

**Journal #2838**

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***26th Annual Monache Gathering***

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## **APRIL 30: VIRTUAL SKYPE DINNER BETWEEN NATIVE PEOPLE IN CALIFORNIA AND PALESTINIANS IN GAZA**

First Virtual Dinner Guest Project for Native Peoples

Berkeley, CA (April 22, 2013)—Berkeley-based nonprofit publisher Heyday and News from Native California magazine are teaming up with The Virtual Dinner Guest Project to host a meal for Native people in California and Palestinians in Gaza via Skype and talk about their worldviews. We will question our ideas about one another's societies, the portrayal of each other in the mainstream media, and talk about the effects of occupation on our respective cultures. Questioning, frankness, and openness will be encouraged.

### **Virtual Dinner Guest Project**

This Virtual Dinner is the first expressly for Native peoples. Participants in Berkeley will include L. Frank (Tongva artist and author), Vincent Medina (Ohlone blogger and curator), Willard Carlson (Yurok traditional builder and fisherman), along with a few friends and family members. We will share the intimacy of our breakfast table with an equally select group of Palestinian people in Gaza who will be having dinner.

The Virtual Dinner Guest Project has launched intercultural exchanges in the US, Mexico, Egypt, Syria, Lebanon, Tunisia, Jordan, Mongolia, Argentina, Gaza, Uganda, and Pakistan since 2011. Their events have been covered by the Christian Science Monitor, NPR, and in both Arabic and French regional press. The premise behind The

Virtual Dinner Guest Project is simple: it's much harder to ignore, vilify, or harm those with whom we have broken bread. We will see first hand what happens when we replace the nightly news with the nightly conversation.

The meal will take place at 8:30 a.m. on Tuesday, April 30 at Heyday, 1633 University Ave., Berkeley, CA and will be filmed in both countries. Video footage and still images will be available for news outlets, as well as interview opportunities with participants. Press is welcome at this groundbreaking event.



University and Cairo, Egypt:

#### About Heyday

Heyday is an independent, nonprofit publisher and unique cultural institution. We promote widespread awareness and celebration of California's many cultures, landscapes, and boundary-breaking ideas. Through our magazine, News from Native California, we amplify the voices of the Native peoples of California. For more information visit [www.heydaybooks.com](http://www.heydaybooks.com).

Press outlets interested in covering the event are encouraged to contact Lindsay Bear at [lindsie@heydaybooks.com](mailto:lindsie@heydaybooks.com) or by phone at (510) 549-3564, ext. 307, or by emailing [info@virtualdinnerquest.com](mailto:info@virtualdinnerquest.com).

Find the Virtual Dinner Guest Project on Facebook

See the Virtual Dinner Guest Project between Yale

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## Earth Day is Every Day

\* If you feel like you want to do something but don't know where to start, visit [Pick 5 for the Environment](#). This website from the Environmental Protection Agency offers suggestions for your area under the headings of "water," "air," "land," "energy," "waste" and "advocacy."

\* Climate change is a massive phenomenon, but the Earth Day Network is trying to humanize it with its "Faces of Climate Change" campaign. [Click here](#) to see pictures of people from all over the world who are concerned about climate change and trying to do something about it. You can also [upload your own photo](#) to the global collection.

\* What does the [Vietnam War](#) have to do with Earth Day? The "teach-ins" staged by antiwar activists in the late 1960s inspired Sen. Nelson to call for rallies across the country to focus the public's attention on environmental issues, [according to the History Channel](#).

\* You can take [this quiz](#) to calculate your ecological footprint. Among other things, the quiz will tell you how many Earths it would take to have enough resources to support the lifestyle you live -- had a house as big as yours, flew in planes as often as you did, ate as much meat as you eat, etc. -- if everyone else on the planet lived it too.

\* If you feel daunted by how much needs to be done, [watch this video](#) from the Mother Nature Network to see how far we've come since the first Earth Day in 1970. (My personal favorite is this tidbit from 2006: "'[An Inconvenient Truth](#)' is released, winning [Al Gore](#) an Oscar, a [Nobel](#)



[Prize](#) and a lifetime of being criticized every time it snows.”)

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*One of the best Letters Ever Written .... sdc*

**From Jail on Earth Day      By Sandra Steingraber, Common Dreams   22 April 13**

*The following was letter was written from the Chemung County Jail in Elmira, New York where Steingraber is serving a fifteen day sentence for blockading a gas compression rig last month owned by the Inergy gas company near her home in the Finger Lakes region of the state:*

his morning - I have no idea what time this morning, as there are no clocks in jail, and the florescent lights are on all night long - I heard the familiar chirping of English sparrows and the liquid notes of a cardinal. And there seemed to be another bird too - one who sang a burbling tune. Not a robin-wren? The buzzing, banging, clanking of jail and the growled announcements of guards on their two-way radios - which also go on all night - drowned it out. But the world, I knew, was out there somewhere.

The best way to deal with jail is to exude patience, and wrap it around a core of resolve and surrender. According to New York state law, all inmates upon arrival are isolated from the general population until they are tested for tuberculosis and that test comes back negative. Typically, that takes three days. Isolation means you are locked inside your cell with no access to the phone (the phone for cell block D happens to be located, tantalizingly, four feet from my bars - just out of reach); no access to books (the two books I have in my cell, lent to me by an empathetic inmate, are the Bible and Nora Roberts' Carolina Moon, which is a 470-page paperback whose opening sentence is, "She woke in the body of a dead friend."); and, of course, no access to wi fi, cell phones, e-mail or the internet.

I am writing with a borrowed pencil on the back of the "Chemung County Inmate Request Form," which is a half sheet of paper. I am writing small and revising in my head. (Forgive the paragraphing - I'm trying to save space.)

Yesterday, I was told that no medical personnel were available to administer my TB test. When I was called down to the nurse this morning, she asked why I didn't have my TB test yesterday. Of course, she was available yesterday. The resulting delay means that I will join the prison population and be released from 24 hour lock-down on Monday, rather than Sunday.

Frustration will be counter-productive and place me closer to despair. Let-it-go surrender, ironically, keeps me in touch with my resolve.

So, Monday, which is Earth Day, I will emerge from my cell and join the ecosystem of the Chemung County Jail, where the women's voices are loud and defiant. Stingray (not her actual nickname), broke a tooth yesterday. When she showed it to officer Murphy's Law (that's his actual nickname) and said, "the other half is in my cell," Murphy's Law replied, "So, you think the tooth fairy's going to come?" And then he left.

But she stood at the iron door and called for pain meds, over and over in a voice that I use for rally speeches. Full oration. Projecting to the rafters. Stingray is six months pregnant.

She got her pain meds.

Stingray is my inspiration. How can I use my time here - separated from the whole human race by the layers of steel and concrete - to speak loudly and defiantly about the business plans of a company called Inergy that seeks to turn my Finger Lakes home into a transportation and storage hub for fossil fuel gases? It is wrong to compress and bury explosive gases in salt caverns beside and beneath a lake - Seneca - that serves as a source of drinking water for 100,000 people. It is wrong to construct a flare stack on the banks of this lake, which will contribute hazardous air pollutants, including death-dealing ozone, into the air. It is wrong for DEC and EPA and FERC to turn a blind eye to a company that has, for the last 12 quarters, exceeded its permitted discharge of chemicals into this lake. It is wrong for a company to claim that basic geological knowledge about the bedrock itself, is a proprietary trade secret and hide it from the public and from the scientific community. It is wrong to deepen our dependency on fossil fuels in a time of climate emergency.

I could express these ideas more eloquently if there were coffee in jail. There is not.

I was led to cell #1 in block D of the Chemung County jail by three things. One is the decision of Inergy to industrialize the Finger Lakes region where I live and, in so doing, aid and abet the fracking industry by erecting a massive storage depot near the birthplace of my son. I consider this an act of desecration. That's what biologists call the proximate cause of my decision to commit an act of trespass by blockading the Inergy's compressor station driveway.

The ultimate cause is a commentary published last fall in the journal that all biologists read - Nature - by Jeremy Grantham, who is not a scientist, but an economist. He noted that all the projections for climate change - even the worst case scenarios - were being overtaken by real-life data. In other words, our climate situation is worse than we thought - even when we assumed the worst. Mr. Grantham then exhorted scientists who have this knowledge to be bold - noting that no one is paying attention to this data: "Be persuasive, be bold, be arrested (if necessary)."

So, here I am, ringing the alarm bell from my isolation cell on Earth Day. May my voice be as un-ignorable as Stingray's.

The third reason is this one: seven years ago, when my son was four years old, he asked to be a polar bear for Halloween, and so I went to work sewing him a costume from a chenille bedspread. It was with the knowledge that the costume would almost certainly outlast the species. Out on the street that night - holding a plastic pumpkin with KitKat bars - I saw many species heading towards extinction; children dressed as frogs, bees, monarch butterflies, and the icon of Halloween itself - the little brown bat.

The kinship that children feel for animals and their ongoing disappearance from us literally brought me to my knees that night, on a sidewalk in my own village. It was love that got me back up. It was love that brought me to this jail cell.



My children need a world with pollinators and plankton stocks and a stable climate. They need lake shores that do not have explosive hydrocarbon gases buried underneath.

The fossil fuel party must come to an end. I am shouting at an iron door. Can you hear me now?

<http://readersupportednews.org/opinion2/277-75/17073-from-jail-on-earth-day>

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### **EPA criticizes environmental review of Keystone XL pipeline**

The agency responds to the State Department's draft report, which concluded the project would have a minimal impact.

**Neela Banerjee, Washington Bureau**

The [Environmental Protection Agency](#) on Monday criticized the [State Department's](#) environmental impact review of the [Keystone XL](#) pipeline, saying there was not enough evidence to back up key conclusions on gas emissions, safety and alternative routes.

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### **New Life for the L.A. River**

**Jeffrey Marlow, Wired Science**

In 1769, Spanish explorer Gaspar de Portola rode his horse across a wide plain punctuated with rolling hills leading to a half ring of sharp peaks. Portola, as the governor of Baja and Alta California, was on an expedition to extend the Spanish influence northward, scouting potential locations for missions and towns. When he came upon the intersection of two streams, flowing south toward the Pacific Ocean, Portola made a note, and future Spanish settlers would christen the site "El Pueblo de la Reyna de los Angeles." The seed of the modern day Los Angeles megalopolis had been planted.

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### **Earth Day: California coastal redwoods to be planted in 7 nations to fight climate change** **Associated Press**

A team led by a nurseryman from northern Michigan and his sons has raced against time for two decades, snipping branches from some of the world's biggest and most durable trees with plans to produce clones that could restore ancient forests and help fight climate change.

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### **California Governor Jerry Brown Issues Proclamation Declaring Earth Day** **Sierra Sun**

In 1992, some 1,700 of the world's leading scientists, including the majority of Nobel laureates in the sciences, signed the following Warning to Humanity about the critical challenges facing the world's environment. This document was written by the late Henry Kendall, chairman of the Union of Concerned Scientists. On Earth Day this year, it is appropriate—indeed mandatory—that we reflect on the progress we have made in dealing with these challenges and the far greater challenges that stand in front of us.

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### **A World Without Landfills? It's Closer Than You Think**

**Jen Soriano, YES! Magazine:** Two recipients of this year's Goldman Environmental Prize are working to abolish the practice of sending trash to landfills and incinerators. And the idea is catching on. [Read the Article](#)

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**[The Future of Energy: Lateral Power to the People](#)** [www.indiegogo.com](http://www.indiegogo.com)  
[In the midst of a global crisis, renewable energy may be the saving grace we've been looking for.](#)

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## Arizona Happenings

May 3 - 1Spot Gallery and Ziindi: Indigenous Art Zine presents "The Indigenous Anime Group Show", featuring new works by Damian Jim, Jeremy Arviso, Jacque Fragua, Bahe Whitehthorne, Jeff Slim and more. Artists explore the influence of Japanese-style animation within their own distinctive contemporary artistic expressions. Opening reception, 6:00-10:00 p.m. 1 Spot Gallery, 918 N. 6th Street, Rear, Phoenix. For information call (602) 281-0697.

May 4 - 2nd Annual Struvee Hunter Memorial Run, San Carlos, Arizona. 6:30 a.m. 8K. For information call Eddie at (928) 200-1119 or email [him](#).

May 4 - Shiprock Marathon, Half Marathon, Marathon Relay, 10K and Kids Marathon. For information check the [website](#).

May 8-10 - Arizona Community Action Association's 2013 Annual Conference. For information contact Susan at (602) 604-0640 or email [her](#).

May 17 - 1Spot Gallery and Ziindi: Indigenous Art Zine. 1Spot Gallery, 918 N. 6th Street, Rear, Phoenix. 6:00-10:00 p.m. Call (602) 281-0697.

May 18 - Gila River Indian Community - Community Health Education - 2013 Wellness Conference. Sacaton Boys & Girls Club. 10 Mile Run/2 Mile walk. Conference and Family activities.

May 25 - Honoring Arizona's Indian Vietnam Veterans. Heard Museum, 2301 N. Central. 6:30 p.m. To thank and honor veterans who served in the Vietnam War. Free. To register call Joe at (520) 868-6777.

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## Is Organic Better? Ask a Fruit Fly

By [TARA PARKER-POPE](#) NYT 4.17.13

When Ria Chhabra, a middle school student near Dallas, heard her parents arguing about the value of organic foods, she was inspired to create a science fair project to try to resolve the debate.

Three years later, Ria's exploration of fruit flies and organic foods has not only raised some provocative questions about the health benefits of organic eating, it has also earned the 16-year-old top honors in a national science competition, publication in a respected scientific journal and university laboratory privileges normally reserved for graduate students.

The research, titled “[Organically Grown Food Provides Health Benefits to \*Drosophila melanogaster\*](#),” tracked the effects of organic and conventional diets on the health of fruit flies. By nearly every measure, including fertility, stress resistance and longevity, flies that fed on organic bananas and potatoes fared better than those who dined on conventionally raised produce.

While the results can’t be directly extrapolated to human health, the research nonetheless paves the way for additional studies on the relative health benefits of organic versus conventionally grown foods. Fruit fly models are often used in research because their short life span allows scientists to evaluate a number of basic biological effects over a relatively brief period of time, and the results provide clues for better understanding disease and biological processes in humans.

For her original middle-school science project, Ria evaluated the vitamin C content of organic produce compared with conventionally farmed foods. When she found higher concentrations of the vitamin in organic foods, she decided she wanted to take the experiment further and measure the effects of organic eating on overall health.

She searched the Internet and decided a fruit fly model would be the best way to conduct her experiment. She e-mailed several professors who maintained fly laboratories asking for assistance. To her surprise, Johannes Bauer, an assistant professor at Southern Methodist University in Dallas, responded to her inquiry.

“We are very interested in fly health, and her project was a perfect match for what we were doing,” Dr. Bauer said. Although he would not normally agree to work with a middle-school student, he said, Ria performed on the level of a college senior or graduate student. “The seriousness with which she approached this was just stunning,” he said.

Ria worked on the project over the summer, eventually submitting the research to her local science fair competition. The project was named among just 30 finalists in the prestigious [2011 Broadcom Masters](#) national science competition. Dr. Bauer, following his lab’s policy of publishing all research regardless of outcome, urged Ria, then 14, to pursue publication in a scientific journal. Dr. Bauer and an S.M.U. research associate, Santharam Kolli, are listed as co-authors on the research.

Now a sophomore at Clark High School in Plano, Tex., Ria said she was excited to see her work accepted by a scientific journal. “I had no idea what publishing my research meant,” said Ria, who last week was juggling high school exams, a swim meet and a sweet-16 party. “My mom told me, ‘This is a pretty big deal.’”

Ria has continued to work in Dr. Bauer’s lab. For her 10th-grade science fair project she created a model for studying Type 2 diabetes in fruit flies. The work will be presented in a few weeks. She plans to build on that research by studying the effects of alternative remedies, like cinnamon and curcumin, found in turmeric, on diabetes in fruit flies.

Ria said she was only just beginning to think about applying to colleges and is intrigued by Brown University and the Massachusetts Institute of Technology, although she has not ruled any



school in or out. Dr. Bauer said that he was happy to have her working in his lab and that her biggest problem was that “she has too many ideas for her own good.”

Meanwhile, Dr. Bauer said the study of organic foods and fruit fly health has raised some important questions that he hopes can be answered in future research. The difference in outcomes among the flies fed different diets could be due to the effects of pesticide and fungicide residue from conventionally raised foods.

Or it could be that the organic-fed flies thrived because of a higher level of nutrients in the organic produce. One intriguing idea raises the question of whether organically raised plants produce more natural compounds to ward off pests and fungi, and whether those compounds offer additional health benefits to flies, animals and humans who consume organic foods. “There are no hard data on that, but it’s something we’d like to follow up on,” he said.

Dr. Bauer said he’d love to keep Ria around S.M.U. but realizes that she would have her pick of colleges around the country. “She is really extraordinary,” he said. “If she was a graduate student in my lab, she would be tremendous.”

While far more study needs to be conducted to determine the possible benefits of organic foods on human health, the debate has been settled in the Chhabra household, where Ria’s parents no longer argue about the cost of organic food. “All of our fresh produce is organic,” she said.

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### **[Frankenapple: Bad News No Matter How You Slice It](#)**

**Katherine Paul and Ronnie Cummins, Analysis:** Thanks to the biotech industry’s relentless quest to control our food, McDonald’s, Burger King and even school cafeterias will soon be able to serve up apples that won’t turn brown when they’re sliced or bitten into. A new, almost entirely untested genetic modification technology, called RNA interference, or double strand RNA (dsRNA), is responsible for this new food miracle. Scientists warn that this genetic manipulation poses health risks, as the manipulated RNA gets into our digestive systems and bloodstreams. The biotech industry claims otherwise. [READ](#) | [DISCUSS](#) | [SHARE](#)

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You are invited to join us for our **FREE Lunch and Learn 2013 ABC's of Diabetes** with Dr. Dan Caruso, Endocrinologist, Dr. Kenneth Grant, Rheumatologist and Registered Dietitian Barbara Scott. May 18

Learn about the connection between diabetes, heart disease, high blood pressure and neuropathy. Enjoy lunch and get the facts on foods and diets, and get your questions answered by this outstanding team of experts.

Space is limited so make your reservations today.

Be sure you click on the link below to register. We look forward to seeing you.

**[Register Now!](#)**  
**[I can't make it](#)**

Please call us or email us if you have questions or need additional information.

Our thanks to Pfizer, Inc for helping make this program possible and the American Heart and American Lung Associations for joining us.

Thank you for your attention and response,. We look forward to seeing you at the **May 18**  
A B C's of Diabetes.

**Sincerely,**

Mylan Hawkins, Nevada Diabetes Association, [ndaca@diabetesnv.org](mailto:ndaca@diabetesnv.org) 800-379-3839

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### **Algin Scabby Robe - One Man Hand Drum Finals**

[www.youtube.com](http://www.youtube.com)

[Here is the winner of the one man hand drum contest. It is none other than, Algin Scabby Robe.](#)

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### **The Don Burnstick Comedy Hour Pt. 6**

[www.youtube.com](http://www.youtube.com)

[Stand-Up comedian performs to a sold-out crowd in canada](#)

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### **VIDEO: Pompeii Falling From Grace**

Pompeii's ruins are a Unesco World Heritage site, but despite money from the European Union, the Italian government is struggling to maintain them.

[Related Article](#) | [Slide Show](#)

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### **Social Media Engagement: Defining & Measuring Success**

May 8, 2013

Register Today - Early Bird Rates End April 25th!

While numbers like fans and followers are readily available and easiest to report, they reveal little about levels of engagement or how social outreach provides value to the organization and helps to achieve its mission.

During this interactive 2.5 hour workshop, panelists will explore metrics and evaluation tools, the challenges associated with interpreting social analytics and producing reports, and how museums are working toward making social success a regular (and less painful) part of their museum's reporting activities.

### **Top 5 Reasons to Participate**

**Great Content** – Workshop panelists Seb Chan from the Smithsonian Cooper-Hewitt National Design Museum and Jane Finnis of Culture24, will help you define goals, review what to measure and how, and explore tools for communicating your success to leadership.

**Get Answers** to Your Project Questions – Workshop panelists will devote the final 30 minutes to answering specific project questions - come prepared!

**Affordable Professional Development** – Participate online. Early bird discounts as low as \$45 for a single session. Registration open for Workshops 4 and 5 too!

**No Travel Costs** – Attend online featuring innovative work in museum social medial technology from your home or office.

**PD Credit** – Earn a badge for your active participation in the workshop. The issuance of credit by MCN is made possible by Credly, the rapidly evolving standard for earning and sharing digital credentials for lifelong achievement.

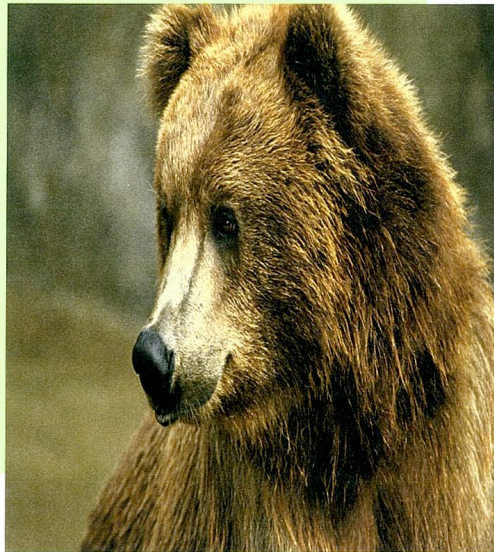
Register as an individual, a small group or for your whole museum!  
Prices as low as \$45/workshop!

Warm Regards, The LearningTimes Team

Twitter: #mcnpro

## 26th Annual Monache Gathering

May  
16,17,18,19, 2013



NO DRUGS, NO ALCOHOL, NO  
FIREARMS, NO DOGS ALLOWED  
AND

### Bone Creek Campground



#### Items to Bring:

FOOD FOR THREE DAYS  
SNACKS & BREAKFAST  
BRING EXTRA FOOD TO SHARE  
CAMPING EQUIPMENT  
BLANKETS  
LAWN CHAIRS  
WARM CLOTHES

Sponsored by  
**The Monache Inter-Tribal  
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(760) 376-4240  
Donations welcomed!

For More Information  
Contact  
Victoria Tanner, MITA  
(760) 376-1109  
Carol Wermuth  
(760) 376-4240

Where: Bone-Creek-Lower Sierra Nevada Mountains in Tulare County,  
Campsites one and two off of Lloyd Meadow Road. Please Dress Modestly.  
Pictures may be taken of the camp area and of friends and family.

There will be: Dancers, Talking Circles, Cultural Demonstration, & Traditional  
Dancers. All participants may eat in the kitchen after the Sweat.

Kitchen help and camp help is appreciated

This year we are going to save the camping area from the use of Styrofoam,  
eating utensils, and plastics. Please bring your own reusable utensils & drink-  
ing cup. Wash water will be provided.