

Journal #3036

from sdc

1.28.14

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ICTMN Exclusive: NCAI Releases R-word Video Ahead of Super Bowl

ICTMN Staff *1/27/14*

The National Congress of American Indians has release a video extending their efforts to eradicate the offensive R-word.

Just days before Super Bowl XLVII, the NCAI is reminding Americans that Native people are not mascots.

“This week’s celebration of football is exactly why we need to keep talking about the D.C. mascot,” the organization said in an email to *ICTMN*. “Cheering for a football team should never include the casual use of a racial slur. It is important for all teams and all of their fans that the name of the D.C. team is changed.”

In October 2013, the organization released a 29-page report called [*Ending the Legacy of Racism in Sports & the Era of Harmful ‘Indian’ Sports Mascots*](#), which *ICTMN* covered [here](#).

The video called “Proud to Be” illustrates the strength and beauty of tribal nations and highlights prominent and influential Native people throughout history. The roughly two-minute video ends

by saying that Native Americans call themselves many things, but not the R-word; and the last shot of the video is a picture of the 'Redskins' helmet.

Read more at <http://indiancountrytodaymedianetwork.com/2014/01/27/ictmn-exclusive-ncai-releases-r-word-video-ahead-super-bowl-153287>

"Armed with only a drum, she sang her song. A song of what a people will not tolerate anymore." "We are Anishnabe people of this land. We need to voice for her, for Mother Earth," "...we are WATER PROTECTORS." "focus is always...land...waters...and the future yet to come" "...water is a sacred part of our ceremonies n if we cant' back up our prayers for the earth then who are we..." "At the end of the day, if you knew for a fact that your kids would not have clean drinking water , what would you do to help them?" "What kind of Ancestors are we gonna be..."

MUSEUMS AND THE WEB

[MW2014 Regular registration closes soon – register now and get a free workshop](#)

Jan 22, 2014 11:21 pm | Rich Cherry

Join us in Baltimore for the 18th Museums and the Web conference: April 2-5, 2014. As the largest international conference devoted to the exploration of art, science, natural and cultural heritage online, Museums and the Web is the must attend event for more than 600 museum professionals from more ... [Continue reading → comments | read more](#)

[Chris Prom to keynote MW Deep Dive on email preservation and access for art museums](#)

Jan 22, 2014 09:40 pm | Rich Cherry

We are very excited that Christopher J. (Chris) Prom will be keynoting the Museums and the Web Deep Dive Assessing Tools and Best Practices for Email Preservation and Access in Art Museums which is preceding MW2014. Chris is Associate Director of University ... [Continue reading → comments | read more](#)

[Regular rates for Exhibitors end January 31st, 2014](#)

Jan 22, 2014 09:24 pm | Nancy Proctor

As the largest international conference devoted to the exploration of art, science, natural and cultural heritage online, Museums and the Web is the place to reach more than 600 educators, curators, librarians, designers, managers, directors, scholars, consultants, programmers, analysts, and developers from museums, galleries, libraries, and science centers. ... [Continue reading →comments | read more](#)

[Free MW2014 workshop coupons – these will not last long](#)

Jan 14, 2014 11:43 pm | Rich Cherry

Thanks to the generosity of our sponsors, Museums and the Web is able to offer a limited number of free 1/2 day workshop coupons at MW2014 (see terms and conditions below). With the fabulous workshops listed below, this discount will ... [Continue reading →comments | read more](#)

Machu Picchu

All about [Machu Picchu](#): news, facts, tour tips, pics, weather,

- [Home](#)
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There's a great, hidden museum that no one goes to.

Facts

For visitors conditioned to the explanatory signs at national parks, one of the strangest things about Machu Picchu is that the site provides virtually no information about the ruins. (This lack does have one advantage—[the ruins](#) remain uncluttered.)

The excellent *Museo de [Sitio Manuel Chávez Ballón](#)* (\$8 entry) fills in many of the blanks about how and why Machu Picchu was built (displays are in English and [Spanish](#)), and why [the Inca](#) chose such an extraordinary natural location for the citadel. First you have to find the museum, though.

It's inconveniently tucked at the end of a long dirt road near the base of Machu Picchu, about a 30-minute walk from the town of [Aguas Calientes](#).

[Council Statement on Fukushima read by Chief Arvol Looking Horse](#)

[youtube.com](#)

[In late September, Indigenous Elders and Medicine People of North and South America united for four days in sacred ceremony in Green Grass, South Dakota. The...](#)

[Sacred Mountain - Mauna Kea, Hawaii](#) [vimeo.com](#)

[Stand with us to help save Hawai'i's most sacred mountain, Mauna Kea @ Facebook - "Protect Mauna Kea" \(For the Love of the Mountain\) "Aloha mai kakou, If...](#)

[American Indian youth address suicide through innovative media project](#)

[missoulian.com](#)

[They are teenagers whose experiences with suicide are so vivid and gut-wrenching that you may flinch to hear them, and maybe wish you hadn't heard them at all.](#)

Amtrak

Amtrak provides intercity passenger rail services to more than 500 destinations in 46 states on a 22,000-mile route system. Amtrak recognizes that greenhouse gas reduction is a multi-dimensional concern, and encourages passengers to take practical steps to reduce carbon

emissions where possible. For schedules, fares and information, passengers may call 800-USA-RAIL or visit www.amtrak.com.

Environmental Commitment

Amtrak has partnered with Carbonfund.org, allowing passengers to offset the carbon emissions footprint generated by their individual rail travel by making a contribution to Carbonfund.org. To offset rail travel, passengers can log onto <http://www.carbonfund.org/site/pages/land/amtrak> and choose from one of two affordable options.

Amtrak has also committed to reduce its greenhouse gas emissions by 6 percent from 2003-2010 as part of its participation in the Chicago Climate Exchange (CCX). The CCX provides a voluntary exchange for trading greenhouse gases (mainly carbon dioxide) using a market-based system. Greenhouse gas credits available for trading by Amtrak are based on diesel fuel use in the 1998-2001 baseline period. Amtrak continues to meet its commitment to reduce greenhouse gas emissions by reducing diesel fuel use in locomotives.

"By choosing to travel by rail, Amtrak passengers are already a step ahead because the carbon footprint generated by their trip is smaller than that of most other modes of transportation," said Roy Deitchman, Vice President, Environmental Health & Safety for Amtrak. "Because it is more energy efficient, traveling by rail contributes less per passenger mile to greenhouse gas emissions than either cars or airplanes. Rail travel also helps to reduce highway congestion in major urban centers."

Have you been hugged lately? Did you know... "The average length of a hug between two people is 3 seconds, but researchers have discovered something fantastic. When a hug lasts 20 seconds, there is a therapeutic effect on the body and mind. The reason is that a sincere hug produces a hormone called "oxytocin", also known as the love hormone. This substance has many benefits in our physical and mental health, helps us, among other things, to relax, to feel safe and calm our fears and anxiety. This wonderful calming is offered free of charge every time we have a person in our arms, when we cradled a child, cherish a dog or cat, we're dancing with our partner, the closer we get to someone or just hold the shoulders of a friend." Try it out and hug a Beloved today!

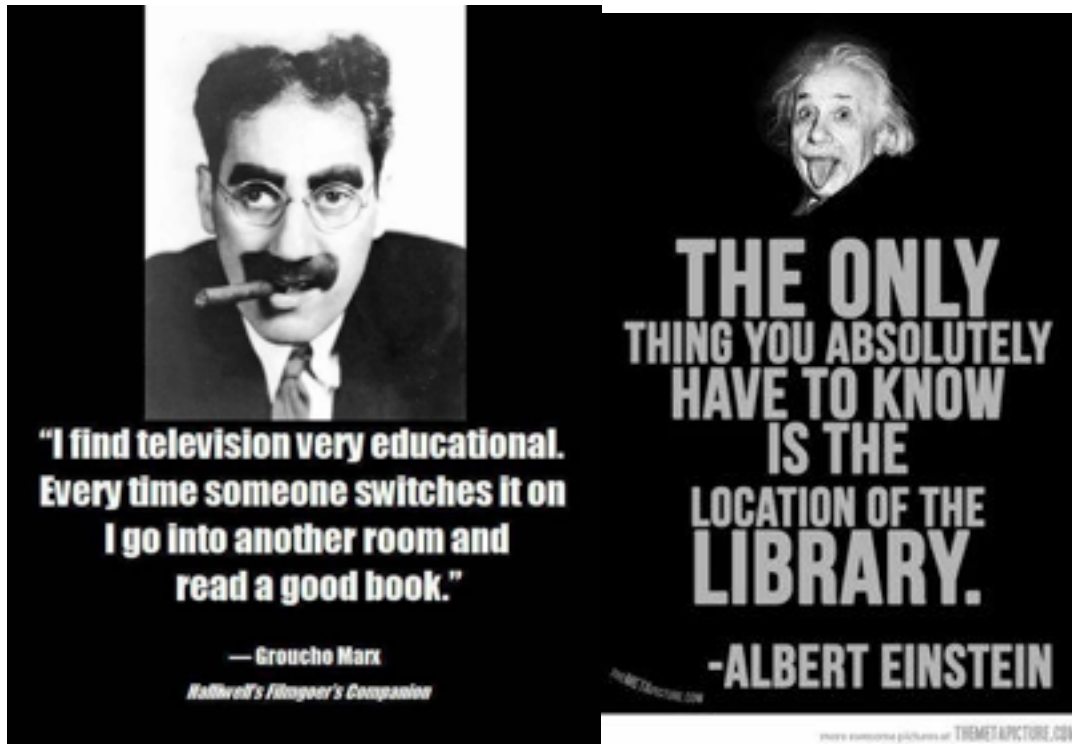
Stray quote: Thanks to Stephen Harper's irresponsible inaction on climate change, Santa's workshop is now under water.

["Live For Now": Consumer Reports Issues Warning About Possible Carcinogenic Chemical In Soft Drinks](#) by jonathanturley

There is a startling Consumer Report announcement this week that the respected organization has [found a suspected cancer-causing chemical, 4-methylimidazole, or 4-MEI](#), in soft drinks. The presence of a human carcinogen will alarm many parents given the consumption of such drinks by children. The largest brand slammed in the report is Pepsi. It certainly makes the company's "Live For Now" slogan a bit more menacing. [Read more of this post](#)

[WATCH: The Food You're Probably Not Eating For All The Wrong](#)

Reasons



How Food

Hubs Are Helping New Farmers Break Into Local Food [n.pr](#)

The U.S. Department of Agriculture says infrastructure for local food is lacking but growing fast.

Utah is Ending Homelessness by Giving People Homes [nationofchange.org](#)

Earlier this month, Hawaii State representative Tom Bower (D) began walking the streets of his Waikiki district with a sledgehammer, and smashing shopping carts used by homeless people.

“Disgusted” by

On Facebook: interesting pages

Word-of-Mouth "Jobs" Reno

For those of you who are new, this group provides a place for people to share information with other people about jobs they have heard may be open or employers they have heard may be hiring. It is also a place to post your employment goals.

Superior Regalia Store

The Purpose of this group is to openly display the Items Superior Regalia currently has up for sale.

The Longest Walk 4: Return to Alcatraz [Native Music](#)

Collector Coins:

2013 Native American \$1 Coin 250-Coin Box – Philadelphia (AC5)

Price: \$275.95

Sold Out

[2013 Native American \\$1 Coin 250-Coin Box – Denver \(AC6\)](#)

Price: \$275.95 Sold Out

[2013 Native American \\$1 Coin 500-Coin Box – Denver \(AC8\)](#)

Price: \$550.95 Sold Out

He orders all things, and He has given us a fine day.

RED JACKET

SENECA



Virginia City Pulls Together to More than Match Partnership Grant and Re-Open Library.

A public library is the most enduring of memorials, the trustiest monument for the preservation of an event or a name or an affection; for it, and it only, is respected by wars and revolutions, and survives them

-Mark Twain Letter to the Millicent [Rogers] Library, 22 February 1894

Sometimes you don't value something until it is taken from you.

"Everybody has a library story" says, Pam Abercrombie, Development Director Community Chest in Virginia City, Nevada. After the local public library closed in 2012 Virginia City mourned its loss. Community Chest stepped up to store the books and create a small children's reading nook in their community center. Volunteers librarians kept the library open a portion of a few days a week. Community Chest won a \$15,000 matching Partnership Grant in 2013 to bring back the library. They set to work raising the needed \$15,000 in matching funds and ended up with a total of \$55,655, enough to pay for a professional librarian and work toward public library accreditation. [Storey County Community Library Director](#)

How did they raise such an impressive amount in such a short time? Fundraising activities included a "Friends of the Board" fundraiser at the Core at the Cider Factory, presentations in

front of community groups and housing associations, and direct mail appeal letters. The Community Chest engaged the residents of Virginia City to bring back the library. People responded to the call. This link to an article in the "Las Vegas Sun" features great photos: [The Gold Hill Hotel collected donations on their ceiling](#) and donation jars could be seen on counters up and down Main Street.

Mark Twain would be proud.

Reports Abecrombie, "Donors appreciate knowing just where their gift is going and how it is helping build our library. We created a sense of ownership between donors and the library."

"This is not your mother's library. It is a vision of libraries in the 21st century—a vibrant, multi-use facility that will attract many people with modern technology. We plan to implement creative library programs that engage residents of all ages. Programs include: garden 'seed library', book field trips, story time, 'how to' demonstrations, computer classes, art/poetry workshops, free books exchanges, etc. We intend to think way 'out of the box' for library programs and library use. We plan to expand library services to all the communities in Storey County and that includes Mark Twain, Virginia City Highlands, and Lockwood in addition to Virginia City."

The grant impact is what the Community Foundation hoped would happen when the Program Committee decided to enlarge the Partnership Grants and make them contingent on raising new matching funds. The grant, in Community Chest's capable hands, built a larger donor base, engaged donors and strengthened the community in a powerful and lasting way.

[Drought Provides Window to Old West](#)

Receding Lakes in Stricken Region Reveal Gold Rush Towns; Artifact Hunters Give Rangers
Jim Carlton, Wall Street Journal

A severe drought plaguing much of the West is also bringing bits of its past back to life, as long-submerged historic artifacts and natural features are exposed by receding lake levels.

from delanceyplace.com

In today's selection -- from **Flourish** by Martin E. P. Seligman. A generation ago, the study of psychology was dominated by a focus on the abnormal and the negative.

But more recently, there have been academic movements that have undertaken a data and research-based study of the positive dimensions of psychology, with a view toward prescribing activities that can be imbedded into a person's life and increase that person's structural level of happiness. One such effort comes from Martin Seligman and the University of Pennsylvania. The following is a sample of the type of activity this academic school of thoughts recommends based on its own systematic studies to deal with the increasing prevalence of depression in our society:

"Here's a brief exercise that will raise your well-being and lower your depression:

The gratitude visit. Close your eyes. Call up the face of someone still alive who years ago did something or said something that changed your life for the better.

Someone who you never properly thanked; someone you could meet face-to-face next week. Got a face? Gratitude can make your life happier and more satisfying. When we feel gratitude, we benefit from the pleasant memory of a positive event in our life. Also, when we express our gratitude to others, we strengthen our relationship with them. But sometimes our thank you is said so casually or quickly that it is nearly meaningless. ... Your task is to write a letter of gratitude to this individual and deliver it in person. The letter should be concrete and about three hundred words: be specific about what she did for you and how it affected your life. Let her know what you are doing now, and mention how you often remember what she did.

Make it sing! Once you have written the testimonial, call the person and tell her you'd like to visit [him or] her, but be vague about the purpose of the meeting; this exercise is much more fun when it is a surprise. When you meet her, take your time reading your letter.

"You will be happier and less depressed one month from now. ...

"Here's a second exercise to give you the flavor of the interventions that we have validated in random-assignment, placebo-controlled designs: [The] What-Went-Well Exercise (Also Called 'Three Blessings') We think too much about what goes wrong and not enough about what goes right in our lives. Of course, sometimes it makes sense to analyze bad events so that we can learn from them and avoid them in the future. However, people tend to spend more time thinking about what is bad in life than is helpful. Worse, this focus on negative events sets us up for anxiety and depression. One way to keep this from happening is to get better at thinking about and savoring what went well.

"For sound evolutionary reasons, most of us are not nearly as good at dwelling on good events as we are at analyzing bad events. Those of our ancestors who spent a lot of time basking in the sunshine of good events, when they should have been preparing for disaster, did not survive the Ice Age. So to overcome our brains' natural catastrophic bent, we need to work on and practice this skill of thinking about what went well.

"Every night for the next week, set aside ten minutes before you go to sleep. Write down three things that went well today and why they went well. You may use a journal or your computer to write about the events, but it is important that you have a physical record of what you wrote. The three things need not be earthshaking in importance ('My husband picked up my favorite ice cream for dessert on the way home from work today'), but they can be important ('My sister just gave birth to a healthy baby boy').

"Next to each positive event, answer the question 'Why did this happen?' For example, if you wrote that your husband picked up ice cream, write 'because my husband is really thoughtful sometimes' or 'because I remembered to call him from work and remind him to stop by the grocery store.' Or if you wrote, 'My sister just gave birth to a healthy baby boy,' you might pick as the cause 'God was looking out for her' or 'She did everything right during her pregnancy.'

"Writing about why the positive events in your life happened may seem awkward at first, but please stick with it for one week. It will get easier. The odds are that you will be less depressed, happier, and addicted to this exercise six months from now.

Flourish: A Visionary New Understanding of Happiness and Well-being
Author: Martin E. P. Seligman Publisher: Atria Books
Date: Copyright 2011 by Martin Seligman, PhD Pages: 30-31, 33-34

[Student Profiles | The College of Health Professions & Biomedical Sciences](http://health.umt.edu)
health.umt.edu

[The mission of the Native American Center of Excellence at the University of Montana College of Health Professions and Biomedical Sciences is to facilitate the identification, recruitment, retention, and professional development of American Indian/Alaska Native students who are interested in pursuin...](#)

Indigenous "Emerson Frybread" Food Truck rocks- the food is delicious! it! Check them out in front of Drumbeat Indian Arts (Phoenix, AZ) and like them on their FB page. www.emersonfrybread.com

Shoni Schimmel has given our Native people 4 years of excitement, encouragement, and honor on the basketball court! U of Louisville has designated March 3 as Native American Night for the last home game of her college career. If you are within driving distance, come out and support Shoni and Jude on this amazing night of hoops, as the Cards play #1 Connecticut on ESPN2!!!! Also, at the request of Louisville, The Red Road has pulled together a number of powwow dancers who will be performing at halftime! — with



[Siouxsan Robinson](#), [Michael Roberts](#), [Paula Weaselhead](#), [Deanna Ledoux](#), [Briar Reedy](#) and [Charles Robinson](#).

WATCH: This Is One Time-Lapse Big Oil Doesn't Want You To See

[Thomas Nelson](#)

Oil spills often bring to mind images of oil-drenched birds and blackened coastlines, but this incredible time-lapse video presents the human and financial cost of every oil spill since 1986. Politics aside, these stats are downright disturbing.

About:

[This video](#) (*one minute*) was made with data from the U.S. Pipeline and Hazardous Materials Safety Administration by the [Center for Biological Diversity](#) in the hopes of revealing a troubling history of pipeline spills ahead of the [Keystone XL](#) decision.

<https://www.youtube.com/watch?v=3rxqUXqPzog>

Congratulations on using technology to provide seminar access all over the country! Unfortunately powerpoint would not transfer to Journal.

The seminar, "Circle of Courage", is/was an excellent reflection as well as call to action depicted through a medicine wheel developed by Ms. Warito-Tome focusing on special needs children, but believe me, applicable to all. Best seminar in years! sdc

I have attached Ms. Warito-Tome's powerpoint for your convenience, along with the instructions for logging in and dialing in.

Cordially, Rose Owens-West, Ph.D., Director, Region IX Equity Assistance Center at WestEd
www.WestEd.org/EAC, 300 Lakeside Drive, 25th Floor, Oakland, CA 94612
510.302.4246 phone 510.302.4242 fax

Region IX Equity Assistance Center at WestEd

www.Wested.org/EAC

For resources on Indian Education, please go to

<http://www.wested.org/eac/resources/closing-achievement-gap/>

Click on "Topic" to sort, then scroll down to American Indian/Alaska Native

Resources from the speaker:

Department of Indian Education for New Mexico

<http://www.ped.state.nm.us/ped/IEDDocuments/TribalEducationStatusReport>

SY1213%20VFinal.pdf

New Mexico Public Education Department Resources for Building School, Family, and Community -Parent Tool Kit

<http://ped.state.nm.us/Parents/index.html>

Education for Parents of Indian Children with Special Needs (EPICS) <http://www.epicsproject.org/>

Reclaiming Youth International <http://www.reclaiming.com/content/>

Next Webinar in this Series

American Indian Males: K-12 Education for Postsecondary Success

Monday, May 5: 1:30 –3:00 p.m. Presenters: Brian Brayboy and Marie Levie

[Welcome to the Indian Store – Dream Catchers are on sale today \(video\)](#)
pocho.com

The Indian Store has everything the White Man needs -- dream catchers, spirit animals, books on coyotes and WiFi signal boosters. [F-bombs.] Video by the 149

<http://pocho.com/welcome-to-the-indian-store-dream-catchers-are-on-sale-today-video/>

GAMING COMPANIES HAVE LUCRATIVE DEALS OPERATING INDIAN CASINOS

New casino development in Las Vegas is on lockdown.

<http://erj.reviewjournal.com/ct/uz3688753Biz19805954>

[Tammin Taikwappehan Mukuwa | "The spirit of our language"](#)

newetaikwanna.com Yuakkih!“Come In!” Welcome to Tammin Taikwappehan Mukuwa, a website about the Shoshone Language & Culture. This website is being created by Bryan J. Hudson and hopefully all of you! Please take time and look around the website by using the navigation bar above. You can follow our blog and see update...

**With Mrs. Obama for the State of the Union Address: Andra Rush (Detroit, MI)
Founder and Chairperson, The Rush Group, Detroit Manufacturing Systems**

Andra Rush is a descendant of the Mohawk Tribe from the Six-Nation Reservation, and the founder and chairperson of the Rush Group family of companies, which include Rush Trucking, Dakkota Integrated Systems, and Detroit Manufacturing Systems. This consortium of manufacturing, trucking, assembly, and distribution is one of the largest Native American-owned businesses in the country. Rush started her first company, Rush Trucking, in 1984 with only three trucks and successfully grew the company to include 800 tractors and 1,350 trailers. In 2012, Ms. Rush launched Detroit Manufacturing Systems Ltd., LLC (DMS), a joint venture between Rush Group Ltd, LLC and Faurecia. DMS manufactures and assembles automotive interior components in the City of Detroit and grew to more than 600 employees in its first year of operations, the largest new manufacturing employer in the City of Detroit in decades. The company’s first customer was the Ford Motor Company, building interior components for the Mustang and F-150 pickup truck. In 2012, she was appointed to the U.S. Manufacturing Council, which is the principal private-sector advisory committee to the U.S. Secretary of Commerce on manufacturing matters. She was also appointed by Governor Rick Snyder to serve as a trustee for Michigan’s Children’s Trust Fund. Ms. Rush has a Bachelor of Arts in Nursing (1982) from the University of Michigan. She has three sons.

[Rachel Crowspreadingwings's video: \[My case in a nutshell please share\]\(#\)](#)

http://grist.org/news/the-pope-is-writing-a-big-green-manifesto/?utm_source=newsletter&utm_medium=email&utm_term=Daily%2520Jan%252027&utm_campaign=daily

Job Opening for Museum Director Sparks Museum and Cultural Center

First Nation Snowboard Team FNST fnriders.com

The FNST and its partners are establishing a legacy for aboriginal youth by providing opportunities using winter sport as a vehicle for social change.

RIP Sonny Lewis

**NORTHERN UTE TRIBE
VALENTINE'S HANDGAME TOURNAMENT**

FEBRUARY 14, 15, 16, 2014,



2013 VALENTINES WINNERS



Singing Contest Champions
Dexter, Talon, Eric, Gerald



3-Man Champions
Orlando, Alfreda, Aden



5's Card Tournament

Friday, February 14, 2014

3-MAN SCRAMBLE
Register by 6:00 p.m. \$20 per person

Saturday, February 15, 2014

MAIN TOURNAMENT
Champions—\$4,000 + Embroidered Jackets
2nd \$3,000, 3rd \$2,000, 4th \$1,000
Registration 12:00-3:00 p.m. (2-5 Players)
\$150 Entry Fee

POTLUCK @ 1:00 Bring your Favorite Dish

SENGING CONTEST
\$80 Entry Fee (4-Person)
Register by 2p.m.

KID'S TOURNNEY
2-4 Players \$10 a Person (Ages 12 & Under)
Register by 12:30 Starts at 1:00

Sunday, February 16, 2014

3-MAN TOURNNEY
Register by 3pm \$20 per person

5's CARD TOURNNEY
\$10 a person + \$100 added
Register by 12:00 p.m. Starts at 12:30

TRADITIONAL GAME @ 2:00 p.m.

FOR MORE INFORMATION CALL:
Angie Lucero (435) 722-7957 or
Lionel Tahirov (435) 401-8272
NO ALCOHOL OR DRUGS ALLOWED!!!

OPEN GAMES * RAFFLE * T-SHIRT SALES * CONCESSION * OPEN GAMES