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Fatherhood and Wellness for Native Men, Teenagers and Boys

Help Protect and Preserve Rare or Endangered Seeds



[Indigenous Visions Network](#)

In 1969, Native students from the California colleges and universities state wide liberated Alcatraz Island to protest the governments ill treatment of their people and broken treaties***l-r Big Bill, Mono Paiute; Ross Harden, Winnebago, SF State; Gerald Sam, SF State, Paiute; Jim Vaughn, UC Berkeley, Cherokee; LaNada Means, Bannock UC Berkeley and John, Ft Washakie Wyoming.

~~~~~ [Geoff](#)

[Ellis](#) via [Tribal-State Environmental Liaison](#)

### [Here Are the Navy's Plans to Bomb the Arctic](#)

The waters of the Gulf of Alaska are some of the most pristine in the world. That will change next month.

[thenation.com](#)

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## Blacklodge Singers "Soldier Boy"

A video made of a classic Blacklodge song..using pictures of native soldiers..past and present..friends, family and some just off the internet. Enjoy.``youtube.com

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## The surprising history of gay marriage in the Navajo nation

Navajos could honor same-sex couples — again. fusion.net



Rebecca Charlie shared  
Acoma Rain Dancers's photo.

I have been following this little dance group for a while now. The Acoma Rain Dancers from New Mexico. I love their dancing and their regalia. Hats off to the dedicated adults (parents?) who teach this little dance group, AND they are the cutest kids ever! Thank you, little dance group, for honoring your tradition and

keeping it alive!

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## 7 ways to use video to grow your business other than social media \_Business.com

Video marketing is growing in popularity and only going to get bigger; it's predicted that by 2017 74 percent of all Internet traffic will be video. Even more shocking, one-third of all online activity is spent watching video. It seems daft not to tap into such a popular resource to help grow your business. [READ MORE](#)

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## 13 states sue over rule giving feds authority on state water [Associated Press](#)

Thirteen states led by North Dakota filed a lawsuit Monday challenging an Obama administration rule that gives federal agencies authority to protect some streams, tributaries and wetlands under the Clean Water Act

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## It's Official: New York Bans Fracking

*Cole Mellino, EcoWatch*

Mellino writes: "New York State officially banned fracking today by issuing its formal Findings Statement, which completed the state's seven-year review of fracking." [READ MORE](#)

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from delanceyplace.com: In today's **encore** selection -- from ***Dreamland: Adventures in the Strange Science of Sleep*** . For most of history people have had two periods of sleep each night, with the time in between being perhaps the most calm and relaxing part of their lives. Then came the lightbulb. This unexpected "two sleep" phenomenon

was uncovered by historian Roger Ekirch when he began to do research for a history of the night:

"Something puzzled [Roger] Ekirch as he leafed through parchments ranging from property records to primers on how to spot a ghost. He kept noticing strange references to sleep. In the *Canterbury Tales*, for instance, one of the characters in 'The Squire's Tale' wakes up in the early morning following her 'first sleep' and then goes back to bed. A fifteenth-century medical book, meanwhile, advised readers to spend the 'first sleep' on the right side and after that to lie on their left. And a scholar in England wrote that the time between the 'first sleep' and the 'second sleep' was the best time for serious study. Mentions of these two separate types of sleep came one after another, until Ekirch could no longer brush them aside as a curiosity. Sleep, he pieced together, wasn't always the one long block that we consider it today.

*Night* by Jan Saenredam

"From his cocoon of books in Virginia, Ekirch somehow rediscovered a fact of life that was once as common as eating breakfast. Every night, people fell asleep not long after the sun went down and stayed that way until sometime after midnight. This was the first sleep that kept popping up in the old tales. Once a person woke up, he or she would stay that way for an hour or so before going back to sleep until morning -- the so-called second sleep. The time between the two bouts of sleep was a natural and expected part of the night and, depending on your needs, was spent praying, reading, contemplating your dreams, urinating, or having sex. The last one was perhaps the most popular. One sixteenth-century French physician concluded that laborers were able to conceive several children because they waited until after the first sleep, when their energy was replenished, to make love. Their wives liked it more, too, he said. The first sleep let men 'do it better' and women 'have more enjoyment.' ...

About three hundred miles away, a psychiatrist was noticing something odd in a research experiment. Thomas Wehr, who worked for the National Institute of Mental Health in Bethesda, Maryland, was struck by the idea that the ubiquitous artificial light we see every day could have some unknown effect on our sleep habits. On a whim, he deprived subjects of artificial light for up to four-teen hours a day in hopes of re-creating the lighting conditions common to early humans. Without lightbulbs, televisions, or street lamps, the subjects in his study initially did little more at night than sleep. They spent the first few weeks of the experiment like kids in a candy store, making up for all of the lost sleep that had accumulated from staying out late at night or showing up at work early in the morning. After a few weeks, the subjects were better rested than perhaps at any other time in their lives.

"That was when the experiment took a strange turn. Soon, the subjects began to stir a little after midnight, lie awake in bed for an hour or so, and then fall back asleep again. It was the same sort of segmented sleep that Ekirch found in the historical records. While sequestered from artificial light, subjects were shedding the sleep habits they had formed over a lifetime. It was as if their bodies were exercising a muscle they never knew they had. The experiment revealed the innate wiring in the brain, unearthed only after the body was sheltered from modern life. Not long after Wehr published a paper about the study, Ekirch contacted him and revealed his own research findings.

"Wehr soon decided to investigate further. Once again, he blocked subjects from exposure to

artificial light. This time, however, he drew some of their blood during the night to see whether there was anything more to the period between the first and second sleep than an opportunity for feudal peasants to have good sex. The results showed that the hour humans once spent awake in the middle of the night was probably the most relaxing block of time their lives. Chemically, the body was in a state equivalent to what you might feel after spending a day at a spa. During the time between the two sleeps, the subjects' brains pumped out higher levels of prolactin, a hormone that helps reduce stress and is responsible for the relaxed feeling after an orgasm. ... The subjects in Wehr's study described the time between the two halves of sleep as close to a period of meditation.

"Numerous other studies have shown that splitting sleep into two roughly equal halves is something that our bodies will do if we give them a chance. In places of the world where there isn't artificial light -- and all the things that go with it, like computers, movies, and bad reality TV shows -- people still sleep this way. In the mid-1960s, anthropologists studying the Tiv culture in central Nigeria found that group members not only practiced segmented sleep, but also used roughly the same terms of first sleep and second sleep. ... [Yet] almost two decades after Wehr's study was published in a medical journal, many sleep researchers -- not to mention your average physician -- have never heard of it. When patients complain about waking up at roughly the same time in the middle of the night, many physicians will reach for a pen and write a prescription for a sleeping pill, not realizing that they are medicating a condition that was considered normal for thousands of years. Patients, meanwhile, see waking up as a sign that something is wrong."

### **Dreamland: Adventures in the Strange Science of Sleep**

Author: David K. Randall

Publisher: W. W. Norton & Company

Copyright 2012 by David K. Randall

Pages 32-36

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### **Shoshone Mike: New theories emerge 100 years after 'last massacre'**

On this day  
100 years ago,  
eight  
American  
Indians —  
men, women  
and children  
— and a  
member of a  
volunteer





posse lay dead of bullet wounds on blood-soaked...archive.rgj.com

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## **Southern Montana's Crow Tribe works to house its homeless veterans**

On the windy plains of the Crow Reservation in southern Montana, young men scramble across scaffolding amid massive fans and turbines, measuring door widths and sweeping the cement floors across this dusty construction site.

[Read more](#)

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## **EPA Releases EJSCREEN, An Environmental Justice Screening and Mapping Tool**

The U.S. Environmental Protection Agency (EPA) released EJSCREEN, an environmental justice screening and mapping tool that uses high resolution maps combined with demographic and environmental data to identify places with potentially elevated environmental burdens and vulnerable populations. [Access the tool](#)

## **[Pre-K Pages](#)**



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### [Geoff Ellis](#)

The Obama administration made changes in the final rule that answers many of those concerns, but not all. Kevin Washburn, an assistant secretary at the Department of Interior, planned to announce the regulation on Monday during a National Congress of American Indians conference in Minnesota.

The interior secretary, Sally Jewell, said the new regulations for tribal recognition “make good on a promise to our First Americans to clarify, expedite and honor a meaningful process for federal acknowledgment”.

### [US makes it easier for Native American tribes to obtain federal recognition](#)

Obama administration changes 37-year-old process that makes Native American tribes able to set up their own government, legal system and taxes  
theguardian.com

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### [The Great Inka Road: Engineering an Empire | National Museum of the American Indian](#)

Construction of the Inka Road stands as one of the monumental engineering achievements in history. A network more than 20,000 miles long, crossing... nmai.si.edu

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### **14 Reasons Why We Must Never Drill in the Arctic**

*Earthjustice*

Excerpt: "Today, the Arctic is warming at twice the rate of the rest of the world, putting tremendous strain on its wildlife and people." [READ MORE](#)

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### [Small business community response to Supreme Court decision in King v. Burwell](#)

NASE

As the Supreme Court of the United States handed down its ruling in the King v. Burwell health care case, the National Association for the Self-Employed (NASE), the nation's leading advocate and resource for self-employed and micro-businesses, hailed the decision calling it a

"clear win for millions of Americans who now have access to health care, including those who consider themselves part of our country's small business community." [READ MORE](#)

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### Circle of Blue:

**20,000 people** Number living at the Denthoma 1 refugee camp in South Sudan, where the [only drinking water system stopped working for three days](#) before humanitarian organization Medecins Sans Frontieres could return to fix it. *Medecins Sans Frontieres (Hammering the point and disgust with BLM requesting ice cream and shower access at Burning Man)*

### Science, Studies, And Reports

Acidification due to greenhouse gas emissions is occurring in rivers as well as oceans, [threatening the growth and survival of young pink salmon](#), according to a study published in the journal *Nature Climate Change*. Researchers in Canada found that salmon raised in waters with high carbon dioxide concentrations were smaller than normal. *Reuters*

### On The Radar

[Sixteen U.S. states sued the federal government](#) in order to keep the Environmental Protection Agency from enacting its proposed Clean Water Rule. The rule seeks to clarify which waterways fall under the protection of the federal Clean Water Act, but it has been staunchly opposed by the agriculture industry and developers who say it is an executive overreach. *Think Progress*

Zambia asked mining companies operating in the country to [cut their electricity usage due to a shortage of hydropower](#). The 560-megawatt energy shortage was caused in large part by low water levels in hydropower reservoirs. *Bloomberg*

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### [30 \(really quick\) time-management tips](#)

\_The best time management involves stress management. But then again, these tips can still help you be more productive with the hours you do have to work. [READ MORE](#)

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### [Self-employed? Top ways to save for retirement](#) CNBC

At the end of a long career, most corporate employees can expect some sort of sendoff — perhaps a Costco sheet cake in the conference room as their colleagues gather around for several rounds of "For (S)He's a Jolly Good Fellow." When you call yourself boss, though, retiring is a lonelier affair, as is saving for retirement. [READ MORE](#)

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### Naomi Klein at the Vatican | People and Planet First

*Naomi Klein, This Changes Everything*

Klein writes: "We can save ourselves, but only if we let go of the myth of dominance and mastery and learn to work with nature - respecting and harnessing its intrinsic capacity for renewal and regeneration." [READ MORE](#)

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### 17th National Tribal Preservation Conference Update

FCC and NATHPO to Hold Sec. 106 Summit

NATHPO and the Federal Communications Commission (FCC) are holding a Section 106 Summit to foster a dialogue on multiple important issues associated with the deployment of wireless technologies and compliance with FCC's Section 106 processes. The ever increasing demand for advanced wireless services increases the demand for infrastructure and thus the

potential for effects on properties of religious and cultural significance to Tribal Nations.

The FCC and NATHPO invite your participation in a two-day review of the FCC's Section 106 process, how it is working, and what we can work on together to improve. We invite your input in developing an agenda that includes dialogue on Positive Train Control, developing a process to address non-compliant towers built between 2001 and 2005, Distributed Antenna Systems (DAS) and small cells, improvements to and the effective operations of the FCC's TCNS system, and more.

FCC-NATHPO Summit to be held August 20-21, 2015, at the same location as the 17th National Tribal Preservation Conference.

Basic conference information may be found on the NATHPO website; agenda outline to be posted by the end of this week.

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

Note: NATHPO annual conferences are open to the public. You do not need to be a member to register and attend the conference.

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More information on the conference soon.

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## **She Sang Me a Good Luck Song**

The California Indian Photographs of Dugan Aguilar

Join award-winning photographer **Dugan Aguilar** and editor **Theresa Harlan** for a

### **Book Release and Exhibit Opening**

July 18 from 6:30 to 8:00 p.m.

Program starts at 7:00 p.m.

Maidu Museum, Roseville

Exhibit runs through September 12

RSVP by July 8 to [maidumuseum@roseville.ca.us](mailto:maidumuseum@roseville.ca.us) or (916) 774-5934.





# Fatherhood and Wellness for Native Men, Teens, and Boys

Friday, July 10, 2015 - 1:00 PM - 2:30  
PM MDT

[Register](#)

Description:

*This webinar will be a discussion on responsible fatherhood and wellness for Native men, teens, and boys. What does it take for Native men to seek a wellness path and stay committed to be a good husband, father, and mentor? The importance of rehabilitation and healing for Native men. Clayton Small, PhD, CEO for Native PRIDE will conduct the webinar.*

## Native Seed/SEARCH

### Adopt a Crop

#### Help Protect and Preserve Rare or Endangered Seeds

*You must give to get, you must sow the seed, before you can reap the harvest.*

- SCOTT REED

Many of the seeds we steward are either rare in occurrence, threatened by loss of habitat, or in danger of extinction as supplies are small. Keeping them in a seed bank is not enough to ensure their availability for generations to come as seeds age and lose viability.

You can be the one to help get these seeds back in the ground to produce fresh, viable stock and to have plentiful quantities to provide more seeds to more people. This year we are highlighting six varieties being grown at our Farm as a representation of the incredible crop diversity and stories we aim to preserve ([click each picture below for more details](#)). When you [adopt one of them](#), your symbolic gift will directly support our crop conservation work. After harvest, we will send you a report about the 2015 growout season, including photos and information on these highlighted crops. Thank you for being an important part of our stewardship efforts!

#### Gila River Sweet Corn

*(Zea mays)*

#### Paiute Yellow Tepary Bean *(Phaseolus acutifolius)*

#### Navajo Banana Squash *(Cucurbita maxima)*

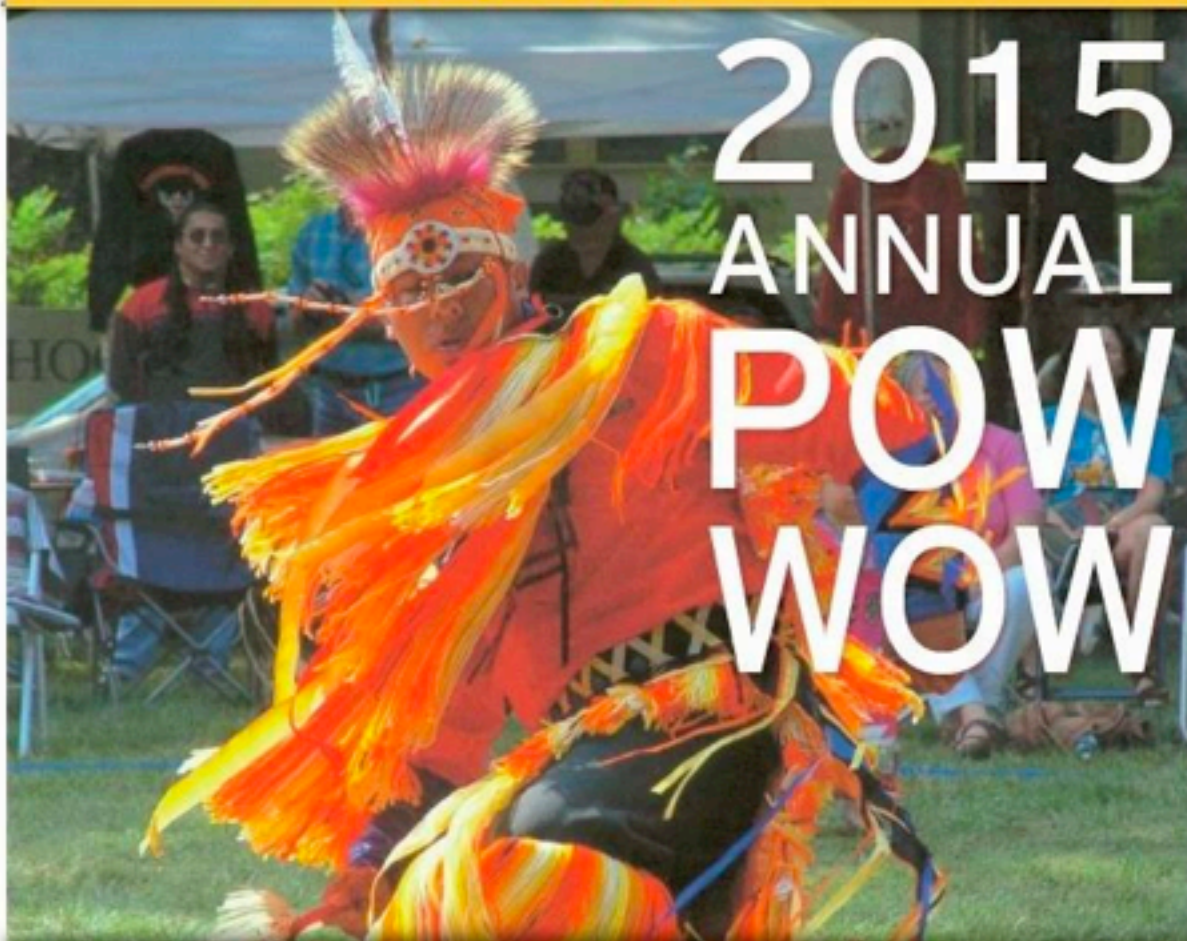
#### Guarijio Chiltepin *(Capsicum annuum glabriusculum)*

#### Tohono O'odham Bilobal Gourd *(Lagenaria siceraria)*

#### Rio Grande Red Seeded Watermelon *(Citrullus lanatus)*



Washington Internships  
for Native Students



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