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Cochise Stronghold

Coronado National Forest cochisestronghold.com

Cochise Stronghold is located to the west of Sunsites, Arizona in the Dragoon Mountains at an elevation of 5,000 ft. This beautiful woodland area lies in a protective rampart of granite domes and sheer cliffs which were once the refuge of the great Apache Chief, Cochise, and his people. Located within the Coronado National Forest, it is managed by the Douglas Ranger District.

In Sunsites, AZ, take Ironwood Rd. (off State Rt. 191) west 9.1 miles to campground entrance. Once inside the Forest, Ironwood Rd. becomes Forest Rt. 84. NOTE: After, 3.8 miles, Ironwood Rd. (and Forest Rt. 84) becomes a Forest Service-maintained dirt road. While the road can

appear rough, people in passenger cars frequently traverse the road. There are five, usually dry, stream crossings on Forest Rt. 84. Unless there has been unusually heavy rains within the last 48 hours, most cars can pass without trouble even when the streams are flowing. Ford at your own risk, however.

History

This rugged natural fortress was, for some 15 years, the home and base of operations for the famed Chiricahua Apache Chief, Cochise. Cochise and about 1,000 of his followers, of whom some 250 were warriors, located here.

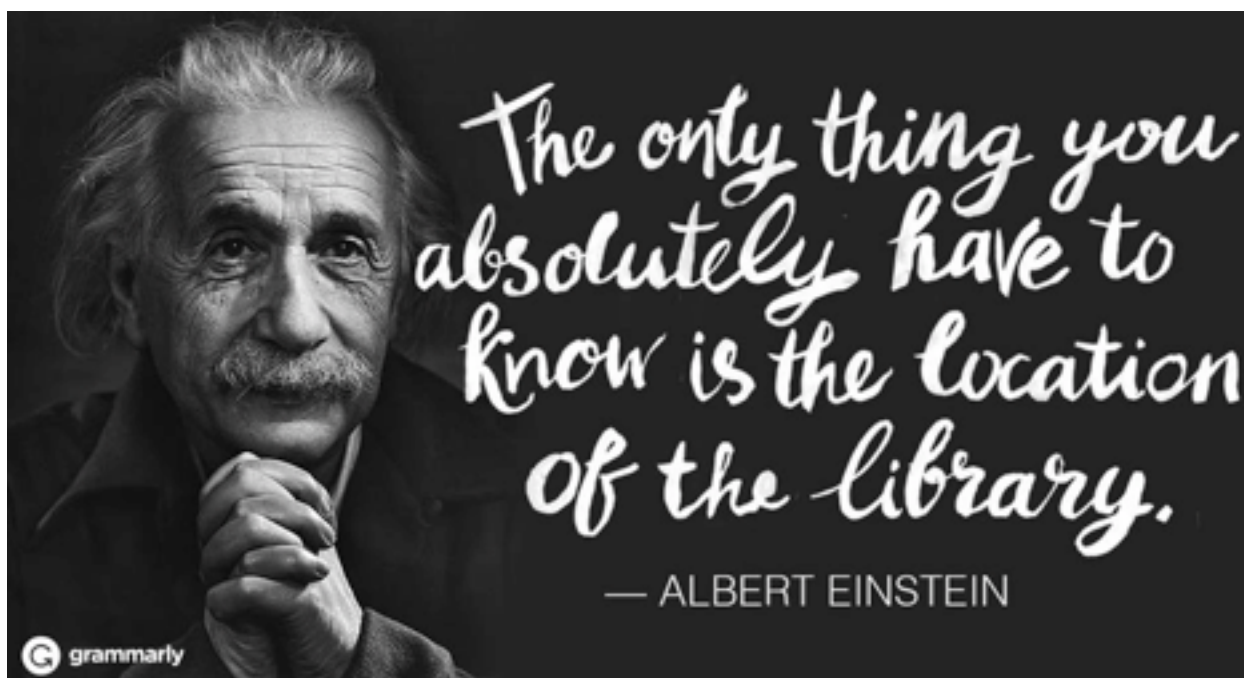
Born in present-day Arizona, Cochise led the Chiricahua band of the Apache tribe during a period of violent social upheaval. In 1850, the United States took control over the territory that today comprises Arizona and New Mexico. Not hostile to the whites at first, he kept peace with the Anglo-Americans until 1861, when he became their implacable foe because of the blunder of a young U.S. Army officer, Lt. George Bascom. In that year, Cochise and several of his relatives had gone to an encampment of soldiers in order to deny the accusation that they had abducted a child from a ranch. The boy was later proved to have been kidnapped by another band of Apaches.

During the parley, Cochise and his followers were ordered held as hostages by Bascom, but Cochise managed to escape almost immediately by cutting a hole in a tent. Bascom later ordered the other Apache hostages hanged, and the embittered Cochise joined forces with Mangas Coloradas, his father-in-law, in a guerrilla struggle against the American army and settlers. The capture and murder of Mangas Coloradas in 1863 left Cochise as the Apache war chief. The U.S. Army captured him in 1871 and prepared to transfer the Chiricahua to a reservation hundreds of miles away, but he escaped again and renewed the resistance campaign. The following year after negotiating a new treaty with the help of Thomas Jeffords, the band was allowed to stay in their homeland.

Cochise is reputed to have been a master strategist and leader who was never conquered in battle. He died peacefully on the newly formed Chiricahua reservation in 1874. His son, Taza succeeded him as chief. Upon his death, he was secretly buried somewhere in or near his impregnable fortress. The exact location has never been revealed or determined.

The town of Cochise, Cochise County, the renowned geological feature known as Cochise's Head in the Chiricahua Mountains, and the Stronghold are all named in tribute to him.

“People will come to love their oppression, to adore the technologies that undo their capacities to think.” Aldous Huxley



[Indigenous resistance accelerates, regardless of media collapse in Indian country](#)
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[Indigenous Activists: Living and Dying for Mother Earth](#)

[Economic Blackmail: The New McCarthyism in Indian Country News](#)

[Plagiarizers, non-profits and lobbyists scam Indian country](#)

[George Abeyta](#)

On behalf of our family the following letter was submitted to the Wind River News, Casper Star Tribune and Indian Country Today. My nephew Stallone had many friends of various ethnic backgrounds and socioeconomic status. His passing has brought national media attention, but for him that wouldn't be enough. The following letter is a call to all who wish for a better tomorrow. Thank you in advance for your new found commitment to make the world a better place by striving each day, one day at a time to live in accordance with the values and beliefs that have sustained our people in success and happiness from the beginning of time.

We, **the family of Stallone Trosper**, write from a place of terrible grief and sadness. Saturday, July 18th, Stallone, our beloved son, brother, nephew, cousin, uncle and friend was taken from us by an unconscionable act of hate. A man whom he'd never met, and to whom he had done no harm, murdered him while he lay at rest in a place of recovery.

Our grief has been compounded by the nature of this heinous crime's coverage. For that reason we feel compelled to share our perspective.

Presumably in an attempt to make sense of this senseless act, the media has returned the focus, again and again, to the perpetrator and his reportedly self-declared motive that "He was tired of

homeless people using the city park as a sewer”. This insistence on analyzing the reasoning of a clearly disturbed mind has numerous troubling implications.

Foremost, it implies that there could possibly be some justification for the murder’s actions. Nothing of, course, could be further from the truth.

Secondly, such an emphasis requires repeated description of the perpetrator – descriptions which refer to his history of volunteer service and civic employment. The suggestion we hear is that “Well heck, he really was an upstanding member of the community, a real swell guy, except for that whole murdering thing.” That is a suggestion that we can no longer bear to read.

Perhaps most troubling to us though have been the implications about Stallone that arise from consideration of the murderer’s motives. In saying that he “set-out to kill as many people that fit his criteria as he could”, Stallone is inherently relegated to a hateful, racist stereotype.

Stallone was not a stereotype. He was not homeless, and he did not frequent the park. He was a cherished part of a loving and accomplished family, and a member of a proud community. Stallone was kind, he was meek, he was humble and he was loving. There was not a mean bone in his body. Like most of our young people he had plans to make the Wind River community – on and off the reservation – a better place. As with all of us, Stallone had challenges. He was engaged in the hard work of overcoming those challenges when his plans, his potential and his life were ended by ruthless ignorance and hate.

Stallone cannot and will not be replaced. He is lost to us forever. But our community, native and non-native peoples alike, must find a way to grow as a result of his sacrifice. That necessary growth cannot and will not come from denial.

Just as Stallone faced his addiction head-on, we too must acknowledge that we, as Shoshone, Arapaho, Wyomingites, Americans and human beings have deep-seated, desperate and dangerous problems. We share trouble with drugs and alcohol. We are besieged by racism. We are shackled by intertribal divisions. These problems are not bounded by any tribe, reservation line, county border, race, creed, earning’s bracket or social status. They plague us all, are owned by everyone and can only be beaten back together.

Our Elders tell us that the creator has a plan for each of us. We believe that Stallone’s sacrifice is a wake-up call to the community, and that we must return to the fundamental tenets of civilized humanity. Love, kindness, respect, loyalty, knowledge, spirituality, honor, family, hard work, sacrifice and perseverance: these are the universal moral fibers that separate man from his baser animal nature. And they are our only paths to a better future.

So please, let’s not devote any more energy to the cloudy motives of a troubled mind. Let’s instead start doing the hard work of building a better tomorrow, together.

Sincerely,

The Family of Stallone Trosper



[Al Jazeera America](http://aljazeera.com)

Protesters question Denver police killing of mentally ill Native American: Death of Paul Castaway reflects that American Indians are most likely racial group to be killed by law enforcement.

<http://alj.am/jnt2>

[Wyo. tribe wants man who shot 2 charged with hate crime](#)

The Northern Arapaho Tribe wants a man charged with a hate crime after police say he shot two members in targeting homeless alcoholics. nydailynews.com

[A Mighty Girl](#)

Kakenya Ntaiya, like many women in Kenya, was subjected to female genital cutting as a girl. For most girls, a marriage would soon follow, but Kakenya, then 14, had other plans: "I really liked going to school. I knew that once I went through the cutting, I was going to be married off.

And my dream of becoming a teacher was going to end.” So Kakenya threatened her father with running away, but agreed to stay and submit to the ritual, often called female genital mutilation or FGM, if he let her finish high school.

Her father kept his word, and Kakenya excelled, earning a scholarship to a college in the US. Her Maasai village raised funds for her airfare, and in return she promised to come home to help her community. And, she did after earning her degree, working with the United Nations, and getting her doctorate in education. As Kakenya explains, “I came back so girls don't have to negotiate like I did to achieve their dreams.”

In 2009, she opened the Kakenya Center for Excellence, a primary school that currently educates 170 Maasai girls. Originally a day school, students now live there to spare them miles of walking -- which includes the risk of sexual assault -- and the requirement of spending free time on chores instead of studying. “Now, they can focus on their studies -- and on being kids,” says Kakenya. “It's the only way you can give a girl child a chance to excel.”

Parents cover the cost of meals, but Kakenya covers any student who can't pay. Parents also have to agree that girls will not be subjected to genital mutilation or child marriage, which is becoming easier as men start to see the benefits of their daughters staying in school. “They want to become doctors, pilots, lawyers,” Kakenya says. “Fathers are now saying, “My daughter could do better than my son.”

Even Chief John Naleke, a village elder, has gone from arguing against the needs for girls' education in 2006 to supporting the school today: “We have several sons who have gone to the United States for school. Kakenya is the only one that I can think of that has come back to help us.... She brought a school and a light and is trying to change old customs to help girls get a new, better life.”

Kakenya admits that it is still difficult challenging male attitudes in her area, “[b]ut nothing good comes on a silver plate. You have to fight hard... When [the girls] start, they are so timid [but now] the confidence they have, it's just beyond words. It's the most beautiful thing.”

To help Kakenya educate more girls, you can donate to [Kakenya's Dream - the Academy for Girls](http://www.kakenyasdream.org/) on their website at <http://www.kakenyasdream.org/>.

To watch an inspiring TED talk by Kekenya, visit <http://bit.ly/ObaaLW>

For hundreds of true stories for children and teens about women trailblazers around the world, visit A Mighty Girl's “Role Models” biography section at <http://www.amightygirl.com/books/history-biography/biography>

For several books for young readers about girls and the power of education, we recommend "Razia's Ray of Hope: One Girl's Dream of an Education" for ages 7 to 10 (<http://www.amightygirl.com/razia-s-ray-of-hope>) and "A Girl Called Problem" for ages 9 to 14 (<http://www.amightygirl.com/a-girl-called-problem>).

For more books to help children understand the struggle for girls' access to education in many parts of the world, check out our blog post "Mighty Girl Books on Children's Fight for Education" at <http://www.iamightygirl.com/blog/?p=4057>

For a highly recommended book for older teens and adults that discusses how girls and women are fighting back against oppression and transforming their communities, check out: "Half the Sky: Turning Oppression into Opportunity for Women Worldwide" at <http://www.iamightygirl.com/half-the-sky>

And, for two films that explore the transformative potential and power of girls and women in developing countries - both for ages 13 and up: the documentary based on the "Half the Sky" book (<http://www.iamightygirl.com/half-the-sky-documentary>) and "Girl Rising" (<http://www.iamightygirl.com/girl-rising>).

The British Library Puts 1,000,000 Images into the Public Domain, Making Them Free to Reuse & Remix



Earlier this week, Oxford's Bodleian Library announced that it had digitized a 550 year old copy of the Gutenberg Bible along with a number of other ancient bibles,...
openculture.com

•[The British Library](#)
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Flickr · Dec 17, 2013

•[The Metropolitan Museum of Art Puts 400,000 High-Res Images Online & Makes Them Free to Use](#)
[On Friday, The Metropolitan Museum of Art announced that 'more than 400,000 high-resolution digital images of public domain works in the Museum's world-renowned collection may be downloaded directly from the Museum's website for non-commercial use.' Even better, the images can be used at no charge \(and without getting permission from the museum\). In making this announcement, the Met joined other world-class museums](#)

[in putting put large troves of digital art online.](#)
Open Culture · May 19, 2014

- [The Collection Online | The Metropolitan Museum of Art](http://www.metmuseum.org)
metmuseum.org · May 17, 2014

NAFWS

A 40 hour **Conservation Law Enforcement Officer training** will be held from August 31-September 4, 2015 at the BIA Regional Office in Albuquerque, New Mexico. This training is sponsored by the NAFWS SW Region and the National Office. It is hosted by the U.S. Fish & Wildlife Service - SW Region and the BIA. This training is free. All hotel room costs and up to \$120 in per diem will be covered by the NAFWS. Those interested must register prior to August 10, 2015. Space is limited to 45 participants. For more information please contact Joe Early at (505) 248-6602. You can go to the NAFWS website and look under the "Events" tab, dropdown to the "CLE" section. Go to the article titled "CLEO Training - SW Region"; you will be directed to the members site to register for the training. Please pass the word to those Conservation Officers in the SW and other Regions.

Why all of Indian country is fighting a new Montana oil well

Writers on the Range 2 comments Why all of Indian country is fighting a new Montana oil well
Print Share Casey Perkins Opinion July 22, 2015 Web Exclusive Consider this scenario: One man is hell-bent on... hcn.org

<http://www.buzzfeed.com/battlebornprogress/10-reasons-why-iam-all-about-that-basin-and-rang-1q2tk>

Thursday, August 6th, 2015 • 12 noon – 1:30pm pacific time. Webinar: Law School Clinical Assistance, Tribal Violence Against Women Act 2013 Special Domestic Violence Criminal Jurisdiction. Presenter, Sarah Deer. This webinar will focus on ways for law school clinics to provide assistance to tribes seeking to exercise the Violence Against Women Act (VAWA) 2013 enhanced jurisdiction. Indian tribes now have the general authority to implement criminal jurisdiction over non-Indians who violate protective orders or commit domestic violence or dating violence against Indian victims on tribal lands. Tribes wishing to exercise this Special Domestic Violence Criminal Jurisdiction over non-Indians (SDVCJ) must provide certain rights to criminal defendants and meet certain legal requirements. **Registration link, <https://attendee.gotowebinar.com/register/1833997857293746689>**

August 18-20, 2015 • “Uniting & Educating Across Disciplines to Respond to Sex Trafficking of Native Women and Our Children.” Sex Trafficking of Native Women and Children Institute. <http://www.niwr.org/resources/training-technical-assistance/stnw> **LOCATION:** Hotel Cascada, 2500 Carlisle Blvd. Northeast, Albuquerque, NM 87110. **CONTACT:** (855) 649-7299. **FEES:** \$50.

August 19th, 2015 • 12pm – 1:30pm pacific time. Webinar: “Restoration of Family Values and Healthy Community Characteristics.” In Native cultures, Native peoples had non-violent life ways based on an understanding of the natural world, viewing health through the traditional concepts of balance and sense of well-being. This webinar will discuss how restoring traditional family values can support positive social change and healthy community characteristics where

Native families can exist in a web of relationships, each equal in importance and value. **REGISTRATION:** <https://attendee.gotowebinar.com/register/200000000028764602>

Monday, August 24th, 2015 • 11:30am – 1pm pacific time. Webinar: “Breaking Process and Trauma Bond.” Presenters, Christine Stark (Cherokee/Anishinaabe), and Dr. Alexandra Pierce (Seneca/Caucasian). **Registration link,** <https://attendee.gotowebinar.com/register/2228598287184756994>

Friday, September 11th, 2015 • The Sac and Fox Nation 14th Annual Native Nations Law Symposium. This Symposium seeks to promote relations and education of important legal topics among all legal professionals both Tribal and State. **LOCATION:** Iowa Tribal Reservation, 3345 Thrasher Rd., White Cloud KS 66094. **CONTACT:** Joshua Langi, (785) 742-741 ext. 2600 **FEES:** \$30 - \$150.

How Walking in Nature Changes the Brain

By [Gretchen Reynolds](#)

July 22, 2015

A walk in the park may soothe the mind and, in the process, change the workings of our brains in ways that improve our mental health, according to an interesting new study of the physical effects on the brain of visiting nature.

Most of us today live in cities and spend far less time outside in green, natural spaces than people did several generations ago.

City dwellers also have a higher risk for anxiety, depression and other mental illnesses than people living outside urban centers, studies show.

These developments seem to be linked to some extent, according to a growing body of research. Various studies have found that urban dwellers with little access to green spaces have a higher incidence of psychological problems than people living near parks and that city dwellers who visit natural environments have lower levels of stress hormones immediately afterward than people who have not recently been outside.

But just how a visit to a park or other green space might alter mood has been unclear. Does experiencing nature actually change our brains in some way that affects our emotional health?

That possibility intrigued Gregory Bratman, a graduate student at the Emmett Interdisciplinary Program in Environment and Resources at Stanford University, who has been studying the psychological effects of urban living. In an [earlier study published last month](#), he and his colleagues found that volunteers who walked briefly through a lush, green portion of the Stanford campus were more attentive and happier afterward than volunteers who strolled for the same amount of time near heavy traffic.

But that study did not examine the neurological mechanisms that might underlie the effects of being outside in nature.

So for the [new study, which was published last week in Proceedings of the National Academy of Sciences](#), Mr. Bratman and his collaborators decided to closely scrutinize what effect a walk might have on a person's tendency to brood.

Brooding, which is known among cognitive scientists as morbid rumination, is a mental state familiar to most of us, in which we can't seem to stop chewing over the ways in which things are wrong with ourselves and our lives. This broken-record fretting is not healthy or helpful. It can be a precursor to depression and is disproportionately common among city dwellers compared with people living outside urban areas, studies show.

Perhaps most interesting for the purposes of Mr. Bratman and his colleagues, however, such rumination also is strongly associated with increased activity in a portion of the brain known as the subgenual prefrontal cortex.

If the researchers could track activity in that part of the brain before and after people visited nature, Mr. Bratman realized, they would have a better idea about whether and to what extent nature changes people's minds.

Mr. Bratman and his colleagues first gathered 38 healthy, adult city dwellers and asked them to complete a questionnaire to determine their normal level of morbid rumination.

The researchers also checked for brain activity in each volunteer's subgenual prefrontal cortex, using scans that track blood flow through the brain. Greater blood flow to parts of the brain usually signals more activity in those areas.

Then the scientists randomly assigned half of the volunteers to walk for 90 minutes through a leafy, quiet, parklike portion of the Stanford campus or next to a loud, hectic, multi-lane highway in Palo Alto. The volunteers were not allowed to have companions or listen to music. They were allowed to walk at their own pace.

Immediately after completing their walks, the volunteers returned to the lab and repeated both the questionnaire and the brain scan.

As might have been expected, walking along the highway had not soothed people's minds. Blood flow to their subgenual prefrontal cortex was still high and their broodiness scores were unchanged.

But the volunteers who had strolled along the quiet, tree-lined paths showed slight but meaningful improvements in their mental health, according to their scores on the questionnaire. They were not dwelling on the negative aspects of their lives as much as they had been before the walk.

They also had less blood flow to the subgenual prefrontal cortex. That portion of their brains were quieter.

These results "strongly suggest that getting out into natural environments" could be an easy and almost immediate way to improve moods for city dwellers, Mr. Bratman said.

But of course many questions remain, he said, including how much time in nature is sufficient or ideal for our mental health, as well as what aspects of the natural world are most soothing. Is it the greenery, quiet, sunniness, loamy smells, all of those, or something else that lifts our moods? Do we need to be walking or otherwise physically active outside to gain the fullest psychological benefits? Should we be alone or could companionship amplify mood enhancements?

“There’s a tremendous amount of study that still needs to be done,” Mr. Bratman said.

But in the meantime, he pointed out, there is little downside to strolling through the nearest park, and some chance that you might beneficially muffle, at least for awhile, your subgenual prefrontal cortex.

Related:

- [A 2-Minute Walk May Counter the Harms of Sitting](#)
- [Rethinking Exercise as a Source of Immediate Rewards](#)
- [How Walking May Lower Breast Cancer Risk](#)
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