Journal #5868 from sdc 12.5.24

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California has a plan to save Joshua trees

She moved into a neighborhood of 3D printed homes in Texas — see what it's like inside insider.com (Jaures Yip)

'The Modern Navajo Kitchen' celebrates Indigenous traditions and flavors

In her new cookbook, chef and author Alana Yazzie shares family recipes and modern takes on Navajo cuisine.



Yazzie shares one of her favorite recipes in the new cookbook, Braised Chile Mutton Stew. Lauren Topor/Good Karma Photo

If you've scrolled through your Instagram feed lately, there's a good chance <u>Alana Yazzie's</u> <u>colorful, food-filled posts</u> have caught your attention. Yazzie is the creator behind The Fancy Navajo, a lifestyle and food blog she started in 2014 to highlight Navajo cuisine and Indigenous businesses. Now, a decade later and with 27,000 Instagram followers and counting, Yazzie just added another achievement to her resume: cookbook author.

Yazzie grew up in Fruitland, New Mexico, a small rural town outside Farmington near the Four Corners area, by the San Juan River. On the other side of the river is the Navajo Nation. Yazzie says she had "the best of both worlds" in Fruitland and recalled her days of going to school, coming home, making dinner and then hoping she'd get the chance to go into "town."

"I had access to more resources like grocery stores and restaurants as opposed to someone who may live in the middle of the Navajo Nation," she says. "Some of the surrounding areas are a lot more rural than where I grew up with some areas not having access to running water and electricity."

Along with her immediate family, Yazzie spent time with her aunts who lived in nearby towns. Despite living in different places, she remembers everyone coming together for parties and celebrations.

"We did a lot of cooking at home," she says. "Especially cooking from scratch."

Yazzie says she has always had a "deep love and appreciation for food." As a child, she remembers getting excited for the cooking segments on her favorite TV shows. She applied what she saw on the screen to her own experiments.

"I've always enjoyed thinking outside of the box and seeing how I could change up flavors or make something more unique," Yazzie says.

Fueled by her young imagination and creative spirit, she added fruits into recipes, formed doughs into cute shapes and says she made heart-shaped tortillas "all the time."

A family tradition

Yazzie's family members were her teachers. She fondly remembers baking bread with her mom and apple pie and doughnuts with her brother at home in Fruitland. And like many families, cooking brought Yazzie's loved ones together.

"My mom encouraged me to write down all the measurements which is a little bit untraditional, especially for Indigenous cultures," Yazzie says. "A lot of our teachings are oral and are hardly ever written down."

In her cookbook, Yazzie includes a version of her mom's scratch-bread recipe. Titled "Fancy Navajo Magic Bread," the recipe is the base for three foods: tortillas, fry bread and biscuits. Yazzie considers it a good introductory recipe to Navajo cuisine.

"I always love making that with her because, for one, I never knew what we were going to come up with at the end," Yazzie says. "It was always a surprise."

After high school, Yazzie studied business administration and double majored in marketing and human resources at Marquette University in Milwaukee, Wisconsin.

"A lot of the students had never met a Native American before," she says.

Her classmates had a lot of questions about her heritage and were quick to compare Navajo culture to stereotypical Hollywood tropes, Yazzie says.

"I had to explain that Native Americans aren't a monolith," she says.

Yazzie's interest in cooking with Indigenous foods blossomed during her college years. Outside of her studies at Marquette, Yazzie says she started taking bread making more seriously.

"I realized I didn't know how to make some Navajo dishes or where to get the ingredients," she says. "It was something I relied on my mom or grandma to make and something I took for granted."

Learning those recipes brought Yazzie comfort, she says, and strengthened her relationship with her mom. After completing her undergrad in 2010, she moved to Phoenix.

"It's not too close to home, but it's not too far either," she says.

Yazzie says her Braised Chile Mutton Stew is a contemporary take on a traditional recipe infused with flavorful red chiles and Navajo white cornmeal.

Creating a community and a cookbook

On Instagram, between snaps of her homemade sumac berry smoothies and blue corn mush, Yazzie shares thoughtful posts about Indigenous-owned businesses like New Mexico's Valley Trading Post and Oso Grande Coffee Co.

"In the earlier days of Instagram, there weren't a lot of Native American influencers, especially lifestyle influencers that portrayed the content I did," she says.

Her Instagram handle, @thefancynavajo, is thanks, in part, to her earliest followers.

"People would comment 'OMG you are so fancy! That's so fancy!'," she says.

At the time in 2014, Yazzie was posting about her favorite Valley food trucks, fashion and Navajo foods with a "fancy" twist from a personal account, before scaling up to a fully-branded social media presence and lifestyle blog.

Yazzie has also made a point to make Native-led businesses accessible to readers of her cookbook.

"I have a list of Native businesses that I recommend," she says. "People can purchase ingredients from these providers."

When she's shopping for Indigenous ingredients, Yazzie says she turns to Tocabe Indigenous Marketplace. The specialty grocery store was created by the founders of the Denver-based restaurant Tocabe and offers ready-made and ethically sourced Indigenous foods via its online shop. Valley-based Blue Corn Custom Designs is another recommendation of Yazzie's.

"It's really cool to showcase how Native communities are thriving, how we're growing and how we're becoming staples for our communities," Yazzie says.

Yazzie posts many of her recipes to her blog and hopes the site is a resource for people. For example, home cooks can access recipes ranging from mini blue corn doughnuts to yellow corn salsa on the blog.

"I want them to be free for the community," she says.

Yazzie also uses her online platforms to connect with her growing following. Questions from her following about when a cookbook was coming started flooding her DMs and comments. Creating a cookbook felt like taking the next step, she says.

"Having a cookbook is important to me because there aren't many Native American cookbooks, especially ones that focus on modern cuisine, written by a Native American author or a Native American woman author," she says. "A lot of stories are retold by non-Natives."

But between managing her blog and navigating day-to-day life, she acknowledges it was difficult to take the time and figure out how to shape the book.

"I really had to think about what route I wanted to go," Yazzie notes.

"Everything aligned perfectly," she says, when in 2023 The Quarto Group, a global publishing house, reached out to her about creating a cookbook.

"If they weren't there to give me that push, I'm not sure the cookbook would be here," she says.

Cooking up a book from scratch

Yazzie put the skills she learned while blogging to use in her cookbook, like photography.

"I fell in love with the bright and airy photography of the early lifestyle bloggers and I began learning and researching how to take photos like that," she says.

She notes that was before high-quality iPhone cameras were commonplace.

"My mother-in-law saw my interest in taking photos and she bought me my first DSLR camera," she says. "I remember it was a Canon Rebel and I felt so overwhelmed with it and I didn't know where to begin."

Through Instagram, Yazzie connected with Jennifer Hubbell of Chandler-based Jennifer Hubbell Photography. The two became friends and Yazzie says their styles "just clicked." Like Yazzie, Hubbell is also Navajo.

"She taught me a lot about what I know about photography. She helped me to learn how to use a DSLR and really mentored me during the earlier days," she says.

A number of Hubbell's landscape photographs appear in Yazzie's cookbook.

Yazzie authored and photographed each recipe featured in her cookbook, which is an impressive accomplishment for anyone — especially, a new mother.

"My daughter was one, going on two," she says. "I got so much done during her nap times."

On a typical day, Yazzie says she spent her mornings shopping for ingredients that she'd put to use in her test recipes around lunchtime. After the recipes were perfected, she made time to photograph her dishes before the sun went down. At night, she edited the photos and wrote down her recipes.

"I was making at least six to eight items in one day," she says. "We had so many leftovers, but I tried to plan out the meals so we could eat throughout the week."

Yazzie says she continued the extensive routine for about four weeks.

"I can't believe I did that," she says.

Skills and stories passed down through generations

Like her own mom, Yazzie will be able to pass on her recipes to her daughter. She also hopes to share the Navajo language. Inside her cookbook, Yazzie includes her recipe names in English and Navajo.

Although she says that she is not fluent in the language, she has studied Navajo for many years, including taking a beginner language class at Mesa Community College to strengthen her skills.

"Navajo can be a difficult language to learn if you don't speak it regularly," she says. "I wish it was something my parents taught me at a younger age. Whenever I go home I ask them to teach me more of the language."

When asked what she hopes people will take away from her cookbook, Yazzie emphasizes that Navajo cuisine is much more than the "stereotypical" foods people see at big markets and powwows.

"I hope that they learn that Native or Navajo cuisine is very diverse," she says. "It's not just Indian tacos."

Yazzie's favorite dish in the book is the Braised Red Chile Mutton Stew. She describes it as a contemporary take on traditional stew that's infused with flavorful red chiles and Navajo white cornmeal. Yazzie recommends serving it with a side of fresh blue corn tortillas or savory blue corn mush.

Additionally, Yazzie notes Navajo cuisine is both local and "in tune" with the seasons — which is apparent when you page through the book. Yazzie includes tips about how to roast green chiles in the fall and shares which seasons her recipes are suited for, like the Sumac Berry Spritzer, which she says is "the perfect summer drink."

After lots of recipe testing, editing and research, the cookbook is finally on store shelves. Yazzie's cookbook launched on Oct. 8.

"I'm really excited to share my perspective of Navajo cooking and my modern and traditional takes on Navajo cuisine," she says.

 $\underline{https://www.phoenix.newtimes.com/restaurants/phoenix-chef-and-author-alana-yazzie-releases-her-first-cookbook-20257582}$

Students watch history unfold on the Klamath, dam removal celebration set for Dec. 7

"On a recent field trip to the Klamath River, local school children were able to witness a momentous example of nature's ability to rebound: salmon spawning in a creek upstream from the former Iron Gate dam after decades of absence. It's one of many ecological milestones being reached following the largest dam removal project in the nation's history, with the official completion on Oct. 2 signaling the end of an era and a new beginning for the Klamath River, now flowing free after being released from the stranglehold of the Copco No. 1, Copco No. 2, J.C. Boyle and Iron Gate dams. The November visit to Jenny Creek — part of a collaborative program of the Karuk Tribe, Save California Salmon, the Mid Klamath Watershed Council and education partners — marked the third year of such trips for students

Sierra Nevada Field Campus (goldengatexpress.org) —

The Sierra Nevada Field Campus, located near Reno, offers educational programs in a scenic setting. The campus, open from May to September, provides courses in natural sciences, arts, and outdoor skills, attracting diverse participants.

Scholarships with Jan 10-15 Deadlines

The man with a plan to upend government, and what it entails

"Make A Ripple, Change the World" Kindness Action Competition	\$1,000	January 10, 2025
ACPA Randall/LaRossa Scholarships	\$5,000	January 10, 2025
ARRL Foundation Scholarship Programs	\$25,000	January 10, 2025
Bemidji State Music Scholarships	\$35,976	January 10, 2025
Jim Borden Memorial Scholarship	\$30,000	January 10, 2025
Judy Corman Memorial Scholarship and Internship from Scholastic	Varies	January 10, 2025
Lehigh University Cutler-Sametz Scholarship	\$20,000	January 10, 2025
Linly Heflin Scholarship	\$40,000	January 10, 2025
New York Women in Communications Scholarships	Varies	January 10, 2025
Pride Foundation Scholarships	Varies	January 10, 2025
Samuel Huntington Public Service Award	\$30,000	January 10, 2025
Saul Kagan Fellowship in Advanced Shoah Studies	\$30,000	January 10, 2025
Scholarship for Diversity in Media	\$30,000	January 10, 2025
The Cloisters Summer Internship Program for College Students	\$4,500	January 10, 2025
University of Alabama In-State Merit Scholarships	\$45,520	January 10, 2025
University of Alabama National Alumni Association Crimson Scholarship	\$150,688	January 10, 2025
University of Alabama Out-of-State Merit Scholarships	\$112,000	January 10, 2025
Walter Byers Postgraduate Scholarship Program	\$24,000	January 10, 2025
Robert H. Short/Cumberland Community Foundation Scholars Program	\$30,000	January 12, 2025
Tempe Diablos Scholarship	\$8,000	January 12, 2025
UTA Terry Scholarship	\$97,744	January 12, 2025
Carson Scholars Fund	\$1,000	January 13, 2025
Ithaca College Park Scholar Award	\$278,928	January 13, 2025
Northern Illinois University Presidential Scholars Program	\$102,004	January 13, 2025
OSCPA Oregon University & Community College Scholarships	\$5,000	January 13, 2025
Virginia Arts Festival Model NATO Challenge	\$2,500	January 13, 2025
YouthCon Scholarship	\$3,000	January 13, 2025
Collaboratory Scholarship Program	Varies	January 14, 2025
Hope College Distinguished Artist Awards - Music	\$12,000	January 14, 2025

ACHE Student Grant Program	\$3,000	January 15, 2025
American Red Cross - Leaders Save Lives Scholarship	\$2,500	January 15, 2025
APIASF General Scholarship Program	\$20,000	January 15, 2025
ASU Next Generation Service Corps	\$40,000	January 15, 2025
B. Charles Tiney Memorial Scholarship	Varies	January 15, 2025
Better Business Bureau of Delaware Student Ethics Scholarship	\$2,500	January 15, 2025
BMI Composer Awards	\$20,000	January 15, 2025
BMI Future Jazz Master Scholarship	Varies	January 15, 2025
CAP Cadet Flight Scholarships	\$5,000	January 15, 2025
Center for Women In Technology (CWIT) Scholars Program at UMBC	\$88,000	January 15, 2025
Central Michigan University Leader Advancement Scholarship	\$8,000	January 15, 2025
Civil Air Patrol Academic Scholarships	\$4,000	January 15, 2025
Civil Air Patrol William E. Hanna Scholarship	\$5,000	January 15, 2025
Clark University Presidential Scholarship	\$229,760	January 15, 2025
Dolly Parton Songwriters Award	\$20,000	January 15, 2025
Duane Watson Scholarship for Exceptional Character in Agriculture	\$2,000	January 15, 2025
Eugene C. Figg, Jr. Civil Engineering Scholarship	Varies	January 15, 2025
Furman University Merit-Based Scholarships	\$305,096	January 15, 2025
Furman University Wylie Math Scholarship	\$60,000	January 15, 2025
Garden Club of America Coastal Wetland Studies	\$5,000	January 15, 2025
GWCF National Scholarship Competition	\$5,000	January 15, 2025
James H. Davis Scholarship	Varies	January 15, 2025
John Lenard Civil Engineering Scholarship	Varies	January 15, 2025
John Lennon Scholarships	\$20,000	January 15, 2025
Khyentse Foundation Buddhist Studies Scholarships	\$5,000	January 15, 2025
Kristy J. Hendrickson Scholarship	\$10,000	January 15, 2025
Lawrence W. and Francis W. Cox Scholarship	Varies	January 15, 2025
Mercatus Joseph Schumpeter Fellowship	\$1,000	January 15, 2025
MSSA Scholarship Program	\$5,000	January 15, 2025
National Horticulture Foundation Scholarships	Varies	January 15, 2025
PATCH Scholarship Program	\$750	January 15, 2025
Powell Scholarship at University of the Pacific	\$188,000	January 15, 2025
Robert B. B. and Josephine N. Moorman Scholarship	Varies	January 15, 2025

The man with a plan to upend government, and what it entails

Russell Vought is well-known on Capitol Hill and thus far at least looks like a shoo-in to be confirmed as President-elect Donald Trump's budget director, as he was during Trump's first term on a party-line vote in 2020. The hard-charging Vought is a revered figure on the right with his pledges to upend the "deep state." Read more...

Promoting apprenticeship as a pathway to good jobs for women

The Department of Labor celebrated the 10th anniversary of National Apprenticeship Week by showcasing the value of Registered Apprenticeship as a pathway to career success, including for women and other underserved populations. Currently, women make up less than 15% of active apprentices. But that's changing thanks to the Women in Apprenticeship and Nontraditional Occupations (WANTO) grant program and other Labor Department programs.

- Learn more about women in apprenticeship and nontraditional occupations
- Visit the Department of Labor's <u>National Apprenticeship Week hub</u>

Imaginative Learning in Museums, Part 1: A 2024 Annual Survey of Museum-Goers Data Story

https://www.aam-us.org/2024/11/29/imaginative-learning-in-museums-part-1-a-2024-annual-survey-of-museum-goers-data-story/

Introducing Fifteen Visions of Museum Futuresnb

Category: Center for the Future of Museums Blog Posted on Nov 13, 2024



Ground view of the Bamoun Heritage Preservation space in Foumban (Fred Photos, Bamenda). AAM published a collection of fifteen papers exploring the next horizon of museum practice with regard to voluntary repatriation, restitution, and reparations. This is your invitation to explore the collection together with thoughts on how you might use these essays to guide your work.

Books: Writer Thoreau warned of brain rot in 1854. Now it's the Oxford Word of 2024

New Human Species

Researchers say they've identified a new <u>ancient human relative</u>. The species, which researchers call "Homo juluensis," made stone tools and hunted animals in eastern Asia between 300,000 and 50,000 years ago, according to the study. The findings shed light on human evolution in the region, with researchers claiming a mysterious group known as the <u>Denisovans</u> may have been a subset.

Denisovans have long intrigued scientists. Despite some modern humans sharing as much <u>as 6% of their DNA</u>, limited remains have been found to date. The most complete specimen is a partial jawbone with a number of teeth found on China's Tibetan Plateau, and the group does not have a formal species classification due to a lack of physical remains.

Researchers argue Homo juluensis' large skull and broad teeth are different enough to justify a new species, while the teeth are similar enough to Denisovans that the group should be assigned to the new species.

Explore the human family tree <u>here</u>.

On this day (11.29) in 1729, Natchez warriors revolted against the French, killing 230 colonists.

Learn more about how this attack in present-day Mississippi was part of a vicious cycle of violence and retribution.

New Car, Whose Duck Is This?

- The U.S. Postal Service is getting a sick new ride. Just kidding this thing looks like it's one step away from being a mechanized platypus – <u>but postal workers are</u> <u>still excited about getting their first new mail trucks in decades</u>. The vehicles, developed and produced by Oshkosh Defense (a Wisconsin-based defense contractor), can be powered by either gas or electricity and are designed with mail carriers' comfort as their main goal.
- The Next Generation Delivery Vehicles are equipped with air-conditioning, a 360-degree camera, and a sliding cargo door to make it easier for workers to unload cargo directly onto the sidewalk. They also have giant windshields and extremely low-profile hoods, which will hopefully grant shorter mail carriers more visibility on the road. The last time postal workers got a car upgrade was in the 1980s those trucks only have fans attached to their dashboards, and their cargo doors are so small that workers complain about having to crouch inside to reach their mail.
- You've really got to see the new design to believe it <u>one reviewer said the new truck</u> "looks like a robot Beluga whale built by the East German government" but postal workers are still happy with it. "I know a lot of people say it looks funny," said one of the first mail carriers to get one of the new vehicles. "It looks like a duck or a platypus. It does. But I tell them it gets the job done. It works for me."

ADWR helps finalize two historic Tribal water rights settlement agreements

"Governor Katie Hobbs on Nov. 19 officially concluded decades of negotiations and court battles over tribal water rights when she signed two settlements involving four Arizona Native American tribes. The Arizona Governor signed the Northeastern Arizona Indian Water Rights Settlement Agreement, which settled long-standing claims with the Navajo Nation, Hopi Tribe, and the San Juan Southern Paiute Tribe. In addition, she signed the Yavapai-Apache Nation Water Rights Settlement Agreement with the Yavapai Apache Nation of north-central Arizona. Both agreements with the federally recognized tribes are now before Congress. "I want to thank Governor Hobbs for her leadership in helping us reach this historic agreement," said President Buu Nygren of the Navajo Nation. ... "Read more from the Arizona Department of Water Resources.

Scientists develop foam that can filter up to 99.9% of microplastics from water "Scientists in China have developed a biodegradable foam that they say can remove up to 99.9% of microplastics from water, a major breakthrough in an effort to combat a pervasive environmental problem. The contaminants known as "microplastics" — tiny pieces of plastic smaller than five millimeters in size that result from the breakdown of larger plastic materials or are made intentionally for use in cosmetic and biomedical products — have been found everywhere from the depths of the ocean to the most remote mountain ranges. Microplastics can persist in the environment for hundreds or even thousands of years and can also enter the food chain, harming wildlife and potentially human health. "Microplastics entering terrestrial and aquatic habitats are anticipated to continuously increase for thousands of years, due to the alarming volumes of plastic waste in the environment," the researchers write in a paper published Friday in the journal Science Advances. ... "Read more from the Courthouse News Service

The Australian Town Where People Live Underground

In one unusual outback town, everything is subterranean – from churches to campsites. As the world heads for 2.7C (4.9F) of global warming, should we be heading underground?

https://getpocket.com/explore/item/the-australian-town-where-people-live-underground?utm_source=firefox-newtab-en-us

White House Environmental Justice Advisory Council (WHEJAC) Public Meeting: December 17, 2024

The White House Environmental Justice Advisory Council (WHEJAC) will convene virtually on Tuesday, December 17, 2024, from approximately 1:00 PM to 8:00



STATE of MINNESOTA

Proclamation

WHEREAS: Red Lake Nation Tribal Officer Jesse Branch dedicated six years of service to the

Red Lake Nation Department of Public Safety; and

WHEREAS: Officer Branch bravely served his community, demonstrating deep commitment

and unwavering selflessness. He was deeply respected by his family, friends, and

colleagues; and

WHEREAS: In addition to his role with the Red Lake Department of Public Safety, Branch

served with the Beltrami County Sheriff's Posse and recently joined the North

County First Responders; and

WHEREAS: Officer Branch died on November 27, 2024, in a tragic traffic collision in Red

Lake Nation; and

WHEREAS: With its deepest gratitude, the State of Minnesota recognizes Officer Jesse

Branch for his dedicated service to, and sacrifice for, people in Minnesota, and $% \left(1\right) =\left(1\right) \left(1\right)$

our thoughts and prayers are with his family, friends, and community.

NOW, THEREFORE, I, TIM WALZ, Governor of Minnesota, do hereby order all United States flags and Minnesota flags to be flown at half-staff at all state buildings in the State of Minnesota, starting immediately in honor and remembrance of Officer Jesse Branch.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Minnesota to be affixed at the State Capitol this $27^{\rm th}$ day of November.

GOVERNOR

SECRETARY OF STATE