

**Journal #3078**

**from sdc**

**3.27.14**

*Native American Ten Commandments*

*NEW InterTribal Youth Summer Programs:*

*The New Tribalism*

*U.S. Army Corps eases up on its stance against trees on levees*

*Federal Water Tap*

*Scholarships*

*Jingle Dress Dancing*

*Tule Springs*

**THIRD RECIPE CHALLENGE TO PROMOTE HEALTHY EATING NATIONWIDE**

*Diego Garcia islanders displaced*

**INDIAN CASINOS SET NEW REVENUE RECORD, TOPPING \$28.13 BILLION**

*The Truth About Long Hair*



## **The Native American Ten Commandments.**

1. Treat the earth and all that dwell thereon with respect
2. Remain close to the Great Spirit
3. Show great respect for your fellow beings
4. Work together for the benefit of all humankind
5. Give assistance and kindness wherever needed
6. Do what you know to be right
7. Look after the well-being of mind and body
8. Dedicate a share of your efforts to the greater good
9. Be truthful and honest at all times
10. Take full responsibility for your actions

Hello Good People,

Please take 3 minutes to watch and share our short video brochures on our **NEW InterTribal Youth Summer Programs:**

San Diego, Southern California, Open to ages 12-18 July 20-Aug 2  
Residential Academic, Cultural and Wellness Residential. Our 14th year hosting this program at the prestigious universities of San Diego.

<https://www.youtube.com/watch?v=hC4eIT8ViBI>

International Education Exchange Panama, Central America, June 15-26th, 2014.

The program is open to high school and college age folks.

It will surpass expectations, stir emotion, and provide a refreshed faith in education. This is a great opportunity.

3 units of college credit will be provided.

<http://www.youtube.com/watch?v=EyoJRdjO6KU&feature=youtu.be>

Respectfully, Marc A. Chavez, Program Director/Founder

Direct: (858) 314-8821/ 858-925-3776

Panama: 011 (507) 696-02208 (calling from U.S: use 858-314-8821)

[www.InterTribalYouth.org](http://www.InterTribalYouth.org)

Adventure, Academics, Culture, Wellness

See Our New Videos ! [www.Youtube.com/intertribalyouth](http://www.Youtube.com/intertribalyouth)

YNS and ITY is a program of The BRIDGE non-profit 501(c)3

8 Elm Ave Imperial Beach, CA 91932 HQ 619-423-6610 FAX 619-488-3305.

## **The New Tribalism**

By Robert Reich, Robert Reich's Blog 24 March 14

We are witnessing a reversion to tribalism around the world, away from nation states. The the same pattern can be seen even in America – especially in American politics.

Before the rise of the nation-state, between the eighteenth and twentieth centuries, the world was mostly tribal. Tribes were united by language, religion, blood, and belief. They feared other tribes and often warred against them. Kings and emperors imposed temporary truces, at most.

But in the past three hundred years the idea of nationhood took root in most of the world. Members of tribes started to become citizens, viewing themselves as a single people with patriotic sentiments and duties toward their homeland. Although nationalism never fully supplanted tribalism in some former colonial territories, the transition from tribe to nation was mostly completed by the mid twentieth century.

Over the last several decades, though, technology has whittled away the underpinnings of the nation state. National economies have become so intertwined that economic security depends less on national armies than on financial transactions around the world. Global corporations play nations off against each other to get the best deals on taxes and regulations.

News and images move so easily across borders that attitudes and aspirations are no longer especially national. Cyber-weapons, no longer the exclusive province of national governments, can originate in a hacker's garage.

Nations are becoming less relevant in a world where everyone and everything is interconnected. The connections that matter most are again becoming more personal. Religious beliefs and affiliations, the nuances of one's own language and culture, the daily realities of class, and the extensions of one's family and its values – all are providing people with ever greater senses of identity.

The nation state, meanwhile, is coming apart. A single Europe – which seemed within reach a few years ago – is now succumbing to the centrifugal forces of its different languages and cultures. The Soviet Union is gone, replaced by nations split along tribal lines. Vladimir Putin can't easily annex the whole of Ukraine, only the Russian-speaking part. The Balkans have been Balkanized.

Separatist movements have broken out all over — Czechs separating from Slovaks; Kurds wanting to separate from Iraq, Syria, and Turkey; even the Scots seeking separation from England.

The turmoil now consuming much of the Middle East stems less from democratic movements trying to topple dictatorships than from ancient tribal conflicts between the two major denominations of Islam – Sunni and Shia.

And what about America? The world's "melting pot" is changing color. Between the 2000 and 2010 census the share of the U.S. population calling itself white [dropped](#) from 69 to 64 percent, and more than half of the nation's population growth came from Hispanics.

It's also becoming more divided by economic class. Increasingly, the rich seem to inhabit a different country than the rest.

But America's new tribalism can be seen most distinctly in its politics. Nowadays the members of one tribe (calling themselves liberals, progressives, and Democrats) hold sharply different views and values than the members of the other (conservatives, Tea Partiers, and Republicans).

Each tribe has contrasting ideas about rights and freedoms (for liberals, reproductive rights and equal marriage rights; for conservatives, the right to own a gun and do what you want with your property).

Each has its own totems (social insurance versus smaller government) and taboos (cutting entitlements or raising taxes). Each, its own demons (the Tea Party and Ted Cruz; the Affordable Care Act and Barack Obama); its own version of truth (one believes in climate change and evolution; the other doesn't); and its own media that confirm its beliefs.

The tribes even look different. One is becoming blacker, browner, and more feminine. The other, whiter and more male. (Only [2 percent](#) of Mitt Romney's voters were African-American, for example.)

Each tribe is headed by rival warlords whose fighting has almost brought the national government in Washington to a halt. Increasingly, the two tribes live separately in their own regions – blue or red state, coastal or mid-section, urban or rural – with state or local governments reflecting their contrasting values.

I'm not making a claim of moral equivalence. Personally, I think the Republican right has gone off the deep end, and if [polls](#) are to be believed a majority of Americans agree with me.

But the fact is, the two tribes are pulling America apart, often putting tribal goals over the national interest – which is not that different from what's happening in the rest of the world.

\*\*\*\*\*

<http://ecowatch.com/2014/03/21/mercury-pollution-california-bay-area/>

\*\*\*\*\*

### **[U.S. Army Corps eases up on its stance against trees on levees](#)**

#### **Matt Weiser, Sacramento Bee**

The U.S. Army Corps of Engineers has decided it will no longer force local levee agencies to choose between keeping trees on their levees and losing federal money for disaster assistance.

\*\*\*\*\*

### **Federal Water Tap:**

#### **The Army's Water-Energy Project**

Call it a "greenprint" for the Army's largest military base. Located on the arid and sunny New Mexico-Texas border, Fort Bliss will be the new home to an array of renewable energy and water reuse projects, according to [a final environmental review](#).

Attempting to produce as much energy as it uses, a goal called "net zero", the base will install a solar power station that boils water to produce steam and a facility that burns trash, in addition to drilling geothermal wells that employ the Earth's heat.

The water target seeks not to deplete the region's rivers and aquifers. The first step is conservation. The base will also build a 24-mile pipeline to tap into treated sewer water from nearby El Paso.

#### **Climate Data**

The Obama administration created [an online repository for federal climate data](#). The White House hopes that businesses, researchers, and agencies will use the data to understand risks, vulnerabilities, and trends.

#### **A Finish Line for Water Resources Negotiations**

The House and Senate conference committee reconciling competing versions of a bill to fund dam, levee, and port projects [should finish its work by the end of April](#), *Bloomberg BNA* reports.

\*\*\*\*\*

### **Scholarships**

#### **The Davis Putter Scholarship**

The [Davis Putter Scholarship](#) is set for students who actively participate in movements that are based on social as well as economic justice. All of the April scholarships provided by the Davis Putter Foundation are based on financial need, and are available for students who are looking to apply to attend a college or university; as well as those who actively participate in progressive

movements. All applicants must have a history of participation in movements in the United States, and a very strong preference is given to students who are planning to work in the United States in the future. The deadline for all applications is April 1st, and the total grant that can be provided ranges from \$1,000 to \$10,000. If this sounds interesting to you – apply!

### **The AFSA High School Senior Scholarship Contest**

The AFSA High School Senior Scholarship Contest is eligible only for applicants who are US citizens or legal residents. In order to be able to qualify for this April deadline scholarship, all students must enroll in a university, college or any trade school located within the United States with the term starting no later than the fall of 2013. In order to apply, all applicants have to read out an essay regarding fire sprinklers, and then take an online test about them. The [AFSA scholarship](#) is also available to home schooled students as long as their course of study is similar to that of a high school student. The deadline for application is the 3rd of April, and the average award that is given is around \$2,000. So far, 10 individual awards have been granted.

### **The Google Science Fair**

This April scholarship is available to students who are between the ages of 13 to 18 and reside anywhere in the world. Moreover, students who have been home schooled can also apply as long as they fall in the same age group. In order to apply, students must create a project for a science fair based on various different categories that are specified yearly. Three finalists will then be selected, and the prize winner will get a total award of \$50,000 as well as a geographic expedition to the Galapagos Islands. The remaining two winners will be awarded around \$25,000. The April deadline for this is the 1st. Entries can be submitted in a variety of languages, such as German, English, Hispanic, French, Arabic, Japanese, Dutch, Chinese, Hebrew, etc. This is one of the standout [Google scholarships](#) given every year and just participating in it is very rewarding in itself!

The following **May scholarships grants** can help students residing in the United States to get good discounts and major grants on their education. The below are some notable top [scholarships and grants](#) with a May deadline.

### **The Nordstrom Scholarship Program**

The Nordstrom Scholarship Program is designed for high school junior students who currently reside and attend school in any one of the 30 states which participate in the program and have a full line store. In order to qualify for the [Nordstrom Scholarship Program](#), participants must have a minimum GPA of 2.7 throughout their high school and must have volunteered or participated in community services, or any extracurricular activities that might have been held in their area.

Also, all applicants must have a plan in order to attend a full four-year course at an accredited college or university within the United States. Moreover, the students must be planning to apply for financial assistance in college. The selection criteria for this scholarship include the potential for success and current academic achievements, community services and volunteering activities. Moreover, applicants must never have committed any crimes and/or found guilty. A total scholarship of \$10,000 is paid out in installments of \$2,500 every year. All of the finalists who are selected will be interviewed in person or through a video conference. The deadline for acceptance is 1st of May.

**The Ayn Rand Novels**  
Fountainhead (Now accepting submissions from 11th & 12th graders)

The

Atlas Shrugged (Will begin accepting submissions this December from 12th graders & college students)

If you have comments or questions, please email: [info@aynrandnovels.com](mailto:info@aynrandnovels.com).

\*\*\*\*\*

If you liked the jingle dress dancing, try this one --

[http://www.youtube.com/watch?v=sjQyoCz2T\\_Y](http://www.youtube.com/watch?v=sjQyoCz2T_Y)

\*\*\*\*\*

Tell the chair of the House Natural Resources Committee to approve the Act without amendments, to protect Tule Springs as a national monument managed by the National Park Service.

Approved by the Senate Energy and Natural Resources Committee as originally written, the House Natural Resources Committee members have loaded The Tule Springs Fossil Beds National Monument Act with unacceptable amendments. These would turn a bipartisan bill approved by Nevada's entire Congressional delegation and enjoying great public support into something for everyone to dislike. Outrage from Nevada's elected representatives caused the bill to be pulled from the committee's agenda.

We need to tell the House to approve the bill, as written, without these amendments so that Tule Springs can be designated a national monument.

Thank you for all that you do,

Rita Ransom

Tule Springs Chair, Southern Nevada Group of the Sierra Club

\*\*\*\*\*

**NOTE:** The deadline to submit your recipe to the Recipe Challenge for a chance to attend the 2014 White House Kids' "State Dinner" is April 5<sup>th</sup>!

*How about a menu of cu'ub, chokecherry, and acorn pudding?*

THE WHITE HOUSE Office of the First Lady ` March 5, 2014

**FIRST LADY MICHELLE OBAMA AND EPICURIUS HOST**

**THIRD RECIPE CHALLENGE**

**TO PROMOTE HEALTHY EATING NATIONWIDE**

*"The Healthy Lunchtime Challenge" Welcomes Children and Their Parents to Create*

*Healthy Lunch Recipes for an Invite to the Kids' "State Dinner" at the White House*

*Recipes can be submitted through April 5<sup>th</sup> at [recipechallenge.epicurious.com](http://recipechallenge.epicurious.com)*

WASHINGTON, DC – With the overwhelming success of the ***Healthy Lunchtime Challenge & Kids' "State Dinner"*** in 2012 and 2013, First Lady Michelle Obama is again teaming up with Epicurious, the U.S. Department of Education, and the U.S. Department of Agriculture to host a nationwide recipe challenge to promote cooking and healthy eating among America's youth. Teaching kids to cook is a great way to ensure our children learn healthy habits early in life. Research shows that children who help with cooking and meal preparation are more likely to consume fruits and vegetables, and they are more aware of the importance of making healthier food choices. The third annual ***Healthy Lunchtime Challenge & Kids' "State Dinner"*** encourages kids across the country to come up with healthy, original creations.

"The Kids' 'State Dinner' is one of my favorite events to host at the White House, and I am thrilled to announce the third annual Healthy Lunchtime Challenge. This event gives us the opportunity to showcase healthy creations from talented kids from across our country," said First Lady Michelle Obama. "I'm looking forward to seeing—and tasting—this year's selections. So young chefs, get creative and get cooking!"

The third ***Healthy Lunchtime Challenge & Kids' "State Dinner"*** invites parents or guardians and their children, ages 8-12, to create and submit an original lunch recipe that is healthy, affordable, and tasty. In support of the First Lady's *Let's Move!* initiative, each recipe must adhere to the guidance that supports USDA's MyPlate (at [ChooseMyPlate.gov](http://ChooseMyPlate.gov)) to ensure that the criteria of a healthy meal are met. Entries must represent each of the food groups, either in one dish or as parts of a lunch meal, including fruits, vegetables, whole grains, lean proteins and low-fat dairy foods, with fruits and veggies making up roughly half of the plate or recipe.

All U.S. states and territories, including Washington, D.C., Puerto Rico, Guam, American Samoa, the U.S. Virgin Islands, and the Northern Mariana Islands, are invited to participate. Delta Air Lines will fly fifty-six children and their parent/guardian (one pair from each of the 50 states, plus the U.S. Territories, D.C., and Puerto Rico) to the nation's capital where they will have the opportunity to attend a Kids' "State Dinner" at the White House hosted by Mrs. Obama. A selection of the winning healthy recipes will be served.

"The *Healthy Lunchtime Challenge* is a wonderful opportunity to help kids build healthy habits. First Lady Michelle Obama, through the *Let's Move!* Initiative, offers another shining example of how we can mobilize public and private sector resources to improve the lives of our children," said Agriculture Secretary Tom Vilsack. "The decisions parents make to keep their kids healthy often start with the meals made at home. Young people who participate in this Challenge and are inspired by [MyPlate](http://MyPlate) encourage other children to eat healthier and build food preparation skills that will influence their food decisions into adulthood."

"We are truly honored that Mrs. Obama is once again partnering with Epicurious to help raise awareness for the importance of healthy eating for kids," said Carolyn Kremins, Senior Vice President and General Manager of Epicurious. "We hope the *Healthy Lunchtime Challenge* can show kids that meals, especially their school lunch, can be tasty, healthy and fun to prepare."

The winning recipes will be chosen by a panel of judges, including Nilou Motamed, Tanya Steel, *Let's Move!* Executive Director Sam Kass, U.S. Department of Agriculture and U.S. Department of Education representatives, as well as junior chefs. At the conclusion of the Kids' "State Dinner," a free, downloadable and printable e-cookbook featuring the winning recipes, nutritional analysis, photos and drawings, will be available via [LetsMove.gov](http://LetsMove.gov), [USDA.gov](http://USDA.gov), [Ed.gov](http://Ed.gov), [epicurious.com](http://epicurious.com) and [recipechallenge.epicurious.com](http://recipechallenge.epicurious.com).

The White House Kids' "State Dinner" will take place later this summer.

Recipes can be submitted March 5th through April 5th, online at [recipechallenge.epicurious.com](http://recipechallenge.epicurious.com), or via mail at "*The Healthy Lunchtime Challenge c/o Epicurious.com*," 1166 Avenue of the Americas, 15<sup>th</sup> Floor, New York, NY 10036. Winners will be notified in May. For more information and contest rules visit [recipechallenge.epicurious.com](http://recipechallenge.epicurious.com).

\*\*\*\*\*

### **Diego Garcia islanders displaced**

<https://www.google.com/search?q=youtube&ie=utf-8&oe=utf-8&aq=t&rls=org.mozilla:en-US:official&client=firefox-a&channel=sb#channel=sb&q=return+of+diego+garcia+islanders+blocked&rls=org.mozilla:en-US:official>

\*\*\*\*\*

### **INDIAN CASINOS SET NEW REVENUE RECORD, TOPPING \$28.13 BILLION**

For the second straight year, Indian casinos nationwide combined for a new annual gaming revenue record, topping \$28.13 billion in 2012. <http://erj.reviewjournal.com/ct/uz3688753Biz20481099>

### **SLOT MAKER IGT ANNOUNCES MAJOR LAYOFFS**

A decline in gaming revenues in U.S. regional gaming markets and a challenging business environment in foreign destinations forced slot machine manufacturer International Game Technology to reduce its workforce worldwide by 7 percent, the company said Tuesday. <http://erj.reviewjournal.com/ct/uz3688753Biz20481101>

\*\*\*\*\*

[Norm Cavanaugh](#) shared [Persephone Rose's photo](#).

Interesting study that you all may find enlightening...

### "THE TRUTH ABOUT LONG HAIR"

This information about hair has been hidden from the public since the Vietnam War. Our culture leads people to believe that hair style is a matter of personal preference, that hair style is a matter of fashion and/or convenience, and that how people wear their hair is simply a cosmetic issue. Back in the Vietnam war, however, an entirely different picture emerged, one that has been carefully covered up and hidden from public view.



In the early nineties, Sally [name changed to protect privacy] was married to a licensed psychologist who worked at a VA medical hospital. He worked with combat veterans with PTSD, post-traumatic stress disorder. Most of them had served in Vietnam.

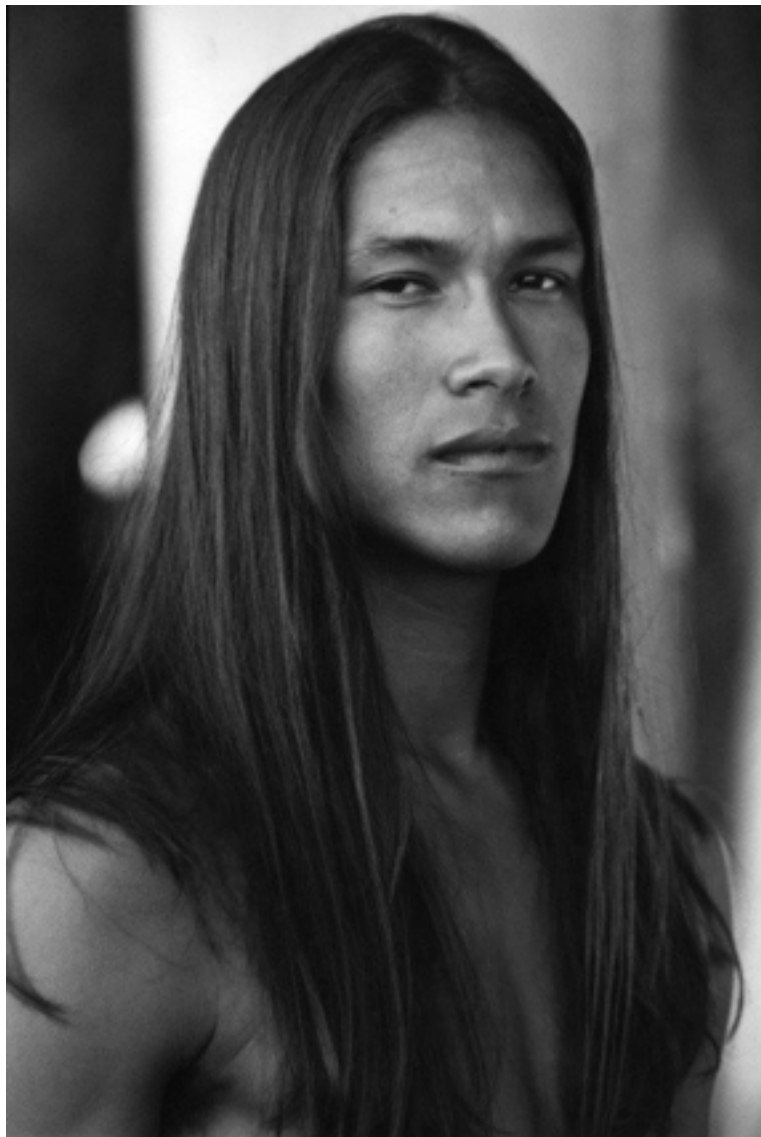
Sally said, “I remember clearly an evening when my husband came back to our apartment on Doctor’s Circle carrying a thick official looking folder in his hands. Inside were hundreds of pages of certain studies commissioned by the government. He was in shock from the contents. What he read in those documents completely changed his life. From that moment on my conservative, middle-of-the-road husband grew his hair and beard and never cut them again. What is more, the VA Medical Center let him do it, and other very conservative men in the staff followed his example.

As I read the documents, I learned why. It seems that during the Vietnam War, special forces in the war department had sent undercover experts to comb American Indian Reservations looking for talented scouts, for tough young men trained to move stealthily through rough terrain. They were especially looking for men with outstanding, almost supernatural tracking abilities. Before being approached, these carefully selected men were extensively documented as experts in tracking and survival.

With the usual enticements, the well-proven smooth phrases used to enroll new recruits, some of these Indian trackers were then enlisted. Once enlisted, an amazing thing happened. Whatever talents and skills they had possessed on the reservation seemed to mysteriously disappear, as recruit after recruit failed to perform as expected in the field.

Serious casualties and failures of performance led the government to contract expensive testing of these recruits, and this is what was found.

When questioned about their



failure to perform as expected, the older recruits replied consistently that when they received their required military haircuts, they could no longer 'sense' the enemy, they could no longer access a 'sixth sense,' their 'intuition' no longer was reliable, they couldn't 'read' subtle signs as well or access subtle extrasensory information.

So the testing institute recruited more Indian trackers, let them keep their long hair, and tested them in multiple areas. Then they would pair two men together who had received the same scores on all the tests. They would let one man in the pair keep his hair long, and gave the other man a military haircut. Then the two men retook the tests.

Time after time the man with long hair kept making high scores. Time after time, the man with the short hair failed the tests in which he had previously scored high scores.

Here is a Typical Test:

The recruit is sleeping out in the woods. An armed 'enemy' approaches the sleeping man. The long haired man is awakened out of his sleep by a strong sense of danger and gets away long before the enemy is close, long before any sounds from the approaching enemy are audible.

In another version of this test, the long haired man senses an approach and somehow intuits that the enemy will perform a physical attack. He follows his 'sixth sense' and stays still, pretending to be sleeping, but quickly grabs the attacker and 'kills' him as the attacker reaches down to strangle him.

This same man, after having passed these and other tests, then received a military haircut and consistently failed these tests, and many other tests that he had previously passed.

So the document recommended that all Indian trackers be exempt from military haircuts. In fact, it required that trackers keep their hair long.

The mammalian body has evolved over millions of years. Survival skills of human and animal at times seem almost supernatural. Science is constantly coming up with more discoveries about the amazing abilities of man and animal to survive. Each part of the body has highly sensitive work to perform for the survival and well being of the body as a whole. The body has a reason for every part of itself.

Hair is an extension of the nervous system, it can be correctly seen as exteriorized nerves, a type of highly evolved 'feelers' or 'antennae' that transmit vast amounts of important information to the brain stem, the limbic system, and the neocortex.

Not only does hair in people, including facial hair in men, provide an information highway reaching the brain, hair also emits energy, the electromagnetic energy emitted by the brain into the outer environment. This has been seen in Kirlian photography when a person is photographed with long hair and then rephotographed after the hair is cut.

When hair is cut, receiving and sending transmissions to and from the environment are greatly hampered. This results in numbing out.

Cutting of hair is a contributing factor to unawareness of environmental distress in local ecosystems. It is also a contributing factor to insensitivity in relationships of all kinds. It contributes to sexual frustration.

Conclusion:

In searching for solutions for the distress in our world, it may be time for us to consider that many of our most basic assumptions about reality are in error. It may be that a major part of the solution is looking at us in the face each morning when we see ourselves in the mirror.

The story of Samson and Delilah in the Bible has a lot of encoded truth to tell us. When Delilah cut Samson's hair, the once undefeatable Samson was defeated.

Reported by C. Young (Via United Truth Seekers)

