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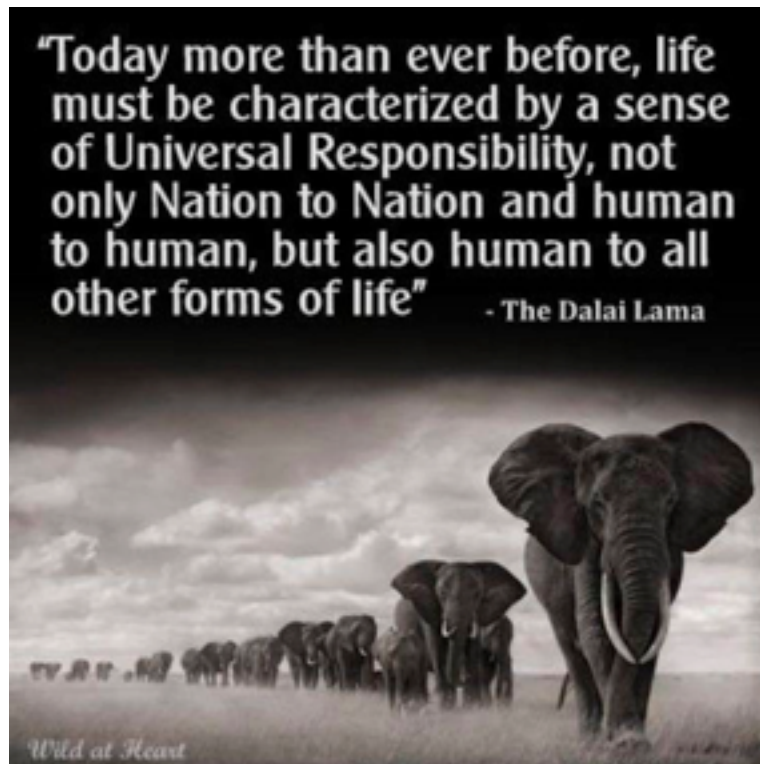
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**"Today more than ever before, life must be characterized by a sense of Universal Responsibility, not only Nation to Nation and human to human, but also human to all other forms of life"**

**- The Dalai Lama**

*Wild at Heart*

Today's selection -- from *The Organized Mind* by Daniel J. Levitin. Focus facilitates creativity and problem-solving, but the ability to focus is impeded by any number of things, including multi-tasking. And we are all easily distracted, because we love new things -- in fact, we humans will work just as hard to obtain a novel experience as we will to get a meal or a mate:

"The brain 'only takes in the world little bits and chunks at a time,' says MIT neuroscientist Earl Miller. You may think you have a seamless thread of data coming in about the things going on around you, but the reality is your brain 'picks and chooses and anticipates what it thinks is going to be

important, what you should pay attention to.'

"[There are] metabolic costs [for] multitasking, such as reading e-mail and talking on the phone at the same time, or social networking while reading a book. It takes more energy to shift your attention from task to task. It takes less energy to focus. That means that people who organize their time in a way that allows them to focus are not only going to get more done, but they'll be less tired and less neurochemically depleted after doing it. Daydreaming also takes less energy

than multitasking. And the natural intuitive see-saw between focusing and daydreaming helps to recalibrate and restore the brain. Multitasking does not.

"Perhaps most important, multitasking by definition disrupts the kind of sustained thought usually necessary for problem solving and for creativity. Gloria Mark, professor of informatics at UC Irvine, explains that multitasking is bad for innovation. 'Ten and a half minutes on one project,' she says, 'is not enough time to think in-depth about anything.' Creative solutions often arise from allowing a sequence of altercations between dedicated focus and daydreaming.

"Further complicating things is that the brain's arousal system has a novelty bias, meaning that its attention can be hijacked easily by something new -- the proverbial shiny objects we use to entice infants, puppies, and cats. And this novelty bias is more powerful than some of our deepest survival drives: Humans will work just as hard to obtain a novel experience as we will to get a meal or a mate. The difficulty here for those of us who are trying to focus amid competing activities is clear: The very brain region we need to rely on for staying on task is easily distracted by shiny new objects. In multitasking, we unknowingly enter an addiction loop as the brain's novelty centers become rewarded for processing shiny new stimuli, to the detriment of our prefrontal cortex, which wants to stay on task and gain the rewards of sustained effort and attention. We need to train ourselves to go for the long reward, and forgo the short one. Don't forget that the awareness of an unread e-mail sitting in your inbox can effectively reduce your IQ by 10 points, and that multitasking causes information you want to learn to be directed to the wrong part of the brain."

### **The Organized Mind: Thinking Straight in the Age of Information Overload**

Author: Daniel J. Levitin

Publisher: Dutton, Penguin Group

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### **Pueblo Grande de Nevada: Lost City**

Beginning about 300 BC, a native culture developed and flourished for over 1000 years in the Moapa Valley of Southern Nevada. This culture's development paralleled the well-known Puebloan cultures of the Southwest in the Four Corners area of Utah, Colorado, New Mexico, and Arizona. It was related to neighboring Southwest cultures by its technology and agricultural lifestyle. It may or may not have shared language and kinship. The modern Hopi culture in Arizona claims all of these people as their ancestors. In the Hopi language these "ancient ones" are known as Hisatsinom. Archaeologists identified this fascinating culture as Anasazi.

Many generations of the Anasazi lived in this area from their archaic and basketmaker beginnings through the Pueblo periods to the eventual abandonment. Throughout their history in the area they had the ability to adapt and retain the important aspects of their culture. Even periodic relocation of households and communities did not disrupt the long-term flow of their history here until sometime in the mid-twelfth century.

The remains of the sites left behind by the Anasazi form the archaeological complex known as Pueblo Grande de Nevada, Nevada's Lost City. The sites were first brought to public attention by

two local brothers, John and Fay Perkins, when they heard that Governor James Scrugham was looking for such sites to develop for tourism in Nevada.

Initial excavations of the sites were carried out in the mid 1920s by archaeologist Mark Raymond Harrington at Scrugham's request. Harrington was later assisted by members of the Civilian Conservation Corps as they rushed to complete excavations in areas that were to be covered by Lake Mead when Hoover Dam was built in 1938.

The Boulder Dam Park Museum was built to house the artifacts that were recovered from these sites. The museum later became an agency of the State of Nevada, and the name was changed to the Lost City Museum located in Overton, Nevada.

## Further Reading

- Richard Shutler Jr.. *The Lost City Pueblo Grande De Nevada*. Series Number 5. Nevada Museum Anthropological Papers, June 1961.

- See more at: <http://www.onlinenevada.org/articles/pueblo-grande-de-nevada-lost-city#sthash.xanuTM9E.dpuf>

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## Lost City Archaeology

The first prehistoric Pueblo (Anasazi) ruins discovered in Nevada were at [Lost City](#) in Southern Nevada, near the now-submerged town of St. Thomas. Small homesteads were scattered along the northeast edge of the Moapa Valley for about six miles, starting near Logandale and extending southeast into what is now the Overton Arm of [Lake Mead](#).

Lost City, also known as Pueblo Grande de Nevada, was not a city, for it lacked characteristics of urbanism such as markets and administrative buildings. Nevertheless, it is comprised of the highest concentration of prehistoric Pueblo sites in Nevada.

Mark Raymond Harrington excavated an important part of Lost City in 1924, 1925, and 1926. As many as fifty to one hundred people lived there in about 1000 to 1050 A.D. Harrington found forty-five homesteads, most of which included "living rooms" with hearths, associated with a line or curve of smaller store rooms. One or two families lived at each. The structures were built of mud and sandstone, with clay floors. None were more than one story high. Today, the area of Harrington's excavations is known as Main Ridge.

People at Main Ridge grew corn, squash, cotton, and beans on the floodplain of the Muddy River. They collected other foods, including mesquite pods and amaranth seed. Most of their meat came from rabbits and desert tortoises.

At least forty-five people were buried at Main Ridge. Most of them had pottery bowls, jars, or canteens with them, serving as containers for water or food such as corn, squash, amaranth seeds, and mesquite beans. Some also had baskets, cotton cloth wrappings, or turquoise or shell beads.

The Main Ridge discoveries created great public interest, and when excavations were completed in 1926, a pageant was held at the site. An outdoor stage framed by a newly-built curved homestead saw Native American dances and other events. Visitors could walk among the foundations of the homesteads.

- See more at: <http://www.onlinenevada.org/articles/lost-city-archaeology#sthash.BoJB55XV.dpuf>

## **Prehistoric Trade at Lost City**

Many artifacts found in the Lost City sites at Pueblo Grande de Nevada in the southern part of the state were transported long distances by prehistoric people. Members of the Anasazi community may have traveled seasonally or traded with other travelers for "exotic" items. Some of the non-local goods found at the Lost City are shell beads from California coastal areas, obsidian from Utah or central Nevada, turquoise from California, and pottery from Anasazi groups in what is now Arizona and Utah.

Items that may have been transported out of the area are salt, turquoise, and even food goods. While some archaeologists believe the Lost City may have served as a trade distribution center for coastal shells, California turquoise, and local rock salt, more recent research does not support this theory. Trade and travel probably occurred on a smaller, household-to-household scale. In historic times the Hopi were still making treks for many miles on foot to collect salt in the Grand Canyon. The salt caves in Southern Nevada may have been another place for traditional gathering by the earlier Anasazi people.

Some researchers believe the local Anasazi traded food goods for pottery. Much of the pottery found at the Lost City was made in the mountains of northern Arizona about eighty miles east of the Lost City. It would be hard to grow corn in the high mountains north of the Grand Canyon. The people living in the higher mountains might have brought their pottery to the low valley to trade for corn. Both corn and salt deteriorate over time so it is difficult to trace their trade distribution, but pottery is a long-lasting, durable item. Some of the red pottery found in the Lost City sites was made in the Four Corners area of Utah, Colorado, Arizona, and New Mexico. The consistency and clay as well as some of the design styles of this pottery are from southwestern Utah. Some of the gray and painted pottery has the mineral olivine mixed in the clay for consistency. Olivine is found in volcanic areas north of the Grand Canyon.

- See more at: <http://www.onlinenevada.org/articles/prehistoric-trade-lost-city#sthash.k4mRk7H8.dpuf>

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## ***Easy Program to Replicate:***

### **Council Promotes New Regional Health and Wellness Campaign**

#OneThing. That's all it takes. The Bay Area Council *Bay Healthy Challenge* presented by Sutter Health is off to a great start. Developed in partnership with the San Francisco Business Times, *Bay Healthy* is an unprecedented regional initiative to leverage the strength of the region's employer community to make a meaningful impact on the health of the Bay Area.

*Bay Healthy* equips employers with tools to challenge and motivate employees to pledge One Thing – any small action or behavior related to nutrition, fitness, sleep, gratitude or volunteerism – toward improving their health. Happy, healthy employees are more productive, more creative and less likely to experience health problems that drive up costs for everyone. The platform also enables businesses to promote and reinforce workplace wellness programs already in place.

\*\*\*\*\* This (Last)

Week at Interior: <https://www.youtube.com/watch?v=ju-Yo7p7kTc>]

And to repeat Michelle Obama's message to tribal youth: [https://www.youtube.com/watch?v=ZD\\_cdGGpExI](https://www.youtube.com/watch?v=ZD_cdGGpExI)

## **TransCanada's Keystone XL Permit Renewal Hearing Sheds Light on Serious Pipeline Risks**

**Julie Dermansky, DeSmogBlog:**

Just because TransCanada continually states that the Keystone XL pipeline will be the safest pipeline ever built, doesn't mean it is true. The company's pipeline construction record is facing intense scrutiny in the US heartland, where many see no justifiable rationale to risk their water and agricultural lands. [Read the Article](#)

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## **Clerkships and Internships at NARF**

The Native American Rights Fund is committed to the professional development of new attorneys in the field of Indian law. Each year, NARF conducts a nationwide search for law school students to participate in its clerkship and internship programs in all three of its offices.

### **Summer Clerkships**

#### **Download the [2016 Summer Law Clerk information flyer](#).**

The NARF summer clerkship program is a ten to twelve week program for students who have completed their second year of law school. Clerks are expected to work at least 40 hours per week during this period and are compensated with salaries comparable to those of the federal government and other non-profit firms. Although public interest funding programs help provide these salaries, clerks are also encouraged to seek additional financial support through their law school's public interest programs or through other public interest scholarships.

### **School Year Clerkships/Internships**

NARF's school year programs are open to students in their second year of law school. The school year programs are semester long programs where students may work either for financial compensation or for school credit. The paid positions are part-time positions (20 hours per week) and the positions for school credit (internships) are either full or part time positions. Both types of positions are available for students at schools located near one of NARF's three offices — Boulder, CO, Washington, DC, and Anchorage, AK.

### **Projects**

Law clerk projects consist mainly of legal research and writing. Because NARF practices before federal, state, and tribal forums, and because most of its cases – whether at the administrative, trial, or appellate level – are complex and involve novel legal issues, the projects are extremely

challenging. Strong efforts are made to involve clerks in various aspects of NARF's practice including attorney and client meetings. To ensure feedback, attorneys are asked to provide written reviews of all clerk projects, as well as ongoing informal assessments. Law clerks also are required to review NARF's Clerkship program, providing us with valuable information on improving the program.

### **NARF Resources**

Clerks at NARF have access to some of the best legal resources in the country. Each NARF office has a library complete with relevant treaties, federal law materials, and Westlaw facilities. Also, the National Indian Law Library, a special project of NARF in Boulder, provides research support and has a comprehensive collection of over 10,000 sources on Indian issues.

### **Other Activities**

Each NARF office is located in a major metropolitan area in a distinctly attractive physical environment. This combination provides a variety of social, cultural, and intellectual activities. Special barbeques and educational attorney luncheons are held for the law clerks.

### **How To Apply**

NARF's clerkships are highly competitive. Clerks are selected on the basis of their overall applications. Due to the nature of NARF's practice, experience in Indian law or a background in Indian affairs is highly desirable.

Applicants must submit the following materials to:

Clerkship Program    Attn. Chrissy Johnson Dieck  
Native American Rights Fund    1506 Broadway    Boulder, Colorado 80302

- Cover Letter Addressed to Matt Campbell (please specify the NARF office in which you would prefer to work)
- Resume
- Legal Writing Sample (the sample must be your own, rather than a collaborative effort)
- Law School Transcripts. Official transcript preferred but unofficial transcripts will be accepted.
- One (1) Letter of Recommendation addressed to Matt Campbell
- References (3)

The deadline for submission of applications for summer clerkships is September 29th.

Incomplete applications will not be considered. For an application to be considered complete, the cover letter, resume, legal writing sample and transcript must be received by the deadline. It is preferred that completed applications, with all letters of recommendation, be mailed in one package. However, if necessary, letters of recommendation may be mailed separately. Letters of recommendation will be accepted if received soon after the deadline.

Please [email Chrissy Johnson Dieck](#) with your questions.

### **The Selection Process**

Due to budget constraints, NARF is unable to interview applicants in person. Although all



applications are received in the main office, each office (Boulder, DC and Alaska) selects its own clerk(s). Final selections and notifications for summer clerkships will be made by December 15th. School year clerkships are made on a rolling basis. However, it is highly desirable to have a clerkship arranged in the spring for the fall semester and in the fall for a spring semester.

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### **Congratulations to:**

Six staff members of the Reno Sparks Tribal Health Center earned the 2014 Indian Health Service Director's Award for Excellence, one of the most coveted awards in their industry.

"I am super proud as the work done by our team will impact Native Americans nationally," said Angie Wilson, Director of the RSTHC. "Throughout Indian Country, health centers can plug into our work to help their own communities."

The Director's Award for Excellence recognizes individuals or groups of employees whose special efforts and The work done by the RSTHC team advances the IHS mission and goals because it supports renews and strengthens Tribal partnerships while providing fairness and inclusion to Indian communities.

The RSTHC winning team included: Wilson, Rocky Batastini, Exercise Program Coordinator, Stacy Briscoe, Diabetes Program Manager, Jason Hill and Michelle Katenay, Substance Abuse Counselors, and Jovino Lorenzo, Business and Benefits Division Manager.

This core committee created written guidelines, policies and procedures, for operating a farmer's market on tribal lands.

"A farmer's market provides an opportunity to address unhealthy fast food options like those found just down the street from the Colony." (extract RSIC Camp News)

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## One of Canada's Biggest Cities Just Officially Admitted That It Was Built on Unceded Aboriginal...

Vancouver city council decided that the land still belongs to the Musqueam, Squamish and Tsleil-  
Waututh people smithsonianmag.com|By Colin Schultz

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## Brendon Burchard - Live. Love. Matter.

32 questions to ask your father, if he is still with you. I encourage you to record the conversation  
so you'll have it forever. My father's response to question... [See More](#)

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[https://www.youtube.com/watch?  
v=xkTcSoQ-q5Q](https://www.youtube.com/watch?v=xkTcSoQ-q5Q)

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## Parabola Magazine

*“When the Lakota leader Sitting Bull was asked by a white reporter why his people loved and*



*respected  
him,  
Sitting  
Bull  
replied by  
asking if it  
was not  
true that  
among  
white  
people a  
man is  
respected  
because he  
has many  
horses,  
many  
houses?  
When the  
reporter  
replied  
that was  
indeed  
true,*

*Sitting Bull then said that his people respected him because he kept nothing for himself.”*

—Joseph Bruchac: “Sacred Giving; Sacred Receiving,” PARABOLA, Summer 2011. This issue is  
available here> <http://bit.ly/1OJrOAK>



Photography Credit: Orlando Scott Goff, "Sitting Bull," 1881.

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## **Room blocks for Shoshonean reunion**

Hello. Just a reminder that room blocks for the Shoshonean-Numic Language Reunion are filling up. We still have rooms blocked off at the Best Western Hotel, and after those fill, there will be rooms available at the Holiday Inn. I'll send another email when the Best Western fills. Best Western phone number is 775-738-8787. The rooms are under "Shoshone Numic Reunion". The room at the Best Western include a full breakfast. The reservations dates are from arrival on 9/9/15 and departure on 9/13/15.

There are also some rooms left at Gold Country and High Desert Inn. Please let me know if you have any issues reserving a room.

Clifford Banuelos, Environmental Coordinator, Elko Band Council  
(775) 753-9248 cell (775) 385-0335 fax (775) 777-3384  
[ebcepa@gmail.com](mailto:ebcepa@gmail.com)

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## **Rooftop-solar official: NV Energy proposal spells death of industry August 3, 2015**

By Sean Whaley Las Vegas Review-Journal Capital Bureau

CARSON CITY — A solar company official representing an alliance of rooftop solar firms said a filing Friday by NV Energy to create a new rate class for Nevadans who install the systems will mean [the death of the industry](#) in Nevada [along with its 6,000 jobs](#).

Bryan Miller, vice president of public policy and power markets for the rooftop solar company Sunrun Inc. and part of the Alliance for Solar Choice, called on Gov. Brian Sandoval to take a leadership role on the issue and maintain the existing net metering program until the NV Energy proposal can be thoroughly vetted by state regulators and the public.

The three members of the Public Utilities Commission are appointees of Sandoval.

"This is the most extreme anti-solar proposal anywhere in the country," Miller said. "It would completely eliminate the solar market."

Miller called the 500-page filing, with nine different tariffs, Byzantine and said potential rooftop solar customers would not be able to figure out how much they would pay for electricity under the proposal if it is adopted by the PUC.

By the utility's own admission in the filing, the cost of installing a rooftop solar system would likely result in customers paying more for energy than those who do not install such systems, he said.

NV Energy filed the proposed new rate on Friday and asked the PUC to adopt it by Sept. 15. It would create the new tariffs for the utility's southern and northern companies, including Nevada Power in Southern Nevada. Customers who installed rooftop solar under the current net metering program would not be affected by the new rate.

But the existing net metering program is about to hit is 235 megawatt cap, and the NV Energy proposal is meant to become the new policy for future net metering customers.

The Nevada Legislature rejected an increase in the cap and instead directed the PUC to consider and adopt a new net metering policy.

Miller said the PUC should grant the rooftop solar industry's petition filed last month and continue the existing net metering program, which does generate savings to rooftop solar customers. The PUC is expected to rule on the petition this month. Net metering is a program where residents who install rooftop solar can receive a credit from the utility company for any excess energy generated.

Miller said one utility in Arizona, the Salt River Project, adopted a similar proposal to that filed by NV Energy, which includes a "demand" charge the company says is meant to cover the cost of infrastructure and new generation capacity that all of its customers rely upon. But 95 percent of the rooftop solar market disappeared in the Salt River Project when the policy was adopted, he said.

He also disputed the comment that a new rooftop solar company from Utah plans to open offices in Nevada, saying Vivint Solar of Utah no longer has plans to come to the state.

As of mid-July there were a total of 9,571 total net metering customers in Nevada, with 7,990 located in Southern Nevada.

Miller said the PUC should not rush into approval of the NV Energy proposal, but instead give the public a chance to review and comment on it. The PUC has until Dec. 31 to take action on the proposal, but the existing cap on net metering could be reached by Sept. 1.

"The next move is up to Governor Sandoval," he said. "He is accountable for what happens. It is time for leadership."

Contact Sean Whaley at [swhaley@reviewjournal.com](mailto:swhaley@reviewjournal.com) or 775-687-3900. Find him on Twitter: [@seanw801](https://twitter.com/seanw801)

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**Calendar: Now through August 23** - Super Heroes: Art! Action! Adventure! Heard Museum, 2301 N. Central Avenue, Phoenix. \$5.00 for American Indians. Children under 1 free. For information check the [website](#).

**August 14 Deadline** - APS Hopi Scholars Program. \$2,000 available for Fall 2015 for Hopi students pursuing a degree in STEM, or a degree in Nursing or Education. For information contact the Hopi Tribe Grants & Scholarship Program at (928) 734-3542.

**August 14 Deadline** - \$1,000 Jean Charley-Call Nursing Scholarship. For Hopi students pursuing an undergraduate nursing degree. For information call (928) 734-3542.

**August 15 Deadline** - American Indian Services (AIS) Scholarships. Eligibility limited to individuals with 1/4 American Indian blood. For information click [here](#).

**September 1-7** - 90th Annual White Mountain Apache Tribal Fair and Rodeo. Whiteriver, Arizona. For information call (928) 338-2492.

**September 6** - Lewis Tewanima Footrace 10K/5K/1 mile. 6:00 a.m. Baseball field. Village of Shungopavi, SR 264. Fee. For information check the website:  
<http://tewanimafootrace.org/>

**September 6-13** - 69th Annual Navajo Nation Fair. Navajo Nation Fairgrounds, Window Rock. For information call (928) 871-6478 or check the [website](#).

**September 15-16** - 26th Annual Arizona Indian Council on Aging Conference. Wild Horse Pass and Casino, Chandler. for information click [here](#).

**September 16-21** - National Indian Health Board's 2015 Native Youth Health Summit. "Youth Advocacy: Telling Your Story to Create Change." For youth, ages 14-18 in Washington DC. For information click [here](#).

**September 21-24** - National Indian Health Board 2015 Annual Consumer Conference. Washington DC. For information click [here](#).

**September 22-25** - SIENA's Take Charge! Native American Youth Leadership Institute. 7-12th grade students. Westin LaPaloma Resort in Tucson. For information contact Nadine at (623) 670-3561.

**September 25-27** - 9th Annual Prescott Social Pow Wow and Native Art Show. Watson Lake Park, Prescott. For information call (928) 499-5907 or check the [website](#).

**September 26** - 7th Annual Seven Generations Awards Dinner and Ceremony. Native American Bar Association of Arizona.

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## **[Cleaning Up a Legacy of Pollution on an Alaskan Island](#)**

By KIRK JOHNSON

On St. Lawrence Island, a former military listening post in the Bering Sea, native residents believe pollution has contributed to their poor health.

[Video: Science at the End of the Earth](#)

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## **[As Salmon Vanish in the Dry Pacific Northwest, So Does Native Heritage](#)**

**[Read the Article at The Washington Pos](#)**

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## **[Keystone XL Hits New Turbulence as South Dakota Permit Hearing Implodes](#)**

**Julie Dermansky, DeSmogBlog:** Holes too big to fix were poked in TransCanada's narrative that its Keystone XL tar sands pipeline will be the safest pipeline ever built during the Public Utilities Commission hearings in South Dakota. Meanwhile, the pipeline company has been facing questions about how its financial dealings are set up.

**[Read the Article](#)**