



Dear Virginia,

"FIGHT EVERYWHERE AND ALL AT ONCE"



"It's time to fight everywhere and all at once. Never before in my life have I called for mass protests, for mobilization, for disruption. But I am now."

In a fiery speech to Democrats in New Hampshire on April 28 Gov. of Illinois J.B. Pritzker laid out what's before us.

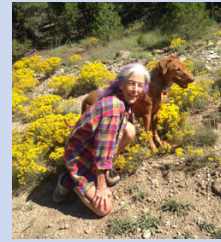
"These Republicans cannot know a moment of peace. They have to understand that we will fight their cruelty with every megaphone and microphone that we have. We must castigate them on the soap box, and then punish them at the ballot box. They must feel in their bones that when we survive this shameful episode of American history with our democracy intact—because we have no alternative but to do just that—that we will relegate their portraits to the museum halls reserved for tyrants and traitors.

"Cowardice can be contagious, but so too can courage, just as the hope that we hold onto in the darkness shines with its own special light.

"Tonight, I'm telling you what I'm willing to do, and that is to fight—for our democracy, for our liberty, for the opportunity for all our people to live lives that are meaningful and free. And I see around me tonight a roomful of people who are ready to do the same.

"So I have one question for all of you, Are you ready for the fight?"

(The image above shows the locations of one of the recent protests.)



**Stories, insights
and action for a
world that works
for all of us**

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*Justice is what love  
looks like in public.*

*Jim Hightower*

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Favorite Resources

[Fix the News](#)

(Future Crunch)

[Reasons to be Cheerful](#)

[Chop Wood, Carry](#)

[Water](#)

[350.org](#)

[Climate Reality](#)

[Project](#)

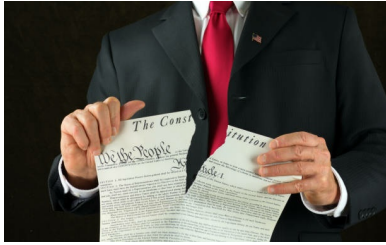
[Local Futures](#)

[Desert Rose Press](#)

[VirginiaMudd.com](#)

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*We will and must  
resist and protest as  
long as it takes to get  
our democracy back*



## Violations of our Constitution

It is often overlooked when we watch and read about the outrageous, cruel, destructive and weird actions taken by our president as he pursues his fascist agenda, that these actions are unconstitutional as well. They are impeachable offenses.

### The Constitution prohibits the president from doing the following:

- Proclaiming an end to birthright citizenship;
- Deporting people without due process;
- Targeting law firms;
- Targeting universities;
- Targeting the press (esp. Associated Press);
- Impounding and withholding funds appropriated by Congress;
- Imposing tariffs without congressional review;
- Firing directors at independent agencies;
- Ignoring court orders;
- Politicizing of the Justice Department.

Read more detail in [A Road Map of Trump's Lawless presidency: The Recklessness Itself Sends a Message: 35 Legal Experts Assess Trump's Return](#)

"Having surrounded himself with sycophants, Trump feels unconstrained by the Constitution and federal statutes."

— Michael Dorf, professor, Cornell Law School

"Our constitutional system is on a knife's edge."

— Jack Balkin, professor, Yale Law School

More in depth commentary is found in this article, ["Wait, That's Unconstitutional"](#)

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## Days of Action

**NO KINGS! June 14th:** There will be another mass protest Day of Action on June 14th in locations all over the country. It happens to be Donald Trump's birthday. It coincides with the 250th anniversary of the Second Continental Congress's establishment of the Continental

Army in 1775. There will be a military parade (Have we ever had a military parade?!) with about 6,600 soldiers, 150 vehicles, and 50 helicopters that will proceed from near the Pentagon in Arlington, Virginia, to the National Mall at a cost of tens of millions of dollars. Protests are planned for everywhere but there. [No Kings.org](#), [Indivisible.org](#), [Mobilize.us](#)

**Veterans Unite! June 6th:** A rally with and for American veterans will be held at 2 p.m. ET at the National Mall in Washington, D.C. "We are coming together to defend the benefits, jobs, and dignity that every generation of veterans has earned through sacrifice. Veterans jobs, healthcare, and essential VA services are under attack. We will not stand by." [Read more here.](#)





## Action Sites for Democracy and Our Planet

Given the continued threats to our democracy and our Earth, this resource guide lists our favorite sources of information, opportunities for action and hope. **We must protest as long as it takes to get our democracy back.**

### Reclaiming and Protecting Our Democracy is Every Day

[Chop Wood, Carry Water](#): Provides daily actions for our democracy. Always encouraging.

[Steady, by Dan Rather](#): Excellent commentary on current affairs.

[Today's Edition Newsletter by Robert Hubbell](#): Reflections on and summary of today's news.

[Letters from an American, by Heather Cox Richardson](#): Commentary on current news.

[The Status Kuo, by Jay Kuo](#): Commentary and analysis of today's news. (I recommend "Surviving the Next Four Years" for strategies such as: avoid doom and despair; be a voice of hope, not fear; unplug from network news; commit small acts of resistance." [Read here.](#))

### Climate Action: Every Action Counts!

[Climate Action Now!](#): Subscribe and get an action to do every day, plus climate hope.

[100 Things You Can Do to Help in the Climate Crisis](#)

[15 Actions to Make a Difference](#)

**An old saying: We can all be the someone who is doing something.**

## All Kinds of Good News



### Nature Recovers

#### Wildlife returns after wildfires in Los Angeles.

The Eaton fire in the Angeles National Forest in Altadena burned over 14,000 acres in January. Now, with the help of trail cameras we are seeing deer, coyotes and mountain lions return to the burn area. It brings joy and hope to us all, especially those who lost so much in those fires. [Read and see more here.](#)



### Healthy Meals for Spain's School Kids

A new law in Spain requires schools to serve five healthy meals weekly and bans sugary drinks. Schools will be legally required to offer more fish and legumes, and ensure daily consumption of fruits and vegetables - with seasonal produce a priority to help farmers hit by Trump's tariffs. "Every day all children and adolescents will have access to healthy and nutritious food, regardless of their family's income."

[Read the healthful article here.](#)



## Nature Wins

**Chevron has been ordered to pay \$744.6 million to restore Louisiana coastline** after it violated the state's coastal laws that are designed to preserve the delicate balance of its wetlands. The landmark trial is the first of a dozen pending lawsuits against the world's leading oil companies and could set a precedent for billions of dollars in damages for environmental degradation.

[Read the article here.](#)

## Stitch it. Don't Ditch It.

**Resisting fast fashion can be fun! Meet the Edinburgh Street Stitchers.** The fashion industry is responsible for 92 million metric tons of textile waste annually, and the dyeing and finishing of textiles causes 20 percent of industrial water pollution. Due to energy-intensive production and long supply chains, the apparel industry is responsible for eight to ten percent of global carbon emissions— more than aviation and shipping combined. Inspired by the global Street Stitching movement, the former pharmacist Mary Morton started the Edinburgh group in 2022 after a discussion with her son sent her down a rabbit hole of research and learning about the climate crisis. "At the end of all of that, I was absolutely horrified. I thought, 'What can I do about it?'"

[Read what she did about it here.](#)

## Wisdom for Our Time



"The president of the United States appears to have long ago forgotten that Americans fought the Revolutionary War not merely to secure their independence from the British monarchy but to establish a government of laws, not of men, so that they and future generations of Americans would never again be subject to the whims of a tyrannical king. As Thomas Paine wrote in *Common Sense* in 1776, 'For as in

absolute governments the king is law, so in free countries the law ought to be king; and there ought to be no other.'" —J. Michael Luttig

## Breakfast anyone?



**Here is a captivating film of Athena, the Great Horned Owl**, who hatched two babies April 9th. Female Great Horned Owls carefully tear prey into small pieces to feed their owlets until they are old enough to eat on their own. Self-feeding typically begins around 3–4 weeks of age, but the female may continue offering meals through 5 weeks.

[Watch this engrossing short video here.](#)



In case you missed it last month, here is a bedtime story that Jay Kuo, political analyst, author of "The Status Kuo," and father of two small children, tells baby Riley. [It's a story for all of us.](#)

*May your month of June be fun and active!*

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