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COLORADO RIVER WATER PACT COULD BE MODEL FOR OTHER NATIONS

2013 Business Plan Competition – Open to all Nevada High School Students

Udall Foundation

A Network of Professional Support for Educators

November is National Diabetes Month

Tish Tang Falls Article Has Hoopa Tribal Members Worried

University Consortium to Offer Small Online Courses for Credit

The Age of Possibility

Top 10 Healthy Yet Cheap Organic Foods

Darrell Dunn

Russell James Garity

COLORADO RIVER WATER PACT COULD BE MODEL FOR OTHER NATIONS

A new Colorado River pact between the United States and Mexico could serve as a model for other countries locked in conflict over water.

<http://erj.reviewjournal.com/ct/uz3688753Biz15133499>

2013 Business Plan Competition – Open to all Nevada High School Students

Intent to compete form is due March 1, 2013. Plans due Monday, April 1, 2013 - FINALIST

INTERVIEWS: Week of May 6

Finalist will be selected by the judges and notified at least 10 days prior to final interviews.

Finalists will present their plans to the judges in an interview format scheduled the week of May 6. Cash prizes will be awarded to the top winners!

Go [online](#) for more information.

The Udall Foundation anticipates awarding eighty \$5,000 scholarships and 50 Honorable Mention awards of \$350 for the 2013-2014 academic year to current sophomore and junior undergraduates from across the US who intend to pursue careers in any of the following areas:

* Native American health care (includes health care administration, social work, medicine, and research into health conditions affecting Native American communities).

* Tribal public policy (includes fields related to tribal sovereignty, governance or law; Native American education or justice; natural resource management; cultural preservation and revitalization, Native American economic development, and other areas affecting Native American communities).

* The environment (includes policy, engineering, science, education, urban planning and renewal, business, health, justice, and economics).

(To apply in the first two categories, you must be native American/
Alaska Native.)

Students must have a demonstrated record of leadership and commitment to careers related to one of these three areas. Not only do scholars receive a monetary award, but they also attend a Scholar Orientation in Tucson: This four-day event brings Udall Scholars, alumni, faculty representatives, and Foundation staff together to network, share ideas, hear from distinguished leaders, and see, first hand, what it means to be part of the Udall legacy. Udall Scholars are also plugged into an active and growing network of alumni eager to support their future endeavors.

To quote from materials provided by the Udall Foundation:

"The Udall Foundation seeks future leaders across a wide spectrum of environmental fields, including policy, engineering, science, education, urban planning and renewal, business, health, justice, and economics.

The Udall Foundation seeks future Native American and Alaska Native leaders in Native American health care and tribal public policy. Tribal policy includes fields related to tribal sovereignty, tribal governance, tribal law, Native American education, Native American justice, natural resource management, cultural preservation and revitalization, Native American economic development, and other areas affecting Native American communities. Native American health care includes health care administration, social work, medicine, and research into health conditions affecting Native American communities."

Please see this website for information on the Foundation, the program, the process, and the criteria: <http://udall.gov/OurPrograms/MKUScholarship/MKUScholarship.aspx>

To apply:

To apply for the Udall Scholarship, you must be selected by your university for registration (you must be approved for registration before you can apply) and then, potentially, for nomination. As Faculty Representative, I lead the registration and nomination process. If you think that you might be a competitive applicant, I will meet with you to discuss the strengths that you could bring to a nomination. If we decide that you are likely to be competitive, I will register you with the Udall foundation, which grants you access to the online application system. I will guide you through the process of submitting an application for review by OSU's Udall Scholarship selection committee. We review all of the applications and decide

which to forward to the Udall Foundation for their consideration - we are allowed to forward up to six nominees (in any or all of the three categories). If you are selected as an OSU nominee, I will then submit your application package to the Udall Foundation. I can be reached at muirp@science.oregonstate.edu<<mailto:muirp@science.oregonstate.edu>>

Deadlines:

* Prospective applicants should consult with me during fall term of 2012 to get initial insights into likelihood of success and to strategize about timelines and the overall application process.

* I can register potential nominees between October 2012 and February 15, 2013.

* The deadline for OSU to submit our selected nominees is March 2, 2012.

Thank you for your interest! Sincerely,
Patricia S. Muir, Professor, Botany and Plant Pathology
Oregon State University Corvallis, OR 97331-2902 (541) 737-1745

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November is National Diabetes Month. This is the time of year when we work to raise awareness of prevention and the best practices and methods to keep diabetes in good control.

This is also part of a long Holiday Season that started with Halloween and goes straight on through to Valentines Day. Holidays as we all know present special challenges and it's not always easy to go through the Holiday Season without weight gain or keep BG's under control.

To help you survive this Holiday Season we are offering two free programs "Surviving the Holidays" and "Delicious Delightful Holiday Dining" that includes recipes that will not send your BG's through the roof or pack on the pounds. Call us to make an appointment for yourself or your organization or your company. 775-856-3839.

"Until there is a cure, we are here to help"

Nevada/California Diabetes Association

OPINION: Klamath River Restoration Needs Tribal Unity Two Rivers Tribune

Dear Editor,

Your report – Tribes Object to Chemical Tests on the Klamath River in the October 9 edition – quoted PacifiCorp spokespersons as stating that they are allowed to release algaecides into the Klamath River as one of the “interim measures” included in the KHSA Dam Deal. The Dam Deal also includes a provision for dispute resolution. The Karuk and Yurok Tribes are parties to the KHSA Dam Deal. That means they could have invoked the Deal’s dispute resolution process as a means to block PacifiCorp’s algaecide use.

The fact that these tribes did not invoke the process available to them to block use of the poison tells us a lot about current Klamath River politics. Instead of using the KHSA to block the algaecide tests, Craig Tucker, who helped lead the Karuk Tribe down the KHSA path, defended the company which he says is “under a lot of pressure” from regulators. In light of these facts Tucker’s promise that the Karuk Tribe will fight algaecide treatments next time rings hollow. The claims ring especially hollow in light of the recent secret Klamath Water Quality Conference which your taxes helped fund. At that secret Sacramento Conference, the use of toxic chemicals in other reservoirs was promoted as the preferred solution to the Klamath River Basin’s agricultural pollution. Why was the public locked out of a conference funded with taxpayer money?

And by the way, contrary to yet another false claim from Craig Tucker, the KHSA will not bring an end to toxic algae in our Klamath River. That’s because the KHSA would not decommission PacifiCorp’s Keno Dam (located below Klamath Falls). Instead it would transfer Keno to the US Bureau of Reclamation which would use it to serve the interests of irrigators. Keno is already more polluted than Iron Gate and Copco and it already contains toxic algae. If the KHSA is authorized by Congress, toxic algae will still flow down the Klamath River for the foreseeable future.

In the old days (before the KHSA and KBRA) united tribes and environmental groups would have challenged PacifiCorp’s use of poison in court. Now these divided forces can only manage toothless complaints to the press while some tribal spokespersons deliver media spin to the people instead of defending them.

That is the price of division. Because of the KHSA and KBRA, PacifiCorp and the US Bureau of Reclamation now call the shots on the Klamath River. These powers now also provide funding on which the Yurok, Karuk and Klamath Tribes are dependent to sustain tribal jobs. Under these circumstances, folks like Mr. Tucker have become little more than servants to the real powers and, in the words of Chairman Masten, this has “led to an air of lawlessness.”

Unless and until the unity of the Lower Klamath-Trinity Tribes is restored, this will continue to be the case.

Felice Pace
Klamath, CA

Tish Tang Falls Article Has Hoopa Tribal Members Worried Chairman: ‘No Picture Please, in Fact, no Trespassing’

By Allie Hostler, Two Rivers Tribune Contributing Writer

A photo of Tish Tang Falls recently published in the Times-Standard has locals worried that kayakers will flock to the sacred site, exploit its beauty and disrespect its exclusive ceremonial value.

Hoopa Tribal Chairman Leonard Masten said he was inundated Friday with calls from tribal members who are concerned about the photo, which shows a German kayaker navigating the 70-foot drop on Tish Tang Creek.

“Folks need to realize that our roads and waterways that are off of the Valley floor are closed to the public and violators will be cited with trespassing if they are caught,” Masten said. “Not only that, but this site is sacred to our people, held in secret and should not be exploited in any way. I hope outsiders understand and respect that without taking offense.”

During a phone interview Friday, Masten pledged to increase Tribal Police patrolling in the Tish Tang creek area to protect the site.

“I doubt the kayakers understood or considered the severe impacts their adventure could have on the Hoopa people,” Masten said. “I’m sure they wouldn’t have visited if they had known. This is an excellent opportunity to remind folks that we are a sovereign nation and have laws intended to protect our sacred sites and cultural resources.”

The Hoopa Valley Tribe’s trespass law, Title 15, signed in 1989, states that the reservation is closed, meaning its resources are only meant for the beneficial use of Hoopa Tribal members. To clarify, the reservation is closed off of the Valley floor. Non tribal members found off the Valley floor can legally be cited for trespassing.

Masten said that many tribal members were dismayed and curious about how the kayakers found and accessed the site as the trail is difficult to find and navigate. It is rumored that the kayakers put in at an access point a ways above the falls and navigated down the creek.

Calls to the photographer, Wes Schrecongost and Arcata kayaker, Paul Gamache were not returned by press time.

Hoopa people have lived in the Hoopa Valley and continue to use the same sacred sites their ancestors used for at least 10,000 years. Tish Tang falls is one of those sites.

Only a few tribal members alive today have visited the site. Although a few women have reportedly visited the site, most culturally knowledgeable folks will tell you it’s taboo for women to visit there.

Writer’s note: This story is largely incomplete due to the inability to contact key sources on deadline. Please email allieehostler@yahoo.com if you would like to comment on this story or the topic of Tish Tang Falls, tribal property rights, or

cultural propriety. If there is interest from the readership I will write a follow up report. Use 'Tish Tang Falls' in the subject line. If you don't have access to the Internet please contact the Two Rivers Tribune office at (530) 625-4344.

<http://www.tworiverstribune.com/2010/12/tish-tang-falls-article-has-hoopa-tribal-members-worried/>

Comments should also be read . sdc

University Consortium to Offer Small Online Courses for Credit

By HANNAH SELIGSON

NYT

November 15, 2012

Starting next fall, 10 prominent universities, including Duke, the [University of North Carolina](#) at Chapel Hill and Northwestern, will form a consortium called Semester Online, offering about 30 online courses to both their students — for whom the classes will be covered by their regular tuition — and to students elsewhere who would have to apply and be accepted and pay tuition of more than \$4,000 a course.

Semester Online will be operated through the educational platform [2U](#), formerly known as 2tor, and will simulate many aspects of a classroom: Students will be able to raise their hands virtually, break into smaller discussion groups and arrange and hold online study sessions.

The virtual classroom is a cross between a Google+ hangout and the opening sequence of “The Brady Bunch,” where each student has his or her own square, the equivalent of a classroom chair. However, with Semester Online courses, there is no sneaking in late and unnoticed, and there is no back row.

Unlike the [increasingly popular massive open online courses](#), or MOOCs, free classes offered by universities like Harvard, M.I.T. and Stanford, Semester Online classes will be small — and will offer credit.

“Now we can provide students with a course that mirrors our classroom experience,” says Edward S. Macias, provost and executive vice chancellor for academic affairs at Washington University in St. Louis, one of the participants.

“It’s going to be the most rigorous, live, for-credit online experience ever,” said Chip Paucek, a founder of 2U.

For many of the participating schools, which include Brandeis, Emory, Notre Dame, the University of Rochester, Vanderbilt and Wake Forest, Semester Online offerings will be their first undergraduate for-credit online courses, and the first to offer credit to students from outside the universities.

One draw for the colleges is the expansion in their course catalogs.

“No university can deliver the full range of courses that both might be interesting and useful and enlightening to our students,” said Peter Lange, the provost of Duke. “Imagine if you don’t have a person who works on the Sahel region in Africa, but another school does.”

The Age of Possibility

By [DAVID BROOKS](#)

NYT

November 15, 2012

At some point over the past generation, people around the world entered what you might call the age of possibility. They became intolerant of any arrangement that might close off their personal options.

The transformation has been liberating, and it's leading to some pretty astounding changes. For example, for centuries, most human societies forcefully guided people into two-parent families. Today that sort of family is increasingly seen as just one option among many.

The number of Americans who are living alone has shot up from 9 percent in 1950 to 28 percent today. In 1990, 65 percent of Americans said that children are very important to a successful marriage. Now, only 41 percent of Americans say they believe that. There are now more American houses with dogs than with children.

This is not a phenomenon particular to the United States. In Scandinavia, 40 percent to 45 percent of the people live alone. The number of marriages in Spain has declined from 270,000 in 1975 to 170,000 today, and the number of total Spanish births per year is now lower than it was in the 18th century.

Thirty percent of German women say they do not intend to have children. In a 2011 survey, a majority of Taiwanese women under 50 said they did not want children. Fertility rates in Brazil have dropped from 4.3 babies per woman 35 years ago to 1.9 babies today.

These are all stunningly fast cultural and demographic shifts. The world is moving in the same basic direction, from societies oriented around the two-parent family to cafeteria societies with many options.

This global phenomenon has been expertly analyzed in a report called "[The Rise of Post-Familialism: Humanity's Future?](#)" written by a team of scholars including Joel Kotkin, Anuradha Shroff, Ali Modarres and Wendell Cox.

Why is this happening? The report offers many explanations. People are less religious. People in many parts of the world are more pessimistic and feeling greater economic stress. Global capitalism also seems to be playing a role, especially, it seems, in Asia.

Many people are committed to their professional development and fear that if they don't put in many hours at work they will fall behind or close off lifestyle options.

Toru Suzuki, a researcher at the National Institute of Population and Society Security Research in Japan, gave Kotkin's team this explanation in its baldest form: "Under the social and economic systems of developed countries, the cost of a child outweighs the child's usefulness."

Singapore is one of the most interesting cases. Like most Asian societies, it used to be incredibly family-centered. But, as the economy boomed, the marriage rate plummeted. Singapore now has one of the lowest fertility rates in the world. "The focus in Singapore is not to enjoy life, but to keep score: in school, in jobs, in income," one 30-year-old Singaporean demographer told the researchers. "Many see getting attached as an impediment to this."

This cultural shift is bound to have huge consequences. Globally, countries that remain fertile, like the U.S., will do fine while countries that don't, like Japan, will decline. Geographically, singles will dominate city life while two-parent families will be out in suburbia. Politically, married people in America are more likely to vote Republican; Mitt Romney easily won among married voters, including married women. Democrats, meanwhile, have done a much better job relating to single people. President Obama crushed Romney among singles, 62 percent to 35 percent.

The 2012 election results illustrate the gradual transition we are making from one sort of demography (the current Republican coalition) toward another sort of demography (the Democratic coalition). The rise of post-familialism is a piece of that shift.

My view is that the age of possibility is based on a misconception. People are not better off when they are given maximum personal freedom to do what they want. They're better off when they are enshrouded in commitments that transcend personal choice — commitments to family, God, craft and country.

The surest way people bind themselves is through the family. As a practical matter, the traditional family is an effective way to induce people to care about others, become active in their communities and devote themselves to the long-term future of their nation and their kind. Therefore, our laws and attitudes should be biased toward family formation and fertility, including child tax credits, generous family leave policies and the like.

But the two-parent family is obviously not the only way people bind themselves. We are inevitably entering a world in which more people search for different ways to attach. Before jumping to the conclusion that the world is going to hell, it's probably a good idea to investigate these emerging commitment devices.

The problem is not necessarily a changing family structure. It's people who go through adulthood perpetually trying to keep their options open.

Resources

American Indian Airwaves 760.323.0151

Coyote Hills Regional Park 8000 Pater

The People's Center www.karuk.us/karuk2/departments/peoples-center

Santa Barbara Museum of Natural History 805.682.4711

Satwiwa Native American Culture Center Santa Monica Mountains Natural Resource Center
Events every Sunday 310.455.1588

Sierra Mono Indian Museum Roads 225 and 228 North Fork

StoryCorps www.storycorps.org

Vallejo Inter-Tribal Council meetings every Wednesday at 7pm
Mugg's Coffee Shop, Ferry Building 707.552.2562 707.554.6114

Voices of Native Nations www.kpoo.com

[http://www.youtube.com/watch?
feature=player_embedded&v=2cjRGee5ipM](http://www.youtube.com/watch?feature=player_embedded&v=2cjRGee5ipM)

Top 10 Healthy Yet Cheap Organic Foods

Anthony Gucciardi [Natural Society](#) / News

Cheap organic foods? In the face of global economic struggle, the issue of personal finance is at the heart of the average consumer. But do you really have to shed an exorbitant amount of your money to purchase organic foods over conventional? The answer is no, and there is a surprisingly large amount of high quality organic foods that are quite cheap — even when considering low income families. Even families on foodstamps have been able to live entirely on an organic diet on the foodstamp income alone.

There's even a documentary [about it called](#) Foodstamped, which is hosted free online. The couple in the film eats a 100% organic diet on as little as \$40 a week. There are keys to keeping costs down such as buying from farmers markets when possible and always buying whole food options as opposed to pre-made or processed meals, but I am going to give you a list of 10 key items that are really quite cheap. In fact, they purchased many of them in the film to keep their costs down. When you get the opportunity, you can even store up on some of these items in bulk and cut costs even further — not to mention that many of these foods are capable of acting as long-term storable foods.

Here are the top 10 healthy yet organic real food items that won't break your budget:

1. Brown Rice

Brown rice has a lengthy shelf life when stored properly in a sealed container, and can make for a full meal simply by eating it alone or adding in some of the vegetables in this list. Organic brown rice when purchased in bulk, or at least not from pre-packaged bags, can be extremely cheap while able to be incorporated into many meals.

2. Assorted Seeds

Highly nutritious and beneficial food items like organic flax or organic sunflower seeds are available for a very low price — especially when you bag them yourself. Flax has a great deal of

healthy fats and other nutrients, and can compliment a diet lacking in real nutrition while being easy on the pocketbook.

[Join NationofChange today by making a generous tax-deductible contribution and take a stand against the status quo.](#)

3. Eggs

Certified organic eggs are extremely cheap when you consider how many meals a regular carton of 12 eggs can provide. This is amplified even further when it is locally harvested. At Whole Foods you can find local eggs on sale for around \$2 a dozen or even less. If that's too much, then go straight to the source and buy in bulk. When considering that around 2-3 eggs can make a meal, an entire carton can provide a lot of quality nutrition for a very low price. It also doesn't hurt that eggs are known as powerful superfoods.

4. Carrots

Chop them up and include them with the brown rice, or juice them for a great morning drink. Carrots can be purchased in bulk size for less than \$4 and will last quite a long time.

5. Apples

Great for flavoring up juices or combining with peanut butter (see next down the list), apples are a tasty fruit that literally do keep the doctor away. Plus, they also happen to be really inexpensive.

6. Peanut Butter

High quality organic peanut butter can help keep your taste buds happy while shopping organic on a budget. It can also be combined with other food items like seeds or apples to alter the snack altogether, and is often a favorite among children.

7. Nuts

Nutritionally dense and great to snack on as a meal or inbetween one, nuts like almonds and cashews can be found for close to nothing when packaged yourself or purchased in bulk quantities. Another food item that stores for a very long time.

8. Olive Oil

Long hailed as a key remedy to multiple conditions and used in cleansing activities like [oil pulling](#), you can find organic, extra virgin cold pressed olive oil for less than \$5. You may be

surprised how much you can get, too. Don't look for fancy brands, but try your best to ensure that it contains the wording 'cold pressed', 'extra virgin', and of course USDA certified organic.

9. Grass-Fed Meats

The best bet with grass-fed meats, if you choose to eat meat, is to purchase from a farm directly. You can find meats like bison and buffalo for a low price when dealing with the source. These meats are particularly of high quality as buffalo and bison are not administered the same degree of medical intervention as cows and chickens. In fact, federal law protects buffalo meat from a great deal of antibiotic use and even hormonal injection.

10. Onions

Onions are known to pack a nutritional punch that rivals many superfoods within the fruit and vegetable family. They are also excellent flavor boosters and can be added to your brown rice vegetable mix, topped off with some olive oil, and make for an absolutely delicious meal that is both free of harmful ingredients and nourishing to the body.

It doesn't have to drain your bank account to avoid toxic additives like high-fructose corn syrup, MSG, aspartame, genetically modified ingredients, and so on. Instead, checkout these top 10 cheap organic food items, shop in season, and find local farms and farmers markets to go straight to the source. Also, please share this article with anyone who thinks that organic simply cannot work for them as it is too expensive. For less than 20 dollars you can purchase a considerable amount of organic food items that are both delicious and contaminant-free.

Darrell Dunn

July 31, 1963- November 11, 2012

Darrell Dunn born July 13, 1963 to parents Christine and Richard Dunn. He entered peacefully into eternal life November 11, 2012 in his Nixon home.

He was preceded in death by his father; Richard Dunn, and brothers; Romaine Smith and Gerald Dunn. He is survived by his mother; Christine Dunn, brothers; Michael "Bull", Gaylen (Kim), Roy, Duane (Karen), Johnny and sisters; Sandy and Althea (John), his children; Collette (David), Gerald "Casey", Tanya (Joe), Wesley and Jordon Dunn, his "pride and joy" grandkids, Depwunu "the Depster" Auguh and Ariel Torivio, as well as numerous nieces and nephews.

Darrell was a kind and generous man. He had a passion for hunting wildlife, mule deer, antelope and going late night beaver hunting. He loved four wheeling, chopping wood, riding horses, and just spending time with and taking walks with the grandkids and nieces and nephews. One thing, Darrell never left home without his black cowboy hat and rope. A father, son, brother and uncle, we will all truly miss him.

A Funeral service will be held in the Nixon Gym on Friday, November 16, 2012 at 2:00pm. Dinner to follow. All food donations will be greatly appreciated.

Russell James Garity

Russell James Garity, Sr. 64, long time resident of Owyhee, Nevada, passed away peacefully on November 12, 2012, in Boise surrounded by his family.

Russell was born November 16, 1947, in Owyhee, Nevada. He was the son of Gus and Beautha Harney Garity. He attended Owyhee Combined Schools. Russ enlisted in the U.S. Navy and served two Vietnam tours. His hobbies included fishing, camping but had a love for music. He was known for his singing and performing in local bands.

Rusty is survived by his sons, Bryon of Albuquerque, New Mexico; his son, Russell, Jr. of Boise; daughter, Megan, of Mt. Home. Step Daughters Laurie & DeAnna Abel of Boise. Grandchildren: Tanisha, Kyuss, Dylan, Trinity, Harmony and Dreloni, One Great granddaughter Mikayla.

His surviving brothers, Rod (Lavelle), Bobby (Annzinetta) of Owyhee; Reggie of Meridian; Sisters, Billie Hernandez of Gibson, Idaho; Kathleen of Owyhee.

Special grandchildren Talen, Alyssa, Kadene, Isiah, DeAndra, Kirsten, Daylen, Carter, TaMya. He leaves behind numerous aunts & uncles and nieces & nephews. Many family and friends will miss his smiling face.

Russ was preceded in death by Maternal Grandparents John Harney and Nellie Charles, Paternal grandmother Josie Sue Palo Alto. Parents, Gus & Beautha; Brothers, Sheldon, Gerald and Marvin Garity; Sister, Ernestine McGinnis. Daughter Merci Marcel Garity, and nephew Sheldon L. Garrity

A service will be held Saturday at the Shoshone Paiute HDC building in Owyhee Nevada at 1pm. Interment will be at the family plot at the Old Cemetery. The family would like to thank everyone for the thoughts and prayers, we will miss surely him.