

## ***Journal #3225      from sdc      10.20.14***

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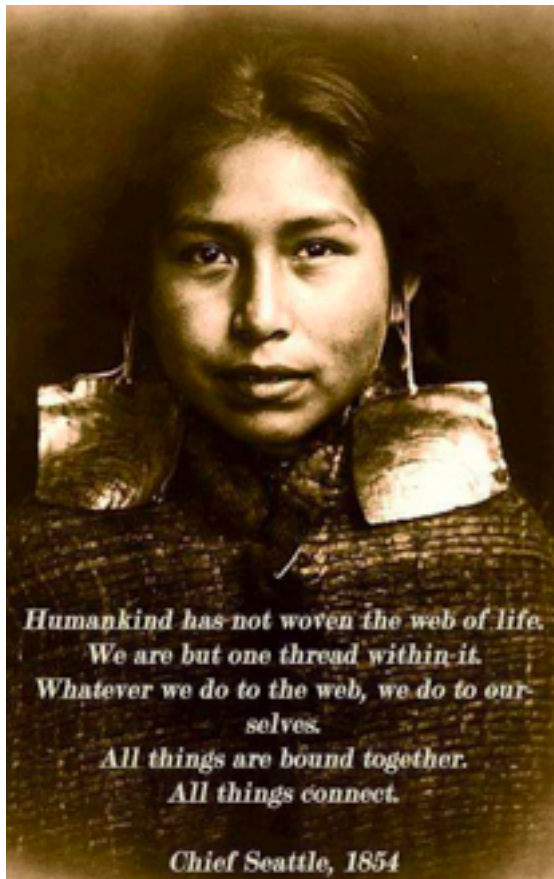
*This proposed pipeline would be even bigger than Keystone XL*

*Mendeley - An academic research management tool*

*Lakota Prayer Song*

*A*

*College Financial Aid Guide for Families Who Have Saved Nothing*



My name is Marsha.

I have very recently had an experience that has left me free for the first time in my life to be worthy of living a life out of myself and contributing to helping others. For all my life, there has always been a propensity to do things to excess.

The story that you are about to hear is real and it's none of my business what you think of me after you have heard what you are about to hear. You do not have to believe what I experienced; just know that it was as real to me as I sit here to write to you.

An ability to leave my body came at my earliest recollections of being here on the earthly plain. Beatings were long and

deep and leaving my body to escape the pain became routine. Many a time I found myself in the corner ceiling of the room, looking down at my body being whipped with an extension cord or belts with the buckles hitting me. My favorite place to go was what we all know as space, or the universe. I would shoot above the earth and look back down, delighted with all the colors and a total sense of wellbeing and unconditional love.

When I was seven my father was almost jailed for felony child abuse. But he was an upstanding doctor in the a relatively small community and my mother told the doctor that was going to report him that she would take over all matters of discipline. She picked up where he left off.

### **Drug and Alcohol Background:**

At age 18 or early 19, I started shooting heroin. By age 20, circumstances brought me to Reno, Nevada, where I started living without heroin. Three months after arriving, I turned 21. I started drinking. There were phases of abuse and then periods where I did not drink. I was finding that I could go some spans without use.

When I got off of the heroin, I went cold turkey. I was what is called sick for about 10 days. A person experiences cold sweats, chills, cannot sleep, and muscle spasms, especially in the legs. Now compared to where I have recently been, heroin is a pussy cat.

### **What Happened Recently:**

My age is 64 now and I am compelled to tell you my experience, so that maybe you can avoid some of the danger that to which I was up close and personal. with. Because of my life time of an ability to project myself to other places of comfort, I don't remember five days of the experience that I am just about to share with you.

At age 34 I quit drinking all together as I felt that it was pulling at me like the heroin did. I was clean and sober for almost 22 years. Drank a year, realized nothing had changed, and quit again.

Then about 5 or 6 years ago; after being a working glass artist for 12 years, I trained to work with my husband as a deep tissue massage therapist. After a couple of years, my rotator cuff at the front of my shoulder became torn an extremely painful. I went to the doctor and was put on **vicodin**.

After a couple of years of that, I was building a tolerance. It still kept the pain at bay and I could function using my arm to do other things.

I built a tolerance after a couple of years. They My physician(s) moved me to a little stronger drug called **Norco**.

I built a tolerance after a couple of years. A year and a half ago I was put me on **oxycodone**. All was well and this one really made it feel better and I could do more as I had now started another little business.

I ran out early about five months ago. I started to go into withdrawal.

It wasn't like heroin; it was very different and very ominously dark. I also knew that I had to do something about it.

My body did not like it either. I ended up in the hospital a couple of times with some of my organs wanting to shut down. I started asking the Four Directions for help with courage to actually quit.

Three weeks ago yesterday, which was a Thursday, I went cold turkey off of the **oxycodone** which had been physician-prescribed for me for pain.

Into the second day; I remember seeing my own vomit shooting straight out in front of me as I sat in a pool of my own feces over; to which I had no control what so ever.

A friend and my husband were with me and kept me as clean as they could. I lost almost 15 or maybe 20 pounds in two weeks. I could not eat. I rarely slept.

They forced fluids down me.

One of my favorite readings is "A Separate Reality" by Carlos Castaneda. I began my journey.

On that second day when I saw the vomit.

Instead of smelling my own vomit, I could smell the sweetness of reeds. My head was laying on a reed mat and in front of me I could see a gnat.

I focused on the eye of the gnat and in a flash I went through its eye and all of a sudden I was flying with group of moths in a very beautiful place, a forest.

I had no fear, I knew that they were taking care of me while my body was being wrenched.

In the forest I could smell the high desert sage and cedar and arnica. The light came down through the trees in columns of light, a warm golden yellow. There was a soft mist full of twinkling greens, blues, silvers, white lights, and gold. It was the dust off of the moth's wings.

I did not hear language as we know it spoken, but they lovingly gave me information.

They told me that I still had things to do on the earthly plane. I was to back and help others. They also told me I would be restored to do that.

I also had a brief recollection during that time, when I was in bed and my husband came in, that I asked him to be careful as the black figures were behind the door. They were in the corners of the ceiling scrunched up and could walk on the sides of the walls from one corner to another. I wasn't afraid, as I felt they were there to protect me.

When I came back, my eyes were blue and green; all my life my eyes have been big and dark brown – even my driver's license says dark brown.

Also On an earlier two day trip to the hospital with my bowels shutting down, the doctors told me they were afraid that I was in stage 1 cirrhosis liver disease.

After two weeks of **withdrawal**, I had my liver enzymes tested. Numbers prior to this journey had been the highest ever for me, 110 over 93; they were now 45 over 40.

I honestly do not remember when the numbers were that low for me. I was healed and restored by the moths. They have told me what my job is and have restored me to be

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"Healers are spiritual warriors who have found the courage to defeat the darkness of their souls. Awakening and rising from the depths of their deepest fears, like a Phoenix rising from the ashes. Reborn with a wisdom and strength that creates a light that shines bright enough to help, encourage, and inspire others out of their own darkness."

melanie koudouris

able to do what I am destined to do.

There are many other elders of all walks who are taking prescribed pain medicine. I ended up in emergency twice. In talking with the physicians they told me there is an epidemic of oxy abuse and that it only takes two weeks for the blood? molecules to start altering to the chemical structure of the drug. So after only two weeks of use a person could stop oxy intake and yet experience craving for the drug.

The first part of this journey is to make you and others like us aware of the danger that exists in the pain killer world.

If you are like me and you take them on a maintenance basis, when its time for your next pill and it is easier to take a pill than to feel the discomfort of early withdrawal setting up, it is time for some help.

PLEASE do not try to go off of this drug by yourself.

Not only is this drug an opioid, it is a phototropic drug.

Aside from the moths and my experience in the forest, which was life altering, my husband told me my body was delirious and I was hallucinating at other times.

My throat is still not right from all of the vomiting.

So, The government is going change the protocol on schedule 2 drugs. When they do, a lot of the people are going to have the proverbial rug pulled out from under them.

Do not try to come off of this drug alone. Be prepared.

Better yet, my health facility has budded a lot of addicts. They are now aware of it.

They have set up a program with an addiction specialist to enact a titration program. The program will take six months to a year to pull people off slowly, to avoid the shock and trauma that I experienced.

It was as it was supposed to be like that for me. The communication was to happen.

If you would like to have more information on titration please get ahold of me. We each deserve to be free birds and to be free of mass droplets of anyseisia. That is not to say that some people must be at different levels with pain.

I still have pain, but I refuse to be asleep anymore while walking.

Thank you for reading my story and remember if I can get off this drug, so can you.

And you can do it without trauma.

Thanks, Marsha

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**ADEQ P2 Week Events**

For Arizona Pollution Prevention (P2) Week, the theme was "Greening for the Super Bowl" with activities held at the ADEQ main campus in Phoenix and the Southern Regional Office in Tucson. Special attention was paid to showing pollution prevention tips for festivities surrounding Super Bowl XLIX (to be played next February 1, 2015 at the University of Phoenix Stadium in Glendale). While the Super Bowl Committee plants trees to offset its carbon footprint, many facilities in Arizona are doing their part to prevent pollution by reducing waste from our landfills and toxic chemicals from our environment. Stories were posted on ADEQ's web site about successful sustainable practices by corporations like Intel-Ocotillo, Raytheon and Ping, Inc. and the Transportation Security of America (TSA).

[Read full article.](#)

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The **CoolCalifornia Small Business Awards program** recognizes California small businesses that take action to reduce their greenhouse gas emissions, promote climate friendly practices and integrate the tools on CoolCalifornia.org into their business operations.

Award Categories: ▪ Business of the Year ▪ Climate Leader

[Application Flier.](#)

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### More Nevada Heritage Cards



### [Nevada Recycled Art Contest! See flier](#)

Contest is open to children (Kindergarten and up) as well as adults. Submission is by photo. Entry deadline is October 31.

For students, this could even be turned into a STEM project. Nevada Recycles has a curriculum on waste and recycling, aligned to 5th grade Common Core and NGSS standards. [See post.](#)

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## **How one building is changing the world**

BY GREG HANSCOM

Seattle's Bullitt Center is making waves far beyond its super-insulated, nontoxic, and FSC-certified walls.

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## **Why are utilities trying to disconnect communities of color from solar?**

BRENTIN MOCK

Big Energy sees net metering as a threat to its bottom line, but it could be a boon for underserved communities, and electric utilities, too.

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## **Serious about saving the bees? Time to rethink agriculture**

BY MANU SAUNDERS

It's not as easy as banning pesticides and boosting honeybees. We need to make our farms function more like wild ecosystems.

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## **Car batteries may soon last 1,000 years thanks to pine and alfalfa**

BY LIZ CORE

A group of Swedish researchers pulled a serious MacGyver earlier this month, combining pine resin and alfalfa seeds to create a hybrid recycled battery.

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## **Nevada Diabetes Association**

Come Join Us on Tuesday, November 11 in Reno or Wednesday, November 12 in Las Vegas for some amazing diabetes programs for patients and providers.

You MUST RSVP to info at [diabetesnv.org](http://diabetesnv.org) or call 1-800-3793839 ext 101. This is 1st come 1st served.

Providers (Reno- Gas Lamp and Las Vegas- Joe's Stone Crab) Evening the Odds against Diabetes Complications. Must be able to provide you medical listening information in RSVP. Topics- Painful Diabetic Peripheral Neuropathy- and office based approach and Practical approaches to integrate more effective smoking cessation conversations into your practice

Patients- (10:30 am Reno- Atlantis and Las Vegas- Hampton Inn Ballrooms) Evening the Odds against Diabetes Complications. For details please contact us. Topics- Understanding Diabetes, Painful Diabetic Peripheral Neuropathy and Eating Right and Staying Fit- don't let diabetes slow you down.

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**Mary Gibson ·**

*Thought provoking article. There is so much to be learned on so many levels. It is interesting to see the comparison and contrast between the two countries' perceptions of the indigenous peoples and how they relate (or not) in the national discourse. The Bundy and Dann situation*



*is discussed in this article and holds true as to how the [Nevada] public considered Bundy a hero and little consideration given to the Dann plight. Really, this is worth the read.*

**From sport ceremonies to legal treaties: can New Zealand teach the US anything about race?**

By Morgan Godfery



Can you imagine NBA players performing a Native American grass dance in an act of team solidarity and national unity? In New Zealand, no one bats an eye at it. theguardian.com

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[04:58](#)

[Will Peters](#) with [Madeline Ortego](#) and [38 others](#)

Hello Friends and Relatives, here is the song, "**Crazy Horse/TaSunke Witko**" that was **nominated for a NAMMY** in the "Best Historical/Linguistic Recording" category...[See More](#)

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**The AISES National Conference** is a one-of-a-kind, three day event convening graduate, undergraduate, and high school junior and senior students, teachers, workforce professionals, corporate and government partners and all members of the "AISES family".

The AISES National conference has become the premier event for Native American Science, Engineering & Math (STEM) professionals and students attracting over 1,600 attendees from across the country.

### Conference Highlights

- Social & Professional Networking



- Mentoring
- Research Presentations
- Awards & Ceremonies
- Nationally Recognized Speakers
- Leadership, Skills & Professional Development
- STEM Career & Education Expo
- Cultural Activities
- Meetings, Gatherings & Caucuses
- Campus Tours
- Resume Room
- Powwow & Marketplace

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**Snagging department:** <http://www.movoto.com/nv/nevada-dating/>

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## **Last Week at Interior**

This week, Secretary Jewell visits Idaho and Wyoming for a first-hand look at sagebrush conservation efforts that will protect wildlife and the Western economy. It's also National Wildlife Refuge Week, which spotlights the importance of the 562 refuges across the U.S. As part of the Great ShakeOut drill, more than 25 million participants worldwide learn how to protect themselves during an earthquake. Plus, more in This Week at Interior.

[Click here to watch this week's episode.](#)

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## **Michigan Aquaculture, an Infant Industry, Attracts Powerful Opposition**

With 9 billion mouths to feed by 2050, aquaculture – the farming of fish – has been cited by the United Nations as an efficient way to supply the world with protein. Though aquaculture can present a huge economic opportunity, there is a potential for disease and the alteration of ecosystems if fish farmers do not proceed carefully.

A budding aquaculture industry in Michigan – a state that contains 10 percent of the world's surface fresh water but farms less than 1/100th of a percent of its fish – has exposed itself to fiery opposition. This week, Circle of Blue reports on [a confrontation of global resource demands and local environmental quality](#), as well as the strongly held beliefs that are shaping the debate on both sides.

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**Casting KIDS!** Ages 4-8 and 10 to 14 BOYS and GIRLS for a catalog shoot 11/3 thru 11/10 in LAKE TAHOE! Email headshot-resume and avail ASAP to [toni.suttie@gmail.com](mailto:toni.suttie@gmail.com)

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## **Video: Global Choke Point — On the Front Lines of the Water-Food-Energy Crisis**

Circle of Blue and the Wilson Center team up for a Global Choke Point presentation. “Three colliding trends—declining freshwater reserves, uncertain grain... [Read More...](#)

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Producer, Filmmaker & Professor of Film Studies at Ryerson University & Centennial College

In our 39th year, the **American Indian Film Institute event will make Broadcast History** as the very FIRST airing of an American Indian Motion Picture Awards Show!

<https://www.kickstarter.com/projects/aimpas/american-indian-motion-picture-awards-show-aimpas>

**American Indian Motion Picture Awards Show (AIMPAS) kickstarter.com**

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**Please view the page that I have made for the high school students of Sherman Indian High School in Riverside, California.**

**Hannah W.** Public Relations and Social Media Marketing in Los Angeles

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**Indigitize Follow Native American youth projects** facebook.com

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**This proposed pipeline would be even bigger than Keystone XL**

BY HEATHER SMITH

But will it ever get built?

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**Mendeley** URL: <http://www.mendeley.com>

**An academic research management tool** with reference/citation manager and searchable PDF resources organizer.

Texas State University Library guide to Menderley

Stanford Universities Libraries guide to Menderley

Basic Mendeley is freely available; fees for extra storage and features. Mendeley is owned by Elsevier.

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**Wiwang Wacipi Olowan**

**04:23**

**Santee L Witt** with **Cameron Young Bear Jr.** and **49 others**

**Lakota Prayer Song** Composed By **Alex FireThunder-Loeb.** Accompany By **Santee Wiyaka Tokahe Witt** & **Lovely D Witt**

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**Millennials Confront Climate Change: Part 1** « Millennial Action Project

millennialaction.org

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**A College Financial Aid Guide for Families Who Have Saved Nothing**

By RON LIEBER

Parents may panic when a child reaches senior year in high school and there's little or no money for college available. Here are some options.

**Your Money Adviser: Tax Credits for College Can Help Ease Costs**

# Mid-Columbia River Pow Wow

October 24th-26th

Celilo OR

Master of Ceremonies: Thomas Morningowl

Whipwoman: Sonja Jim

Whipman: TBD

## Specials

WOMANS Iron Woman: Fancy Shawl 18+

\$1000.00 WINNER TAKE ALL

IN MEMORY OF HARRIET F. DAVE

>Junior and Teen Boys Combined Round Bustle Special

>Mens Round Bustle Special: 1st \$300 2nd \$200 3rd \$100

>Out-going Queen: Junior Girls Traditional Special

>Out-going Brave: 15& under Boys Traditional Special

>Halloween Mask Dance: Adults and Juniors

-Contest dance Categories

-Golden age Men

-Golden age Woman

-Adult Men: Traditional

Fancy & Grass

-Adult Woman: Traditional

Fancy & Jingle

Teen Boys: Traditional

Fancy & Grass

Teen Girls: Traditional

Fancy & Jingle

Junior Bos: All Combined

Junior Girls: All Combined

Friday- Grand Entry @ 7:00pm

Saturday- Grand Entry @ 1:00pm & 7:00pm

Sunday- Grand Entry @ 2:00pm

Dancer Registration open @ 8:15pm

Drum Registration open @ 8:15pm

## Contact Info:

Chairman: Steven Begay (541) 980 2125

Vendors: Megan Begay (541) 296 8031

MCRPW Committe is not responsible for injury, lost or stolen property, short funded travelers, divorce, or kids falling off Cliffs.