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A Harder Outlook for Today's Cowboy

By DAN FROSCH

As the costs of doing business rise and available land declines, the herd of cattle - and ranchers - is declining in the United States.

[Video: Changes in the Cattle Business](#)

<http://www.sba.gov/tools/sba-learning-center>

Emergency Preparedness (from SBA)

The resources below can help you develop a plan to protect your employees, lessen the financial impact of disasters, and re-open your business quickly to support economic recovery in your community.

AlertIf you need disaster assistance immediately, visit our [Disaster Assistance page](#).

General Preparedness Information

- [Create a preparedness program for your business](#)
- [Identify critical business systems \[PDF\]](#)
- [Create an emergency communications plan \[PDF\]](#)
- [Test your business systems](#)
- [Enroll in the Red Cross Ready Rating Program](#)
- [Build a disaster preparedness kit](#)
- [Learn about SBA's Disaster Assistance programs \(online course\)](#)

Specific Disaster Information

Hurricanes

- [Hurricane preparedness checklist](#)
- [Hurricane safety tips](#)

Winter Weather

- [Winter weather preparedness checklist](#)
- [Tips on how to plan and prepare your business for winter weather](#)
- [Winter safety tips](#)

Earthquakes

- [Earthquake preparedness checklist](#)
- [Earthquake safety tips](#)

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Tornadoes

- [Tornado preparedness checklist](#)
- [Tornado safety tips](#)

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Wildfires

- [Wildfire preparedness checklist](#)
- [Wildfire safety tips](#)

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Floods

- [Flood preparedness checklist](#)
- [Flood safety tips](#)

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Cyber Security

- [Create a customized cyber security plan for your business](#)
- [Cyber security tips for your small business](#)
- [Take a cyber security workshop](#)

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Workplace Hazards & First Aid

- [Get a free on-site safety consultation for your small business](#)
- [Get Occupational Safety and Health Act compliance assistance](#)

For more emergency preparedness advice, visit preparemybusiness.org or contact SBA's Disaster Assistance Customer Service Center at 1-800-659-2955 (TTY: 1-800-877-8339)

for the beaders and those that admire them.....on Facebook:

Beadworkers Showcase Paradise

In the Spirit of Resistance -- Longest Walk 4 Photos by Long Walker Lloyd Vivola, thank you! <http://bsnorrell.blogspot.com/2014/01/new-longest-walk-4-photos-by-lloyd.html>

WATCH: We Live In A 168-Square-Foot Home huffingtonpost.com

Despite America's tendency to pride itself on McMansions, many families are making it work-- and work well--in just a few hundred square feet. Hari and Karl Berzins joined HuffPost Live to talk about what life in a 168-square-foot home is like for a family of four.

www.greenroofs.com

Project of the Week: National Institutes of Health Library, Building 10 by Tremco, Green Roof Plants, Furbish Company, Living Habitats & more...

The NIH Library is an open stacks biomedical research library whose collection and services are developed to support the programs of the National Institutes of Health and selected U.S. Department of Health and Human Services agencies. Supplied by [Tremco](#), the project was the first retrofit of an existing NIH roof with green roof technology and was a cooperative effort between the NIH Library and the Office of Research Facilities Division of Environmental Protection.

The NIH Library Green Terrace is an extension of the redesigned NIH Library facility and serves as an outdoor green garden oasis for NIH staff and visitors. The environment provides a natural, relaxing setting for individuals and groups to retreat, read, reflect, and rejuvenate. Some of the garden areas are drought tolerant, while others are designed for more traditional perennial gardens including an annual zone that features several types of tropical plants currently being researched at NIH for their medicinal values. Sustainable features beyond the vegetated roof surfaces include a white-reflective Rock-It™ roofing system and 22 solar panels which supplement the project's energy use powering the terrace lighting and irrigation pumps.

Year: 2009	Owner: National Medical Library	Location: Bethesda, MD, USA
Building Type: Municipal/Government		Type: Semi-Intensive, Test/Research
System: Single Source Provider		Size: 4,400 sq.ft.
Slope: 1%		Access: Accessible, Open to Public

Designers/Manufacturers of Record:

Engineering & Construction: Kellogg Brown & Root (KBR)

Design/Build: WTI, a subsidiary of Tremco Incorporated

Landscape Architect: Heidi Natura, Living Habitats

Landscape Contractor: Furbish Company

Vegetated Roof System: [Tremco Roofing and Building Maintenance](#)

Plant Supplier: [Green Roof Plants/Emory Knoll Farms](#)

Irrigation: KISSS

[more information about this project in](#)

[The International Greenroof & Greenwall Projects Database.](#)

[Did we miss your contribution? Please let us know to add you to the profile.](#)

[Would you like one of your projects to be featured? We have to have a profile first!](#)

[Submit Your Project Profile.](#)

[Love the Earth, Plant a Roof!](#)

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[U.N. warns us to eat less meat and lay off biofuels, or we're in for it](#)

If we don't mend our ways, wild areas nearly as big as Brazil will turn into farmland by 2050. A new U.N. report lays out a plan for avoiding that.

BY JOHN UPTON

Ask Umbra: **What do I do about my treacherous sidewalks this winter?** By [Ask](#)

Umbra

Q. Is there anything new in deicing products as we enter the winter season? May I humbly suggest it may be time for an update to avoid a rash of broken bones? Bill C. Annandale, Va.

A. Dearest Bill,

Suggest an update? Why, of course you may. Though, believe it or not, there haven't been many earth-shattering technological breakthroughs in the field of residential ice management in the past few years. But with this winter shaping up to be such a cold and snowy one for much of the U.S., now is indeed a good time for us all to brush up on eco-friendly deicing.

When you say "deicing product," what likely springs to mind for many is rock salt. Good old sodium chloride is the traditional choice for helping clear roads and sidewalks because it's cheap and effective – indeed, we dump around [15 million tons](#) of the stuff countrywide each year. But as you may know, rock salt comes with a shovelful of undesirable side effects: It washes into our soils and waterways, [hurting plants](#), salting our rivers and streams, [harming aquatic life](#), [corroding cars and highway infrastructure](#), and, to add insult to injury, irritating our pets' paws.

There *are* better alternatives to this salty mess. But because pretty much anything we sprinkle on our sidewalks and driveways has some degree of environmental impact, we're better off thinking in terms of deicing techniques, not simply deicing products. Our best anti-slipping strategy boils down to two key principles, which I have rhymed for your mnemonic pleasure: Choose best, use less.

Sand – applied as a traction aid, not so much as an ice melter – [isn't a great bet](#) because it can wash into local waterways, causing erosion and clogging creeks and storm drains with sediment. Nor should we turn to [urea compounds](#), which contain high levels of nitrogen that can create oxygen-starved "dead zones" in lakes and bays.

So what should we use? The University of Michigan's Salt Use Improvement Team names [calcium magnesium acetate](#) (CMA) as the best choice for the planet, as it has [low toxicity](#) to plants and microbes. But it's expensive, and you have to use twice as much of it to be effective (and it can still reduce oxygen levels in local waters). [Calcium chloride](#) is next on the list, as it's friendlier to vegetation than rock salt and has the bonus of working in much colder temperatures, but it costs three times as much. Magnesium chloride similarly beats NaCl, environmentally speaking, and is somewhat cheaper than calcium chloride. You should be able to find commercial deicers starring these compounds at your neighborhood hardware store or online.

One more promising natural alternative? Beet juice. [Cities and towns](#) have been using this carbohydrate-rich byproduct of sugar manufacturing for a few years now to make their salt compounds effective at lower temperatures and to help salts [stick to roads](#), reducing the overall amount needed. More study into its ecological effects is warranted, but its impact [seems to be minimal](#). Beet juice products (often mixed with ingredients like calcium chloride) are tough find for home use – but if you follow the second part of our anti-ice mantra, you probably don't need it.

Your deicer of choice is only half the story; we can do just as much good by using these products efficiently and sparingly. I hope you're ready for a bracing workout, Bill, because the very best way to make that happen is to dust off the [snow shovel](#) and get to manually clearing the way as soon as possible after a storm. Deicers [work best](#) on shoveled walks (and probably won't work at all on top of a [few inches of snow](#)), so it's well worth the time and effort. (If you're unable to do this yourself, you can always hire a hardy neighbor kid to dig in for you.) If possible, shovel just one path to your house (instead of to every door you've got) to save time and deicer.

Once the way is clear, apply your deicer with a miserly touch. You only need enough to get the remaining snow and ice melting (check the product label for specific recommendations). Then – you guessed it – take that shovel in hand and scrape up any lingering bits of slush. Congrats: You've made your sidewalk safer while keeping environmental damage in check. And the bones you save may be your own!

Meltingly, Umbra

http://grist.org/living/ask-umbra-what-do-i-do-about-my-treacherous-sidewalks-this-winter/?utm_source=newsletter&utm_medium=email&utm_term=Daily%2520Jan%252027&utm_campaign=daily

Sam Houston (1793-1863)

A sometimes volatile and often contradictory man, Sam Houston played a crucial role in the founding of Texas.

Houston was born into a military family in Virginia in 1793. His father, an army major who had served in the Revolutionary War, died when Sam was fourteen. His mother took their family to eastern Tennessee, where Houston spent much of his later childhood in the company of Cherokee Indians, coming to know their language and customs well.

His involvement in the War of 1812 launched Houston's political career. He served under Andrew Jackson in the campaign against the Creek Indians, allies of the British. After the war, Jackson was instrumental in securing Houston a position as an Indian agent to the Cherokee. Houston also began to study law and was soon elected the district attorney in Nashville, Tennessee. In 1823, he was elected to Congress, and reelected in 1825. In 1827 he won the governorship.

Two years later, in the midst of his re-election campaign, Houston and his new wife, Eliza Allen, separated. Rumors of infidelity and alcoholism swirled around him, and in April 1829 he moved to Indian lands in Arkansas. This portion of Houston's life is poorly documented, but it appears that for a time he had a Cherokee wife, Tiana Rogers, ran a trading post, and drank so heavily that he was widely known to the Cherokee as "big drunk." Nonetheless, he made yearly trips to Washington, D.C., for business relating to Indian affairs.

By 1833 Houston was living in Texas for at least part of the year, and seems to have established a permanent residence in Nacogdoches, near the Louisiana border, by 1835. With the outbreak of the Texas Revolution, Houston was quickly elevated to the command of the ragtag Texas Army. Keenly aware that he was heavily outnumbered, he kept up a retreat from the Mexican army for

over a month, despite the condemnation of his supposed comrades and allegations of drunkenness. Finally, when the Mexican general [Santa Anna](#) split his forces in April, Houston ordered the attack at [San Jacinto](#) that gained Texas its independence.

The newly independent Lone Star Republic made Houston its first President in 1836, and he filled the office again in 1841, after an interim term by Mirabeau B. Lamar. As President, he secured United States recognition of Texas and stabilized the republic's finances.

When Texas gained statehood in 1846, Houston continued his political career as a United States Senator, serving from 1846 to 1860. In Washington, his apparent fondness for alcohol, women and brawling again provoked sharp controversy and added new chapters to his legend. In politics, he was an enthusiastic supporter of the Mexican-American War, although disappointed that it did not end in the annexation of Mexico. A slaveholder himself and an outspoken opponent of abolition, he nonetheless voted consistently against the expansion of slavery into new territories and was a vehement opponent of secession.

These views made Houston unpopular with the Texas legislature, but in 1859, as he was about to leave the Senate, he was once more elected governor and he used the office to continue his campaign against secession. In 1861, when Texas voted to separate from the Union, Houston still held out, arguing that Texas apart from the United States was an independent republic. As chief executive of the republic, he refused to swear allegiance to the Confederacy, and as a result he was removed from office.

Houston died on his farm in Huntsville, Texas, in 1863.

http://www.pbs.org/weta/thewest/people/d_h/houston.htm

First dinosaur bones in Saudi Arabia discovered

By [Daisy Carrington](#), for CNN [January 27, 2014 -- Updated 0444 GMT \(1244 HKT\)](#)

An international team of scientists has discovered the first evidence of dinosaurs in Saudi Arabia. Dinosaur remnants are exceptionally rare in the Arabian Peninsula (enough "to fit inside a shoe box" according to Benjamin Kear, the study's lead author).

STORY HIGHLIGHTS

- An international team of scientists discovered the first evidence of dinosaurs in Saudi Arabia
 - Among the fossilized findings were the teeth of a carnivorous abelisaurid -- a 20-foot tall bipedal dinosaur
 - Scientists also uncovered the fossilized vertebrae from the tail of a "Brontosaurus-like" sauropod called a titanosaur
 - Experts say the new evidence could reveal more about the how the Earth was formed
- (CNN) -- For palaeontologists, the Middle East has long proven a bit of a blind spot.

Evidence of dinosaurs has proven scarce, and what little surfaces from time to time have been traditionally difficult to itemize. That changed recently when an international team of scientists uncovered the first evidence of dinosaurs in Saudi Arabia near the coast of the Red Sea.

The findings were [published last month](#) in the scientific journal PLOS ONE.

"To say that finds (in the Arabian Peninsula) are rare is an understatement. What's been discovered, you could almost fit inside a shoebox," notes Dr. Benjamin Kear, a palaeontologist at [Uppsala University](#) in Sweden, and the study's lead author.

"The problem in the past is that what's been found are just bone fragments, and you can say they're dinosaur, and vaguely what kind, but we've been unable to reconstruct and assemble them. This is therefore the first time that we can confidently identify an Arabian dinosaur fossil with any degree of accuracy," he says.

Kear and his team uncovered 72-million-year-old fossils. The first was of a series of vertebrae from the tail of a "Brontosaurus-like" sauropod called a [titanosaur](#), the second, a few teeth from a [theropod](#). The latter belonged to an [abelisaurid](#) -- a bipedal carnivorous dinosaur some 20 feet long.

[Read more: Unearthing tomb of Egypt's beer-maker to the gods](#)

Kear, who has excavated in the region before, says he was following up a lead on potential dinosaur fossils found by oil geologists who stumbled upon an outcrop.

"They had found an accumulation of fossils that mostly weren't from dinosaurs, but rather giant marine reptiles," he says.

As it happens, much of the Arabian Peninsula was underwater when dinosaurs roamed the Earth, and those rare remains that were discovered were washed downstream and out to sea by rivers, probably during a flash flood long ago in the [Late Cretaceous period](#).

There are a handful of blank spots on the dinosaur map, and the Arabian Peninsula is among the very biggest

"We systematically worked this area over the last few years in the hope that a dinosaur would turn up. It was a matter of time to be honest; dinosaurs do often turn up in marine rocks washed out to sea," he says.

"There are a handful of blank spots on the dinosaur map, and the Arabian Peninsula is among the very biggest blank spots," notes Dr. Anne Schulp, a palaeontologist and researcher at the [Naturalis Biodiversity Center](#) in the Netherlands. In 2008, Schulp led a team that [unearthed the first dinosaur tracks](#) found in the region near Sana'a, Yemen.

"Even the tiniest scrap of bone is something to get excited about," he says. "The picture is slowly filling in, but it's a very large area and there remains much more to be discovered."

Louis Jacobs, a vertebrate palaeontologist and professor at Southern Methodist University, explains that the discovery could also help find much sought-after answers about the history of the Earth and its land formations.

Jacobs explains that when the fossils were first buried, Saudi Arabia was part of [Gondwana](#) -- the subcontinent that made up the southern half of [Pangaea](#), and included parts of modern-day Africa.

[Read more: How not to do a desert expedition](#)

"India started out much further south, and through time it moved north and slammed into Asia, creating the Himalayas. But it passed by the Arabian Peninsula about the time that dinosaurs lived," explains Jacobs.

"Part of the interest in dinosaurs from Arabia is to get at that relationship between Gondwana and India during that time."

Several factors explain the scarcity of dinosaur-related material in the Arabian Peninsula.

One issue is that the richest sites aren't always the most accessible. Fragments have previously been found in Syria (currently a no-go zone) and Yemen, which discourages certain travelers. Meanwhile, visitors to Saudi Arabia need a sanctioned invite.

Kear notes that in Saudi Arabia part of the problem is that the most prevalent types of rocks aren't the right types for capturing millennia-old land-based animals. He also notes that until recently, the country suffered from a lack of interest in this type of research.

"Let's say the geological view has been skewed in the past towards oil exploration," he says. Still, he says, paleontological research is gaining more traction, as evidenced by the government-run [Saudi Geological Survey](#) recently adding a palaeontology division.

"For the first time, you can see the work is going somewhere, and leading to a lasting legacy. In the future, we can expect to see Saudi dinosaur displays and museums so people inside the country can understand the riches they possess."

http://world.einnews.com/article/187441777/pseK0RiimiJ3y_hp?afid=777&utm_source=MailingList&utm_medium=email&utm_campaign=Breaking+News%3A+world607-Monday

The NEA Literature Fellowships program offers \$25,000 grants in prose (fiction and creative nonfiction) and poetry to published creative writers that enable the...See More

[Antoinette Cavanaugh](#)

Just wanted to share this for all of you Shoshonean people and interested friends. This is a great link and I am on the hunt for Shoshonean Youth who might be interested in being a part of this program for the upcoming summer! Contact me and I will get the info to you! This is an outstanding opportunity! <http://shoshoniproject.utah.edu/2013/12/five-years-of-sylap/>

[Five Years of SYLAP! Shoshoni Language Project](#) shoshoniproject.utah.edu
[This past summer marked the 5th year of the Shoshone/Goshute Youth Language Apprenticeship Program. In preparation for recruiting for SYLAP 2014, we created a video that highlights the](#)

[projects and programs that have taken place over the past five years. Enjoy the video and please share it with your...](#)

The Lauren Beam Foundation

The Lauren Beam Foundation is a nonprofit organization dedicated to supporting young women and men battling cancer, providing financial relief to individuals and families, funding promising cancer-related research, and inspiring individuals to lead healthy and active lives.

The Lauren Beam Foundation is named in honor of Lauren Beam, who was a daughter, a sister, a wife, a friend, a coach, and an athlete. Lauren was, and will always be, a true inspiration. The Lauren Beam Foundation was founded by Lauren's husband, family and friends to continue the love, inspiration and generosity she gave to everyone she met, before and after her cancer diagnosis.

The Lauren Beam Foundation is a 501(c)(3) tax-exempt organization.

At the beginning of the year, we set a very simple goal: **“Put Drinking Water First”** and make sure everyone knows that it's not just a slogan. The Freedom Industries chemical spill, which disrupted tap water for 300,000 West Virginians, demonstrated the importance of the fight to prevent threats to drinking water. With your help we can redouble our efforts to show what it means to Put Drinking Water First.

2014 is the 40th anniversary of the Safe Drinking Water Act (SDWA), the landmark public health protection law that ensures that the water that Public Water Systems provide meets minimum limits for contaminants. The law has made a huge difference in its first 40 years. But if we really want to Put Drinking Water First, we need to make sure that we protect clean water upstream, at the source. That means stopping the toxic water pollution which coal-fired power plants discharge into our rivers, lakes and streams including many drinking water sources. It also means closing gaps in Clean Water Act protection that have left the sources of drinking water for more than 117 million Americans at risk of contamination.

What we have learned in the weeks since the spill in West Virginia only reinforces what we've been saying for years. We need to keep certain kinds of facilities away from the sources of our drinking water. We have to reform our chemical laws so we know more about the toxic chemicals in use all around us. And we have to make sure we're all talking about how to Put Drinking Water First. For that, we need you.

Over the next few weeks, we're going to release recommendations for proactive steps that our local, state, and federal governments can take to prevent another incident like the spill in West Virginia. Throughout 2014 we're going to make sure that our leaders heed our recommendations and really do Put Drinking Water First.

For Clean Water, Bob Wendelgass, President & CEO, Clean Water Action
1444 Eye Street NW | Suite 400 | Washington D.C. | 20005 | 202.895.0420

2014 Jicarilla Apache Day Pow-Wow

February 8 & 9, 2014

Vietnam Memorial Gymnasium

Dulce, New Mexico

Master of Ceremonies: Erny Zah - Sawmill, AZ.

Host Northern Drum: Black Eagle - Jemez Pueblo, NM

Host Southern Drum: Comanche Ecys - Mescalero, NM

A.D.: Martin Calabaza - Head Man/Woman: Dicked Daily

Grand Entry - Saturday: 1pm & 7pm, Sunday: 12pm

******* Specials: *******

" Traditional Special " (Winner Take All) 16 & under

Felisey Winter Quintana - 2013-14 Miss Jicarilla Day Pow Wow Princess

" Jingle Dress Special " (Winner Take All) 18 & under

Jayzelyn Martinez - 2013-14 Dept Of Youth Princess

Shi Heart Sweetheart Dance (2-step) Committee Special

Switch Dance (Winner Take All)

Contest Categories:

Golden Age (50 +) men- combined, women- combined

Adult (18-49) Men's - N/S combined Traditional, Fancy, Grass

Women's - N/S combined Traditional, Fancy, Jingle

Teen's (13-17) Boys -N/S Traditional combined, Fancy, Grass

Girls -N/S traditional Combined, Fancy, Jingle

Jr. Boys (6-12) Boys- Combined , Girls -Combined

Sponsored by Jicarilla apache Nation, Wild Horse Casino/Hotel

Hotel Reservations Call Wild Horse Casino & Hotel 575-759-3663

Arts & Crafts Vendor Information Contact : Lynn Roanhorse @ 505-918-3731

Pow Wow Information Contact Derwin Velarde : 505-635-3013

The Committee and the Jicarilla Apache Nation will not be responsible for thefts, accidents, and short funded travelers. Schedule is tentative and subject to change.

CALL TO CONFERENCE

Education Now - Idle No More!



37th Annual
California Conference on
American Indian Education

March 16-18, 2014
Hyatt Vineyard Creek Hotel & Spa
Santa Rosa, CA