew across the lake in perfect formation. I thought to

SEE My Cherokee Journey, page 13

**ALL PLAYERS WELCOME**

**MOAPA'S FIRST ANNUAL WAR PARTY HORSESHOE TOURNAMENT**

**MARCH 28-29, 2025**

**SIGN UP & START TIME**

<b>FRIDAY 03/28/25</b>	<b>9:00AM - 11:30AM</b>	<b>12:00PM</b>
<b>SATURDAY 03/29/25</b>	<b>7:00AM - 9:30AM</b>	<b>10:00AM</b>

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**1ST PLACE: \$1000**

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CATHERINE’S CORNER



# Ensuring Access to Affordable Housing for all Nevadans

In Nevada and across the country, families are finding it harder and harder to afford the safety and security of a roof over their heads. All Nevadans and all Americans should be able to afford a home, so one of my top priorities as a senator has been to work with my partners in the state to lower housing costs.

This month, I reintroduced my Preservation and Reinvestment Initiative for Community Enhancement (PRICE) Act. This bill would permanently reauthorize my 2022 PRICE grant program, which provided \$225 million in grants to revitalize manufactured homes and manufactured housing communities. The program specifically set aside funds for affordable housing in Tribal communities.

I have been a champion of programs funded by the Native American Housing Assistance and Self-Determination Act (NAHASDA) for years. These programs provide funding for the construction of affordable housing in Tribal communities.

I also pushed the Federal Home Loan Bank of San Francisco to provide a historic \$9.4 million for Nevada last year, which, in part, supported the construction of new homes in Tribal communities.

All Nevadans should have access to housing they can afford, and I will continue working with community leaders across the Silver State to deliver solutions.

# FYI...

## NFL Draft Experience Features Interactive Games, Immersive Exhibits and Player Appearances

### NFL Draft Theater to Host All 32 Club Picks Across the Seven Rounds, Along with Free Concert and Activities

NEW YORK — The 2025 NFL Draft presented by Bud Light is heading to Green Bay, in a historic first. Taking place from April 24 – 26, this three-day celebration of football will transform the area, nestled near the legendary Lambeau Field and Titledown District, into a free festival for fans of all ages.

Fans can now register for free and secure their spot by downloading the NFL OnePass app or by registering online at NFL.com/DraftAccess. Every adult is required to register, and all registrants may include up to five children per entry.

“We are incredibly excited to bring the NFL Draft to Green Bay—a city that lives and breathes football,” said Peter O’Reilly, executive vice president of club business and international and league events. “Lambeau Field and Titledown are a bucket-list destination for football fans from around the country and around the world. It’s the perfect stage to unveil the next generation of NFL stars and unite the entire football community for an unforgettable weeklong celebration.”

## My Cherokee Journey

Continued from page 12

myself, A cabin and a fishing pole would be perfect. A clearing broke in the road, where I was at a crossroads in Ophir, Georgia. I saw a sign that read: Trail of Tears, and my heart sank. I had the feeling of both the tragedy and the triumph of the tribe. I thought to myself, “It didn’t start here, but it did.” Cherokee Nations’ farming and agriculture during spring and summer months was essentially located in the Atlanta, Georgia area. The city of Ophir is only about an hour’s drive away. I continued on my journey to the Pooles’ Mill Bridge, a historical landmark.

This is now what I would call a family park with a sheltered community picnic area and a short hike through the bridge to observe the natural beauty of the creek. The original grist mill burned down after being sold, but the memory of a prominent Cherokee Chief and businessman Mr. George Washington Welch remains.

Despite the disagreement of about half of the tribe regarding the signing of the New Echota Treaty, Welch was able to assist in negotiating the final land sale to the U.S. government of approximately seven million acres east of the Mississippi for \$5 million, as well as future appropriations and 14 counties in Eastern Oklahoma. These funds were used to create the first women’s seminary known as “The Harvard of the West.” Now, it is known as Oklahoma State University. The land in Oklahoma was originally obtained by the U.S. Government approximately 20 years earlier during the sale of the Louisiana Purchase, sold to America from France.

The Trail of Tears came at an immense cost to all, to both those who didn’t sign the Dawes Roll and those who did. Many

were lost along the trail to Oklahoma, but also many remained in Cherokee, North Carolina. Approximately 4,000 of the 15,000 Cherokee perished during the 5,046-mile winter relocation. I have mixed emotions regarding this journey; the hurt, the suffering, the loss of a culture in certain regard, but I am also happy to see the resilience of a people in both the Western and Eastern Bands.

I sat at the edge of the creek near the Pooles’ Mill Bridge and pondered what happened during the early 1820s to 1830s. America was expanding. Multiple land sales were made in the past from the Cherokee Nation to the U.S. government as a means of tribal survival due to the tribe running out of resources. White settlers ravaged homes and stole food supplies and livestock, leaving Cherokee families struck with famine and poverty. Hints of both the invention of the cotton gin and the Georgia gold rush swept surrounding states like wildfire. White America was populating at a record pace. The 1920 census reads the U.S. population was approximately 10 million people. That number increased 33% in only 10 years! The Treaty of New Echota seemed to be a last resort tactic in salvaging what remained of the Cherokee people. Negotiating peacefully with the U.S. as opposed to conflict was the Cherokee way for future generations to prosper. In 1820, there may have been 30,000 Cherokee alive. Now, thanks in part to my 5x great-grandfather Cherokee Chief George Washington Welch, my tribe thrives. Enrolled Cherokee Nation members are listed as 316,049 as of 2024. Non-enrolled members who identify as Cherokee are listed as 818,105. I am proud to be a Native Cherokee, Wolf Clan descendant. I know my tribe will continue to respect, with the utmost humility, our elders and future generations to come.


### NEWE Waipaipian MMIW is Hosting:

### April Awareness and Prevention Walk

**Where:** Peace Park  
**When:** April 6, 2025  
**Registration:** 9:00am  
**Walk begins:** 10:00am

Goody bags and T-Shirts will be given out to the first 50 people who register.  
A Potluck Luncheon will follow after the walk. Please bring your favorite side dish to share.  
**SILENT NO MORE!**  
“We remember the Indigenous Women and Girls who disappeared, who go missing, and who are murdered. We stand up and fight for the living”.

For more information please call/text Marlene Marion@ 775-385-4285, Thalia Marin@775-401-4472, Jeremaih Jones @775-389-1960 or email questions to newewaipaipian@gmail.com



## 44th Annual Southern Utah Pow Wow

**Where:** Americas First Event Center  
351 W Center St  
Cedar City, UT

**Head Staff:**  
**MC:** Milton Tso, Ben Tohsonii  
Cameron, AZ Blanding, UT  
**AD:** Alex O. Shepherd  
Cedar City, UT  
**Head Judge:** David Nguyen  
Seattle, WA  
**Host Drum:** Indian Creek  
Red Mesa, UT  
**Head Woman:** Kat Gutierrez-Monroy  
Portland, OR  
**Head Man:** Picked every session

**Contest Categories:**  
Jr Boys Traditional, Grass, Fancy  
Jr Girls Traditional, Jingle, Fancy  
Teen Boys Traditional, Grass, Fancy  
Teen Girls Traditional, Jingle, Fancy  
Mens Traditional, Grass, Fancy  
Womens Traditional, Jingle, Fancy  
Golden Age Men  
Golden Age Women

**Grand Entry:**  
Sat, April 12th  
11 AM & 6 PM

**Specials:**  
Womens All Around Special (18+)  
Utah Tech Indigenous Student Organization Special

**Performances:**  
Mexico Danza (Miss NA SUU & NASA Performer)  
Lion Dance (David Nguyen & SUU Students)

**Vendors reach out to Kylee Secody:**  
kyleesecody71@gmail.com or call/text (928)660-1644  
For more information email jw05gd14@gmail.com or nativesasuu@gmail.com or text (435) 485-0817

**Admission:**  
**Adults:** ..... \$5  
**Seniors:** ..... \$3  
**Children 6-12:** ..... \$3  
**5 and under:** ..... Free  
**Students:** ..... \$1

This is a drug and alcohol free event  
\*We are not responsible for lost, damaged, or stolen items.\*

“Humankind has not woven the web of life.  
We are but one thread within it.  
Whatever we do to the web, we do to ourselves.  
All things are bound together. All things connect.”  
- Chief Seattle, Duwamish



## City of San Diego's Newest and Largest Park Downtown Set to Open by End of Year

*East Village Green Will Give Residents And Visitors A Place To Play, Relax And Attend Community Events*

SAN DIEGO – In partnership with Civic San Diego, the City of San Diego continues construction work on the highly anticipated East Village Green park and expects to open it by the end of this year. Once finished, the park aims to attract people to live, visit and play Downtown.

“As more people choose to live Downtown, and visitors from around the world come to explore our beautiful city, the need for park space in this community continues to grow,” said Andy Field, Parks and Recreation Department Director. “East Village Green will provide a place to get outdoors, participate in a variety of special events, exercise, play and gather with a host of amenities. We can't wait for the community to ‘find their happy space’ at this park.”

The park comprises 2.1 acres, with the largest portion bounded by 13th, F, 14th and G streets. This section will help bring the area to life with a two-story community center, a central lawn area, a children's playground with an interactive water feature, a game and reading area, and public restrooms with an attendant booth.

A smaller area is located at the northeast corner of 14th and G streets and will provide an off-leash dog park for small and large dogs. Another portion of the park is along the south side of F Street

between 14th and 15th streets and houses the relocation of two historic buildings.

Construction crews are also finishing the park's new 185-space parking garage, and the City is currently seeking a contractor to operate and maintain the facility. The parking garage has two underground levels and is expected to be used by park visitors and monthly users, as well as night, weekend and special event parking. Interested qualified contractors can visit PlanetBids to submit their proposals. Proposals must be submitted by March 31.

“Parks like East Village Green not only provide community members a destination to connect and play, but they are essential for a downtown economy and revitalization effort,” said Economic Development Director Christina Bibler. “Parks encourage a sense of place, attract leisure and enhance the community's quality of life, not to mention increase the value to the neighborhood.”

The park's funding came from a combination of a handful of downtown-specific funds and a San Diego Association of Governments (SANDAG) grant.

Planning for this project has been in the works since 2004, when it was first envisioned. This was followed by a community-driven design process, which resulted in the City Council's approval of the park's General Development Plan in 2015. Since then, residents have been eagerly awaiting the park's opening as it has gone through the design, permitting and construction process.

## 2024: Reaching New Heights in the Struggle for Clean Border Water

by Sarah Davidson

The Tijuana River Watershed is a strikingly beautiful and deeply meaningful place for communities on both sides of the Mexico/U.S. border. It provides critical habitat to countless species and is the largest remaining coastal wetland in Southern California. Yet, each year, billions of gallons of untreated sewage, industrial chemicals, and trash flow across the border through the river and enter the Pacific Ocean, causing beach closures throughout South San Diego County and widespread illnesses throughout the region. In 2024, that number reached more than 36 billion gallons in polluted transboundary flows.

### 2024 Was A Huge Year For Clean Border Water Now!

Based in San Diego, the Clean Border Water Now program leads Surfrider Foundation's work to address the transboundary pollution that is causing a grave public health and environmental justice crises in the Southern California/Northern Baja border region. While the environmental catastrophe and the resulting public health crisis continued to get worse in 2024, Surfrider was able to engage more people and successfully advocate for more solutions, than ever before.

Together with our community partners, we secured several campaign victories at the federal and state levels to provide a

substantial amount of the funding needed to pay for water infrastructure improvement projects that reduce the flow of transboundary pollution through the Tijuana Watershed and into the Pacific Ocean. A number of resolutions calling for solutions to this crisis were also passed last year by local and state governments, San Diego Port Authority, San Diego school districts, and the Southern Indian Health Council. This success was possible through the efforts of a growing coalition of community organizations and local officials that are advocating for change as well as a growing groundswell of community voices that are showing up and demanding action. These voices were amplified last year when the Tijuana River landed on America's Most Endangered Rivers list for 2024 and as they came together at our collaborative Unite to Heal Our Coast event. Together, the Surfrider Foundation and our community partners are well positioned to continue to make progress towards our long-term goal of stopping the flow of polluted water through the San Diego/Tijuana border region and restoring clean water and safe, healthy communities and beaches for all to enjoy.

Read on to learn more about 2024 highs and lows and what keeps us hopeful going into 2025.

<https://sandiego.surfrider.org/news/2024-reaching-new-heights-in-the-struggle-for-clean-border-water>

## 5th Annual - Binational Water Summit - 2025

Saturday, Mar 22  
1pm-5pm  
San Diego, CA. Final TBD

We are convening international leaders from government, non-profit organizations, academia, global institutions, businesses, and the innovation sector to engage in productive dialogue about the future of our waters.

<https://www.agessinc.com/event-info/5th-annual-binational-water-summit-2025>

visit: [Indigenousnetwork.org](https://indigenousnetwork.org)



This Women's History Month, the San Diego History Center, in partnership

with the Women's Museum of California, is proud to present a series of

collaborative events and exhibitions honoring the trailblazing women who have shaped San Diego's history. From pioneering leaders and activists to artists, educators, and innovators, our March programming will highlight the extraordinary impact of local women whose stories deserve to be brought to life.



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**Gwendolyn Parada**  
Chairwoman

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## A Fable of Dandelion & Stone

by April Nurse

by April Nurse

A dancing spring breeze created a chill in the air. Warm sun came from behind the clouds, lightening and brightening the early morning. Where once snow lay, grasses have now sprung upward, and a few flowers called to the bees to start the spring ritual. A single dandelion landed on a weathered and worn stone.

"Oh, you lucky thing!" stated the garbled and weary stone. "To be you! To flit and fly on the lightest breeze. Why, you could touch the sun if you wanted to." Rumbling sighs took the sprightly seed by surprise.

"I am stuck," the gregarious stone muttered. "I was formed from the disastrous chaos of an eruption, and for a brief moment, I almost touched the sky. But alas, an earth-shaking moment toppled me from my place in the sun and rolled me down through storm and flood until I reached this very spot. Here I lay. Here I have laid since that day. I am stuck."

*The sprightly seed did not know how to comfort the sad stone. "How long have you laid here?"*

The stubborn stone thought for a moment. "The mighty pine whose shade we are bathed in, I saw the falling of the very cone from which it was born. That stream gurgling past us, I was here when it was but a misguided spring. I was here when there was nothing but grass and silence." It rumbled sadly but pressed on. "I wish for a life of adventure! I wish for

movement and change. You are so very lucky."

The empathetic dandelion thought over the stone's plight and very gently began, "My friend, you are the lucky one. You have this peaceful valley with life all around you. You know the stories of these trees, of the water itself. You know the comings and goings of the seasons, of the winds and rain. Everything begins and ends, only you remain. You are the keeper of this space."

*The steady rock took a few moments to understand. "But freedom..."*

Fiery seedpod shot back. "Freedom comes with costs. I have no control over how far I fly. I don't know if I will have a few seconds or a few days in one place. I do soar, and it is wondrous, but I don't know where I will land. It may be into fire, into a freezing lake, into a rocky path. I may be a meal for some winged predator; I have no control. Freedom comes with costs. What I wouldn't give to stay here with you, watching this valley become. Instead, I am at the mercy of the slightest breath of wind."

The weathered rock finally realized he wasn't stuck. There was freedom in a lifetime of presence. There was freedom in the ability to observe and relate and remember. There was freedom in being a voice for the space that had grown and decayed over and over until it had become what it was at that moment. "You're right," the stone exclaimed, but alas the dandelion was gone, free falling on the last breeze.

## City of San Diego Hosts 'Open Dog House' to Spotlight New Off-Leash Area at Gompers Neighborhood Park

**Encanto Location Is One Of Several Off-Leash Areas For Dogs To Safely Run And Play**

SAN DIEGO – Adding to a long list of parks where San Diegans can allow their dogs to run and play the City of San Diego hosted an "Open Dog House" on March 15 to showcase one of the newest off-leash area at Gompers Neighborhood Park in Encanto.

Dog owners have more than 20 off-leash areas across the City where they can bring their pets, now including the Gompers park space that was installed in late 2024 on an existing grassy area, comprising approximately 26,000 square feet. There are two pens, one for smaller dogs and one for larger dogs. Each pen

has a double-gated release area, signage, benches, trash and recycling receptacles. According to the City's Parks and Recreation Department, dog off-leash areas promote positive activity at parks and create a sense of community among users.

Over the last five years, the City of San Diego has worked to expand access for pet owners, with the addition of seven new off-leash park locations for dogs. These facilities provide a safe space for dogs to play and exercise; they are also the only City park spaces where dogs are permitted to be off leash. Dog owners can be cited for allowing their pets off-leash outside of the designated areas or for not picking up after their pet.

visit: [IndigenousNetwork.org](https://IndigenousNetwork.org)



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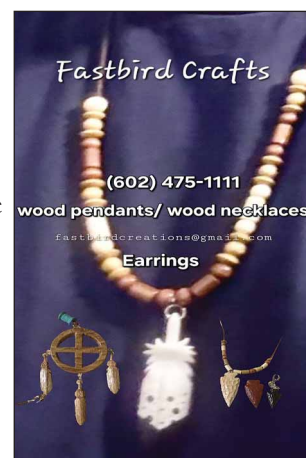
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Contacting Philip Meeden directly at (602)475-1111 or by email at [fastbirdcreations@gmail.com](mailto:fastbirdcreations@gmail.com)

## New Imperial Beach Eviction Protections Go Into Effect Soon. What You Need To Know

by Teal Davis and San Diego Documenters

Imperial Beach has new eviction protections going into effect this week, but some residents said they don't go far enough.

Building upon an existing state law, the new rule details specific renovations to a unit that could be safely performed without evicting a tenant and, in the event of a substantial remodel, requires landlords to provide relocation assistance to evicted renters.

Last month, Imperial Beach City Council decided in a narrow 3-2 vote to make the change which will go into effect March 22.

"In my opinion this didn't go far enough, but it went as far as we could," Mayor Paloma Aguirre said during the meeting to adopt the new protections, adding that she herself was "evicted overnight" earlier in her life. "I know what it is to be displaced."

She said that keeping people in their homes and reducing evictions is key to lowering the unhoused population in Imperial Beach.

The changes followed several months of public comments and a petition that garnered 1,700 signatures from residents, pushing for more protections from evictions.

The State Tenant Protection Act is a California law that has been in effect since 2020. It defines when landlords can pursue evictions, including the ability for landlords to evict a current renter if there are plans to "demolish or substantially remodel the unit."

In the state law, substantial improvements are any renovation or project that requires a permit or is unsafe to perform while a tenant is still living in the space.

Imperial Beach's new rule requires two months of relocation payments for renters displaced due to substantial improvement projects. Renters who are elderly or disabled must receive three months of relocation payments. This is an increase from the one month of rent that state law already requires landlords to pay tenants who face no-fault evictions.

The law exempts smaller owners, or anyone with fewer than 15 rental units, from the increased relocation payments.

The city rule also clarified what

renovation projects do not fall under the "substantial improvement" the state requires to allow an eviction. Among these are painting, decorating, flooring replacement and cabinet, counter or window replacement projects within the unit.

Councilmembers who opposed the changes said that they would like to help protect renters in Imperial Beach, but that local rules could open them to lawsuits.

"I wish we could help everybody but it's just not possible when you look at the responsibility we have to the entire city," Councilmember Jack Fisher said.

Councilmember Carol Seabury said that eviction protections should be left to the state. She said that the city does not have enough funds to deal with lawsuits.

Brenda Bautista, an Imperial Beach resident who says she has been to every city council meeting since last May, said in the meeting late last month that she has experienced eviction from a corporation that intended to do significant remodeling.

She said that while she is able to get a job if she needs to cover the costs of finding a new apartment, many of her elderly neighbors may not be.

While many residents in Imperial Beach spoke out in support of the new ordinance, some residents have said it does not go far enough in protecting renters.

Gil Vera, Deputy Director of the Legal Aid Society of San Diego, shared that his parents rent out the other half of their duplex, which is how he defines a small landlord. He said it was disheartening that the council defined smaller landlords as anyone owning fewer than 15 units. Any property owner with that many units is "not a small-time landlord," but one that can generate significant revenue off of their properties, Vera said.

He said he has personally spoken with many of the community members who have advocated for change. By this definition of a small landlord, the same community members who have campaigned for change would not be protected by the new ordinance, according to Vera.

"Everyday we continue to see people to be displaced, and it's really disheartening knowing that our governments could do more and it's a choice—it's a choice," Vera said during the meeting last month.



First Supervisorial District, Special Primary Election.

Vote by April 8, 2025.

Every active registered voter residing in the First Supervisorial District will receive a ballot in the mail the week of March 10.

Only voters residing in the First Supervisorial District can vote in the election.

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Return your ballot to any of the Registrar’s official ballot drop boxes around the district starting Tuesday, March 11 through Election Day, Tuesday, April 8.

Avoid long lines by taking advantage of early voting! Starting Saturday, March 29, seven vote centers will be open daily from 8 a.m. to 5 p.m.

On Election Day, Tuesday, April 8, thirteen vote centers will be open from 7 a.m. to 8 p.m.

Find a ballot drop box or vote center near you at [sdvote.com](https://sdvote.com).

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San Diego

Red Lake Nation

Red Lake Retail Center

NATIVE AMERICAN BANK

Native American Bank worked with the Red Lake Retail Center, a tribal business established by the Red Lake Band of Chippewa Indians, and 8 other partners to combine a USDA loan guaranty with equity contributed through New Markets Tax Credits, in order to finance a project located on tribal trust land.

The loan proceeds from this cutting edge structure allowed the Red Lake Retail Center to replace and expand it's existing structure. The expanded store features a dollar store, eat-in and take-out food options, an in-house bakery and numerous services that directly compete with off reservation offerings that previously required a 60+ mile round trip.

This lending operation played a key role in addressing the grocery gap experienced by Native American communities. Through a multitude of partnerships and our loan guaranty and trust land expertise, the Red Lake Retail Center was successfully rejuvenated, leading to substantially increased access to fresh groceries and employment opportunities on the Red Lake Nation.

Native American Bank was the lead lender in a Red Lake Retail Center project which financed the construction and remodeling of a grocery store located on the Red Lake Nation, home of the Red Lake Band of Chippewa Indians.

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