

Journal #2964

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ARTOWN is looking for submissions for its 2014 Artown poster design

Is your tribe practicing Inherent Sovereignty by self sustaining with their "own food"

Calendar for LEED Activities

November 1

[UNLV Seminar: Sustainability for Civil Infrastructure](#)

This seminar will highlight some of the fundamentals of sustainability as they apply to civil engineering and will also focus on the Envision Rating System developed by the Institute for Sustainable Infrastructure.

November 12

[USGBC Nevada November Breakfast Meeting- Retail Expansion in Summerlin](#)

Learn about one of the most dynamic undertakings in a valley that is well known for dynamic undertakings is beginning to take shape on more than 300 acres of undeveloped property in the heart of Summerlin.

November 14

[Northern Nevada Quarterly Meeting- Joint Meeting with AIA](#)

Featuring a presentation on Climate Reality by Carlo Luri of Bently Enterprises, along with USGBC speakers Suzanne Lewis and Stellar Lufrano-Jardine who will outline the startling statistics of increasingly more frequent and extreme weather events and correlates the human impact by using powerful imagery and scientific info-graphics.

November 15

[Recycling Roadshow Bus Tour 2013- America Recycles Day](#)

Enjoy an exclusive behind the scenes tour at the Republic Services recycling center and the Apex Regional landfill featuring Southern Nevada's largest renewable energy generating facility. Transportation provided by the RTC featuring a new Compressed Natural Gas Bus. Participants will enjoy snacks, refreshments and a box lunch hosted by Republic Services.

Values that LEED to Success

Last month, we had a change of pace in our usual line up of topics. **Brent Wright** of Wright Engineers has worked on many LEED projects but that wasn't the focus of his discussion. This month's discussion is how to balance work and life. Too many times we have been caught up in work and let that dictate our lives while we miss out on other avenues in life. Yes, as designers, architects, contractors, etc. we will always have deadlines and a few late nights, but Brent's message was to try and cut down on those late nights if possible. Work to live, don't live to work.

At Wright Engineers their work ethic is based off of the honor system. Too many regulations means that person is not right for that job. While working in a more relaxed environment, strive for perfection and excellence is tolerable. While you are at work for your 8-10 hours a day, make sure you are doing the best work you possibly can do. If there is something new you want to do, go do it.

Don't look back on your life and see a series of endless nights, deadlines, and AutoCAD consuming your life.

Shavawn Coleman, USGBC-NV
Communications Chair

What U-factor Means to You

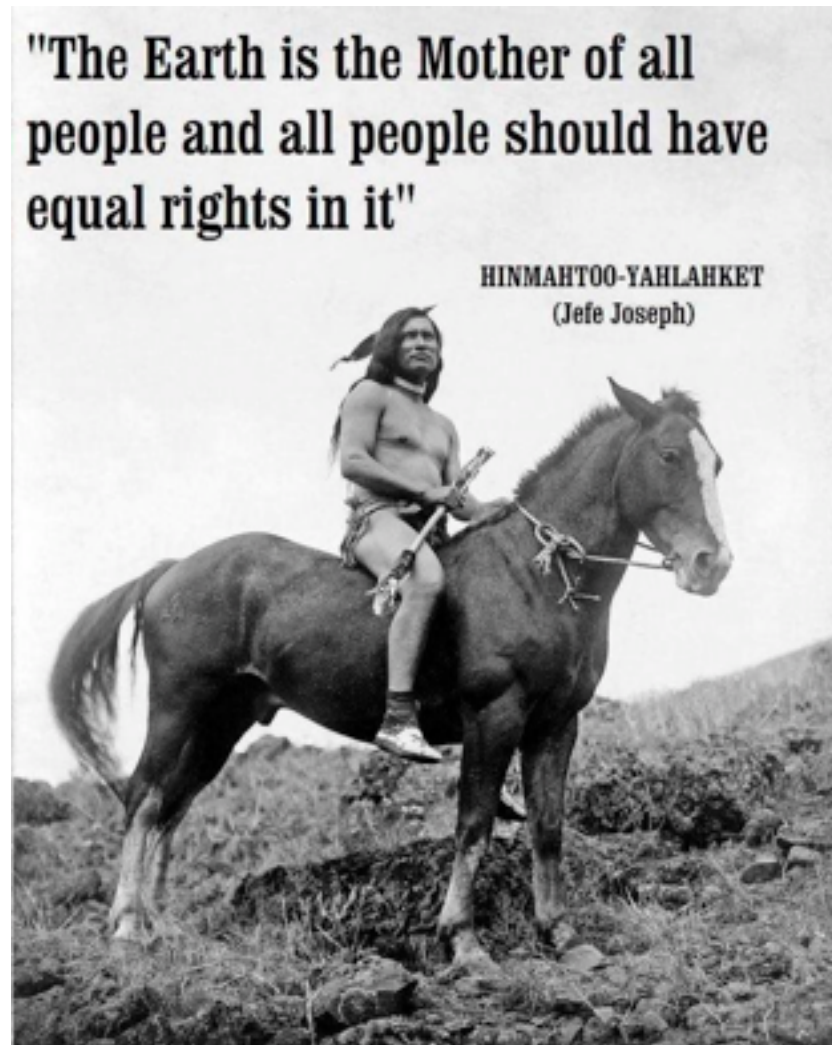
When reading about the role energy efficient windows, doors, and skylights play in green and sustainable building we sometimes encounter a comparison of the U-factor and the R-value. While there are competing theories on this topic, let's look at one perspective on what makes U-factor the better choice for rating the energy performance of these products.

U-factor is not a material property value. It is the result of a calculation that combines the conductance values of the numerous materials in a fenestration product. This includes glazing materials, gas fills, spacer materials, framing materials, weather strips, and sealants.

It also includes the convection and radiation elements that occur within and adjacent to the fenestration product surfaces that influence its energy rating. In thermal chambers, products can be tested at specific environmental conditions with calibrated equipment, and applying a standardized air film coefficient assures consistent results from different labs.

The American Society of Heating, Refrigerating and Air-Conditioning Engineers (ASHRAE) has long-recognized U-factor as the correct measurement for fenestration products, wall assemblies, and roof assemblies.

Furthermore, the International Energy Conservation Code (IECC) recognizes only U-factor for fenestration products, and ASHRAE 90.1 (for commercial buildings) and the IECC, (for residential buildings) reference procedures for determining the U-factor of fenestration products.



U-factor is directly related to energy savings because it directly predicts reduced heat transfer. In contrast, the relationship of R-value to energy savings is more complicated and highly variable.

For example, going from an R-1 to an R-2 product will save five times more energy than going from an R-5 to an R-10 because of the law of diminishing returns.

To compare R-value and U-factor, divide 1 by the U-factor number. For example, a 0.25 U-factor equals a $1/0.25 = 4$ R-value.

With the energy performance of products assuming increasing importance in today's marketplace, fenestration product manufacturers face expanded legal risks if they advertise the energy performance of their products inaccurately.

In fact, the Federal Trade Commission (FTC) has adopted regulations intended to protect consumers from misleading and deceptive advertising practices regarding R-values and home insulation products (70 Fed Reg. at 31,259). These regulations, however, give no direct guidance regarding the use of R-values for fenestration products.

By using the more accurate U-factor, manufacturers can better support their energy performance claims.

Tom Herron, MBA, LEED Green Associate, Senior Manager, Communications and Marketing

[The National Fenestration Rating Council](#)

Affordable Care Act a hard sell for Native Americans

Christine Vestal, Pew/Stateline Staff Writer 3:01 p.m. EDT October 15, 2013

Story Highlights

- Native Americans are guaranteed free health care, won't face penalty if they don't buy insurance
- The 5.2M Native Americans have less access to health care than the rest of the U.S. population
- Health insurance exchanges could give them access to care beyond tribal facilities

For most uninsured Americans, the motivation for checking out the health insurance exchanges is simple – they could face stiff penalties if they don't sign up. For Native Americans, the decision is more complicated.

Longstanding treaties with the federal government guarantee all Native Americans free health care. As a result, the Affordable Care Act exempts them from paying a penalty if they choose not to purchase insurance. More than 2 million Native Americans receive free health care at federally supported Indian health facilities. Many others receive care from tribal facilities and urban Indian organizations.

So why would an American Indian or Alaska Native sign up for reduced-rate insurance on the exchanges?

Indian health advocates said the benefits are many. "It's an unprecedented opportunity," said Roxane Spruce Bly, who is working with New Mexico's health insurance exchange to provide

outreach to Native Americans. "It's the biggest thing to happen in Indian health in my lifetime. It solves so many problems for Indian people."

Although tribal members are entitled to free health care, most Indian health facilities do not offer a full array of services. When patients need major surgery or cancer treatments, for example, they are referred to specialists outside of Indian lands. At least two-thirds of those referral claims are rejected, Bly said. That puts Indians at risk of either paying major medical bills themselves or doing without needed treatments. In addition, about half of Native Americans live in urban areas that are great distances from tribal health facilities.

As a group, the nation's 5.2 million Native Americans have poorer health and less access to health care than the rest of the U.S. population. Their uninsured rate is nearly 30 percent, compared to 15 percent for the country as a whole. And nearly half of all Indians have incomes low enough to qualify for Medicaid in states that have chosen to expand coverage, according to the Center on Budget and Policy Priorities. More than 1 million Native Americans are already enrolled in Medicaid.

Still, Bly and others said the idea of purchasing health insurance, even if deeply discounted, is a foreign concept for most tribal members. Even optimistic advocates for Indian enrollment in the exchanges said convincing tribal leaders and individuals to sign up could take years. Bly's goal is to sign up 10 percent of New Mexico's eligible Native Americans by the end of 2014.

Special advantages

The ACA includes provisions for American Indians and Native Alaskans that make purchasing insurance on the exchange an even better proposition than it is for everyone else. They can sign up at any time – there are no open enrollment deadlines. Tribal members with incomes below 300 percent of the federal poverty level (\$34,470 for an individual) are exempt from paying deductibles and copays, so they can purchase the cheapest plans without worrying about out-of-pocket expenses. All tribal members, no matter what income level, are exempt from out-of-pocket payments if they receive services from Indian health facilities. And unlike employers, tribes can pay exchange premiums for their members without paying taxes.

In addition, a separate law that has governed Native American health care for decades – the Indian Health Care Improvement Act – was amended when the ACA was signed. New provisions make it easier for Indian health facilities to accept payments from other insurers, including Medicaid, Medicare and private insurance. The new law also expands the types of services the facilities can offer and requires inclusion of behavioral health and substance abuse treatments.

For Indians enrolled in Medicaid, Indian health providers receive a fee-for-service that is much higher than other providers receive. In addition, they can collect fees from private insurers if Native Americans take advantage of the exchanges.

"They haven't had the greatest experience with government programs in the past"

— Ed Fox

The new income sources are expected to help Indian health facilities expand and improve their services. Some, for example, do not now include dentistry or deliver babies. Few offer preventive services. According to a 2011 Centers for Medicare and Medicaid (CMS) report, the Indian Health Service budget—\$4.2 billion in 2010—“is only sufficient to provide about half the necessary health services required.”

Ed Fox, a member of a tribal advisory group to the CMS, estimates the ACA could result in as much as \$4 billion in additional revenue for Indian health services. But that's only if tribal leaders take advantage of it, he said.

A tribal member himself, Fox conducts outreach meetings with tribal leaders in Washington state. He said so far the leaders he's talked with plan to wait and see what other tribes do about the health insurance exchanges before they make a decision.

“They haven't had the greatest experience with government programs in the past,” Fox said. If he walks into a meeting and says, “I'm with the federal government and I'm here to help you,” most tribal leaders simply laugh.

Medicaid expansion

In states that expand Medicaid in January, enrolling newly eligible Native Americans will be less of a challenge than selling the exchange concept. But it will still take substantial state and federal outreach and education, an effort that is required by the ACA.

According to a report from the Government Accountability Office, Native American enrollment in Medicaid could double under the expansion.

But the GAO said the CMS and the Indian Health Service are not doing enough to spread the word about health insurance exchanges and new Medicaid coverage. States are also responsible for getting the word out.

In New Mexico, Medicaid director Julie Weinberg said members of her staff have been crisscrossing the sparsely populated state since August and have visited more than 200 tribal locations. The agency has also purchased radio, print and television ads. “It ends up being fairly costly,” Weinberg said. “We're digging way down deep into our administrative budget to do the outreach.”

Montana and California have received a federal Medicaid waiver to directly reimburse tribal leaders for Medicaid expansion outreach efforts. Alaska and Washington have pending waiver requests, and three other states are interested, according to the GAO report.

In general, the federal government will pay 100 percent of all costs for newly eligible Medicaid enrollees for the first three years. After that the federal share tapers to 90 percent. Traditionally, however, the federal government has paid 100 percent of all Medicaid costs for Native Americans.

"The most important thing for state administrators," said Carolyn Ingram of the Center for Health Care Strategies, "is to talk to tribes early and often." She and others agree that most individual Native Americans are not likely to take full advantage of the health law without the support of their tribal elders.

Stateline is a nonpartisan, nonprofit news service of the Pew Charitable Trusts that provides daily reporting and analysis on trends in state policy.

Rainbow Warriors - Cree Prophecy of "Eyes of Fire" Last century an old wise woman of the Cree Indian nation, named "Eyes of Fire", had a vision of the future. She prophesied that one day, because of the white mans' or Yo-ne-gis' greed, there would come a time, when the earth being ravaged and polluted, the forests being destroyed, the birds would fall from the air, the waters would be blackened, the fish being poisoned in the streams, and the trees would no longer be, mankind as we would know it would all but cease to exist. There would come a time when the "keepers of the legend, stories, culture rituals, and myths, and all the Ancient Tribal Customs" would be needed to restore us to health, making the earth green again. They would be mankind's key to survival, they were the "Warriors of the Rainbow". There would come a day of awakening when all the peoples of all the tribes would form a New World of Justice, Peace, Freedom and recognition of the Great Spirit. The "Warriors of the Rainbow" would spread these messages and teach all peoples of the Earth or "Elohi". They would teach them how to live the "Way of the Great Spirit". They would tell them of how the world today has turned away from the Great Spirit and that is why our Earth is "Sick". The "Warriors of the Rainbow" would show the peoples that this "Ancient Being" (the Great Spirit), is full of love and understanding, and teach them how to make the "Earth or Elohi" beautiful again. These Warriors would give the people principles or rules to follow to make their path light with the world. These principles would be those of the Ancient Tribes. The Warriors of the Rainbow would teach the people of the ancient practices of Unity, Love and Understanding. They would teach of Harmony among people in all four corners of the Earth. Like the Ancient Tribes, they would teach the peoples how to pray to the Great Spirit with love that flows like the beautiful mountain stream, and flows along the path to the ocean of life. Once again, they would be able to feel joy in solitude and in councils. They would be free of petty jealousies and love all mankind as their brothers, regardless of color, race or religion. They would feel happiness enter their hearts, and become as one with the entire human race. Their hearts would be pure and radiate warmth, understanding and respect for all mankind, Nature and the Great Spirit. They would once again fill their minds, hearts, souls, and deeds with the purest of thoughts. They would seek the beauty of the Master of Life - the Great Spirit! They would find strength and beauty in prayer and the solitude of life. Their children would once again be able to run free and enjoy the treasures of Nature and Mother Earth. Free from the fears of toxins and destruction, wrought by the Yo-ne-gi and his practices of greed. The rivers would again run clear, the forests be abundant and beautiful, the animals and birds would be replenished. The powers of the plants and animals would again be respected and conservation of all that is beautiful would become a way of life. The poor, sick and needy would be cared for by their brothers and sisters of the Earth. These practices would again become a part of their daily lives. The leaders of the people would be chosen in the old way - not by their political party, or who could speak the loudest, boast the most, or by name calling or mud slinging, but by those whose actions spoke the loudest. Those who demonstrated their love, wisdom and courage and those who showed that they could and did work for the good of all,

would be chosen or Chiefs. They chosen by their not the amount they had Like the and devoted Chiefs", they understand the love, and see young were with the love and their surroundings. show them that be accomplished world of its ill, to health and tasks of these the Rainbow" and great. There terrifying ignorance to they shall find and hatred. They dedicated, in their strength, heart. They will hearts and minds follow them on returning Earth" to beauty



as the leaders would be "quality" and of money obtained. thoughtful "Ancient would people with that their educated wisdom of

They would miracles can to heal this and restore it beauty. The "Warriors of are many will be mountains of conquer and prejudice must be unwavering and strong of find willing that will this road of "Mother and plenty -

once more. The day will come, it is not far away. The day that we shall see how we owe our very existence to the people of all tribes that have maintained their culture and heritage. Those that have kept the rituals, stories, legends and myths alive. It will be with this knowledge, the knowledge that they have preserved, that we shall once again return to "harmony" with Nature, Mother Earth and mankind. It will be with this knowledge that we shall find our "Key to our Survival". — with [Pallah Stimpson](#) and 47 others.

Anyone want to participate? sdc

The Diversity Committee of the Rare Books and Manuscripts Section of the American Library Association is sponsoring a seminar entitled **Unveiling the Past: Hidden Diversity in the Archives** (June 24 – 27 in Las Vegas, NV). We are particularly hoping to include speakers who can speak to their experiences collaborating with tribal organizations, and provide recommendations to other professionals hoping to find and pursue similar opportunities. Each

speaker would have 15-20 minutes for their presentation.

RBMS is a volunteer organization, with no paid staff, and unfortunately cannot provide honoraria or travel funds for seminar presenters. However, if you are not an archivist or librarian, ACRL can offer a complimentary 1-day registration to the conference for the day of your presentation.

If you would be interested in speaking on this panel, please let me know at your earliest convenience. We are hoping to finalize our speaker-list by the end of October. I'd be happy to answer any questions you might have.

Also, if you would prefer not to participate in this seminar, but know of another individual who you believe would be a good fit, we would certainly like to hear of them. Please don't hesitate to give me a call if you have additional questions.

Sincerely,
Elizabeth Joffrion, Director of Heritage Resources, Western Washington University Libraries
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360-650-3283 (Fax) 360-650-3044 elizabeth.joffrion@wwu.edu www.library.wwu.edu

Content That Works -Jobs/Careers Overview contentthatworks.com/jobs/overview.php

Don't Ask. The questions better left unsaid during a job interview. By *Patricia Rivera* CTW Features. In the midst of nervousness during a job interview, it's so ...

Growth spurt By [Sage Leehey](#) **Indoor agriculture may supplement the economy**

Renewable energy industry specialist Bonnie Lind believes indoor agriculture could be a key part of a diversified Nevada economy.

For more information about what's going on with the Nevada Governor's Office of Economic Development, visit diversifynevada.com.

State renewable energy industry specialist Bonnie Lind believes that indoor agriculture can help diversify Nevada's economy.

"Nevada spends approximately \$2 billion a year out of state for its food, and that's not all of it," Lind said. "Nevada needs to self-supply. And this allows traditional agriculture to diversify their project to help a bad water year, and maybe this will give them some small piece that will allow you to keep your farm going and pay the bills without struggling. ... We're not looking to replace traditional agriculture. We're just looking to supplement."

Lind works with local farmers, distributors, restaurants, etc. to figure out who has what, who needs what, and so on. She helps these people connect and foster business relations. She said indoor agriculture would allow for all types of produce to be available any time of year and could allow the state to supply more of its own produce.

“Instead of it being picked, packed and delivered from somewhere else in three to five days, you’re gaining about three to five more days of refrigerator life,” Lind said. “While we may not get every single tomato on the strip and elsewhere, if we could provide some portion of that out of a \$2 billion industry, if I could even take 10, 15, 20 percent of that, I would be pretty happy. That would be a lot of jobs and a lot more tax revenue staying here instead of going out of state.”

Indoor agriculture can mean a variety of different techniques, technologies and crops. Some indoor farmers in the state are using greenhouses with increased carbon dioxide levels to increase growth rates or using all LED lighting to specifically target crops in trays in a warehouse setting. Others are using hydroponics or aquaponics. The crops grown with these methods vary from beefsteak tomatoes and hot peppers to basil and oregano.

Nevada is especially well-fitted for indoor agriculture, according to Lind, because there are many individuals already working on these projects and technologies that would help them grow. She added that Southern Nevada also has a high demand for quality produce year-round for tourism, and Northern Nevada has a lot of the infrastructure needed to get it up and going with local farming groups and the “buy local” movement.

Indoor agriculture could also potentially be much more environmentally friendly than traditional agriculture, according to an online indoor agriculture brochure from the Governor’s Office of Economic Development.

“Indoor hydroponic, aquaculture and aeroponic agricultural methods consume less than 10 percent of the water required for growing similar crops using traditional methods, and recycle water to minimize water loss,” the brochure reads.

Lind is excited about the educational opportunities of this agriculture.

“DRI [Desert Research Institute] is doing a project with Wooster [High School] looking at growing food with hydroponics and without hydroponics, and the students are going to run it,” Lind said. “It takes everyone from engineers to people with a green thumb to people who can market and sell things like this ... but we’d really like to see this as an opportunity to address food deserts as well as incorporate it into the schools so they can eventually feed themselves. ... Plus, I’d like to see us build all these systems and then export them around the world.”

Meat market: Workshop about direct meat marketing stems from demand

By [Sage Leehey](#)

For more information about the 2013 Direct Marketing for Meat Producers workshop series, visit tinyurl.com/o5c5ooq.

“It’s not simple,” said Wendy Baroli, farmer at GirlFarm/Grow For Me Sustainable Farm. “This isn’t for the faint of heart, and this isn’t for someone who wants instant satisfaction or immediate gratification. This is for the long haul. It’s a lifestyle change.”

She was talking about becoming a small farmer or rancher in the dry conditions of Northern Nevada, but she believes there’s a local market for these farms’ products.

“I would say to you, 10 years ago? No way. Today? Absolutely,” Baroli said. “The local food movement has made it so that you can actually be a small farmer or rancher in this area, but it’s up to us, as small farmers and ranchers, to do a good job and interact with the customer.”

Referencing the ideas of the book *The Thankful Economy*, Baroli explained that social media has made our society like a small town again. She said she thinks people feel isolated in suburbia with “gates between us and our neighbors” and “gates between us and anyone who wants in to our neighborhood” and that people now crave communication and interaction with each other. This shift can allow for small farms to be successful at a local level.

“People really want to feel connected to their businesses, who they purchase from. People want to buy from people they like. So you have to come off of your tractor and create that small community on Facebook or Tumblr or any of those other social media sites. ... And people will often return and pay more for someone who they know, who recognizes their kids or their dog or what your coffee is. If you do a really great job, you will create the loyalty and respect that small towns used to have.”

To help local farmers and ranchers achieve this, University of Nevada, Reno’s University Center for Economic Development (UCED) has partnered with Western Nevada College (WNC) for a workshop series based around direct and collaborative marketing of meat. The first in the series is called “Meat CSA [community supported agriculture] and Collaborative Meat Marketing Strategies” and is on Oct. 12 from 9 a.m. to 3 p.m. at WNC’s Fallon campus. It costs \$35 before Oct. 5 and lunch will be included.

Baroli will be one of the speakers at this workshop, talking about how small farmers can be successful and about her experiences with her unique eight-month subscription farm system. Also speaking will be Karin Sinclair from Sinclair Family Farm and the Sierra Foothil Producers and George Kleeb from the Nevada Small Business Development Center in Elko, who spent 28 years in banking with an agricultural lending focus.

Margaret Cowee, research analyst for UCED, explained that the collaborative and interactive subscription farm model creates more regular sales for producers and believes this workshop will greatly assist local farmers.

“Hopefully, this will expose more Reno area consumers to local meat products and give them another outlook in which to buy that stuff, and hopefully expand the customer base for our producers,” Cowee said.

[Buggin Malone \(Native American Dream\)\(Indigenous Movement\) www.youtube.com](http://www.youtube.com)

[Indigenous Movement From Lehman Brightman and his United Native Americans Inc to Aim and Wounded Knee From The Longest Walk I to The Longest Walk II These Wa...](#)

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m.theatlanticcities.com

[A new interactive project from Google, NASA and the US Geological Survey.](#)

[Indian's Sacred Spirit II - The Spirit](#) www.youtube.com

[A song by Indian's Sacred Spirit II from the album More Chants and Dances of the Native Americans](#)

[Afghan Children Song Book Project, Louis Pascale](#) www.afghansongbook.org

[Hearing your favorite childhood song usually conjures up memories of happy times. For a generation of Afghans, whose songs were intentionally eradicated by war and oppression, hearing a familiar childhood song is a much more powerful experience. Read More...](#)

Article is not necessarily that of the Journal, but important to know what is being said in other circles. sdc)

[Native Americans: They're Illegal Immigrants, Essentially | Self-Sufficiency](#)
beforeitsnews.com

[Megyn Kelly, a prominent Fox News anchor, said recently that Native Americans are illegal immigrants, essentially by Michael Smith \(Veshengro\) This, once again, unfortunately, shows the ignorance of such so-called journalists and TV professionals...](#)

ARTOWN is looking for submissions for its 2014 Artown poster design. Nevada artists from Washoe, Carson City, Douglas, Lyon, Storey, Churchill, Pershing, Humboldt, Lander, Eureka, Elko, and White Pine counties are eligible. The selected artist will be contracted at \$3,500. The deadline is Monday, November 25 at 5 p.m. Check out the website for submission details!

[Artown](#)

www.renoisartown.com

[Carrying on the diversity of event offerings, Artown continues year round bringing in national-level headliners for an incredible line-up of dynamic performances. Presenting a diverse array of artists that may otherwise not visit Reno. Artown expands the local horizons of art and culture while pr...](#)

[Myron Dewey](#)

Is your tribe practicing Inherent Sovereignty by self sustaining with their "own food" instead of waiting for Gov. commodities (Delegated Sovereignty) ?

Please share your ideas below on how we can help our communities with solutions or if your tribe is already doing this.

"True Sovereignty is a tribe self sustaining itself from outside resources and providing its own resources to their community."