

## **Journal #4011      from sdc      10.24.17**

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### **“Roundup Time” by Ed Harry**

#### **[Amodei expects Yucca Mountain bill to pass before Thanksgiving](#)**

U.S. Rep. Mark Amodei, R-Nev., thinks the House will pass a Yucca Mountain revival bill, maybe before Thanksgiving.

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#### **Tar Sands Pipeline That Could Rival Keystone XL Quietly Gets Trump Approval**

[Read the Article at InsideClimate News](#)

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## **They Found An 800-Year-Old Pot Filled With Old Seeds. See What Grew When They Planted Them!**

The pot — which researchers determined to be nearly 800 years old — was a significant find itself, but what archaeologists found inside is the real story. [blog.therainforestsites.com](http://blog.therainforestsites.com)



## **Minnesota's Native American health advocates use old games as new cures for obesity**

Allie Shah, Star Tribune

The players stood on the field in a circle, passing burning sage to one another.

One by one, they waved their lacrosse sticks over the thick, sweet-smelling smoke.

Then they faced off, ready to start play on a recent Sunday at Corcoran Park in Minneapolis. Sasha Houston Brown tossed up the ball. The other players jumped for it — raising their sticks toward the sky and shouting excitedly “to let Creator know we’re playing,” Houston Brown said.

It’s a scene that plays out each week in the park among the dozen or so Native Americans who regularly show up to play old-style lacrosse, or “Creator’s game,” as they call it.

For them, it is more than a game. It’s medicine.

The prescription for better health for Native Americans lies in returning to their roots, Houston Brown and Lisa Skjefte believe. The Minneapolis women are among a new generation of Native health advocates working to improve community health by reviving the active lifestyle of their ancestors.

“We had all of this down,” Skjefte said. “We know how to survive.”

Staggering rates of obesity and diabetes among Native Americans have led to shortened life spans. Native adults are twice as likely to be diagnosed with diabetes as is the general population, according to the U.S. Centers for Disease Control and Prevention.

Diets worsened when Native Americans were forced to live on reservations and government commodities replaced the nutrient-rich, natural foods they were used to eating. Physical fitness waned as lacrosse was lost to the Indigenous people who invented it.

"It was something that was very deliberately taken from us," Houston Brown said.

But now, Native Americans are reclaiming the game and playing it as their ancestors did to support good health.

"It brings out people who would not normally come out for sports," said Houston Brown, 30, a leading voice for the revival of lacrosse among Native Americans. "We know each other's kids and each other's families. It builds community, which is the foundation of health in many ways."

Across town, Skjefte led a group of fellow Native women last month on a brisk walk around Lake Calhoun, which is also known by its Dakota name, Bde Maka Ska. Meanwhile, other Native women raced canoes. Skjefte smiled at the sight of the hundreds of participants in the Kwe Strong Triathlon — an event she co-founded six years ago to encourage Native women and girls to be healthy and strong.

"We want to transform fitness in a Native way," Skjefte said.

Two women, one passion

Getting the Native American population to exercise more isn't easy.

"In our communities, we see a lot of our people struggling still," said Skjefte, a citizen of the Red Lake nation Band of Ojibwe.

Going to the gym can feel foreign. But stepping into a canoe and being outside, that's natural, she said.

"By going back to these traditional activities, it seems like [these are] natural pathways. We don't have to convince anyone to get into a canoe. They want to."

The idea for the Kwe Strong Triathlon came to Skjefte while she was on a long run.

"I could just see all the women on the lake. I could see us canoeing together," she said. "I knew that canoeing would be the thing that would make it ours."

Houston Brown's passion for lacrosse began when she was a student at Blake High School. At the time, she didn't know about the game's origins. After graduating from Carleton College, she learned that it was invented by Native Americans, which led her to start playing again.

Her effort to resurrect the traditional game feeds her larger passion for Indigenous health and wellness.

"I keep coming back to that," said Houston Brown, whose mother is of Russian ancestry and whose father is Dakota, Santee Sioux. "If we are not well spiritually, emotionally and physically, we aren't able to participate in other spheres."

She speaks from harrowing personal experience. When she was in college, she was sexually assaulted. Strength training and physical activity played a key role in her physical and mental recovery, she said.

"Over the course of many years, therapy and ceremony, I began to heal," Houston Brown said. "Learning to be present in my body, to appreciate all that I am physically capable of doing and connecting with other women around health is truly what has allowed me to thrive."

She stays in shape by running, playing Creator's game and lifting weights. She leads strength training classes on a weekly basis that are open to Native women and, especially, girls. Making intergenerational connections, she explained, is linked to better health outcomes and is a part of the culture.

Game was a game-changer

Back at Corcoran Park, the oldest player on the field this day was in his early 50s and the youngest was a 9-year-old boy.

"The feeling you get when you move through seven or eight people and score, the rush you feel — it's amazing," said David "Bezh" Butler, 36, a regular at the lacrosse gatherings.

Picking up the sport was a game-changer for his health. He used to spend his free time in his Minneapolis home playing video games. Then he heard about a lacrosse practice and decided to try it.

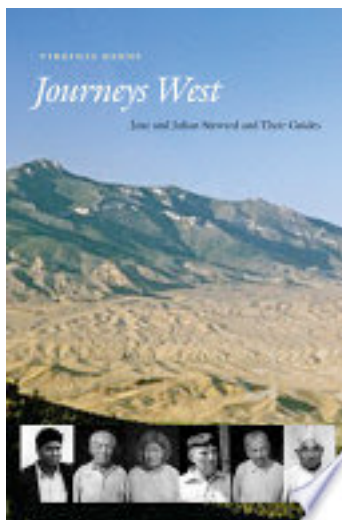
"When I first came, I didn't know anybody," he said. And he couldn't keep up with everyone. "I was running out of air," he said.

But he stuck with it and soon, Butler was playing for four hours at a stretch. During that time, he says, he dropped 40 pounds.

"It really made me think about my health," he said. "It really centered me."

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[https://books.google.com/books?id=9XQNkmnyrEIC&printsec=frontcover&dq=isbn:0803228279&hl=en&sa=X&ved=0ahUKEwiqmb7\\_0YjXAhWoqVQKHTifAGIQ6AEIJjAA#v=onepage&q&f=false](https://books.google.com/books?id=9XQNkmnyrEIC&printsec=frontcover&dq=isbn:0803228279&hl=en&sa=X&ved=0ahUKEwiqmb7_0YjXAhWoqVQKHTifAGIQ6AEIJjAA#v=onepage&q&f=false)

### [Journeys West: Jane and Julian Steward and Their Guides](#)

<https://books.google.com/books?isbn=0803228279>

[Virginia Kerns](#) - 2010 - [Preview](#) - [More editions](#)

Based on meticulous research, this book draws on an impressive array of evidence from interviews and observations to census data, correspondence, and the field journal of the Stewards. Journeys West illuminates not only on the elders who were ..

**Hiking - "I don't like either the word or the thing. People ought to saunter in the mountains - not hike! Do you know the origin of that word 'saunter?' It's a beautiful word. Away back in the Middle Ages people used to go on pilgrimages to the Holy Land, and when people in the villages through which they passed asked where they were going, they would reply, 'A la sainte terre,' 'To the Holy Land.' And so they became known as sainte-terre-ers or saunterers. Now these mountains are our Holy Land, and we ought to saunter through them reverently, not 'hike' through them."**

**- John Muir**

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### [World War I's Native American Code Talkers were amazing men who ...](#)

[https://www.pinterest.co.kr/pin/](https://www.pinterest.co.kr/pin/466192998900492213/)

[466192998900492213/](https://www.pinterest.co.kr/pin/466192998900492213/)

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### ***A-Board historical photograph collection, 1817-1984***

**Title:** ***A-Board historical photograph collection Dates 1817-1984 (inclusive)***

**Quantity** ***20 Drawers, (30 linear feet)*** **Collection Number:*****USU\_ABoard1***

#### **Summary**

The A-Board historical photograph collection consists of around 8800 images mounted onto archival boards. Most of these are either copies made from original images loaned to Special Collections, or copies from historical institutions. Also included are a few original images. The subject matter varies widely although there are numerous images from Logan and Cache Valley, Utah in general, Idaho, and Wyoming. Also included are images of the Union Pacific Railroad, the Southern Pacific Railroad, the Denver and Rio Grande Railroad, the Western cattle industry, wagon freighting, and Mormon historical sites and buildings. These images are located in metal filing cabinets.

**Repository:** **Utah State University, Merrill-Cazier Library, Special Collections and Archives**

Special Collections and Archives, Merrill-Cazier Library, Utah State University

Logan, UT 84322-3000 Telephone: 435-797-2663 Fax: 435-797-2880 [scweb@usu.edu](mailto:scweb@usu.edu)

Access Restrictions: No restrictions on use, except: not available through interlibrary loan.

**Languages:** English

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#### **Content Description**

The A-Board historical photograph collection consists of around 8800 images mounted onto archival boards. Most of these are either copies made from original images loaned to Special Collections, or copies from historical institutions such as the Utah Historical Society and the LDS Church Historical Division. Also included are a few original images. This collection was the first organizational scheme created by USU Special Collections. After the division moved to collection-based processing, single images that did not neatly fit into a collection were still sporadically added. The subject matter varies widely although there are numerous images from northern Utah and southeastern Idaho including Native Americans, Cache Valley, Cache National Forest, agricultural scenes, aerial views, and pioneers. Also included are photographs from Utah, Idaho, Wyoming, and Nevada including Mormon historical sites, Western railroad images (the Central Pacific, Union Pacific, Utah Northern, Denver and Rio Grande, and Oregon Shortline), irrigation and reclamation, and the cattle industry. These images are located in metal filing

cabinets.

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Signed into law in June of 1972, **Title IX of the Education Amendments of 1972** prohibits discrimination on the basis of sex in any federally funded education program or activity. It has had a larger impact on American women's lives today than any other event, except for the 19th Amendment. Title IX forced high schools and colleges to allow girls and women to enroll in the school and in any degree field. It was also applied to sports programs across the country. Explore the history of women's participation in sports and how Title IX helped create equal opportunity.

### **Game Changers: Women and Sports**

Sports are integral to American national identity whether as metaphor, cultural past time, or economic driver. Though Americans take sports seriously, women and men have had very different experiences with sports participation.

This exhibit explores the cultural, economic, social, and political barriers women have overcome to play sports and the challenges remaining today.

### **Women's Sports History: A Heritage of Mixed Messages**

Nineteenth century America idealized white woman's modesty, frowning on sports as a threat to elite females' fertility. Yet there were still few sporting outlets for poor women who had athletic gifts and aspirations. Public athletic performance by women and girls was condemned as immodest, selfish, and attention-seeking, the trinity of bad-girl behaviors.

Explore why in this article by Dr. Bonnie Morris.

### **Video: Background and Fight for Title IX**

Title IX was signed into law by President Richard Nixon on June 23, 1972. Originally, Title IX was meant to ban gender discrimination at any education program or activity that received federal funding. Over time, the interpretation of Title IX broadened to include sports programs.

Watch this short video to hear Dr. Bonnie Morris explain the history of Title IX.

### **Video: The Opportunity in Title IX**

Title IX allowed girls to participate in sports, often for the first time. This opportunity opened doors and allowed girls to learn new life lessons they would never have been exposed to before. Title IX was not about making girls and boys equal athletes but rather about giving them equal opportunity to be athletes.

Watch this video to hear how Title IX allowed two women to participate in athletics and how that participation impacted their lives.

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### **Redefining American Identity: From Cabeza de Vaca to Barack Obama**

<https://books.google.com/books?isbn=0230118666>

[B. Railton](#) - 2011 - History

And in a small but telling moment, *Winnemucca* makes clear that her ... her grandfather witnesses "the captain of the train . . . whipping *negroes* who were driving ...

### **Life Among the Piutes: Their Wrongs and Claims. - UPenn Digital Library**

[digital.library.upenn.edu/women/winnemucca/piutes/piutes.html](http://digital.library.upenn.edu/women/winnemucca/piutes/piutes.html)

SARAH WINNEMUCCA HOPKINS. .... It was two negroes wearing red shirts! ..... that is, the captain of the train was whipping negroes who were driving his team. Highlight the ways in which Winnemucca used her public voice to articulate rape and the sexuality of Indian women as a foundational part of colonialism hidden from view in the media coverage of the Indian wars of the late nineteenth century. \_\_\_\_\_

### **Voicing Oppositional Conformity: Sarah Winnemucca - PDXScholar**

[pdxscholar.library.pdx.edu/cgi/viewcontent.cgi?article=1800&context=open...](http://pdxscholar.library.pdx.edu/cgi/viewcontent.cgi?article=1800&context=open...)

by J Bailey - 2012 - Cited by 1 - Related articles

Jan 1, 2012 - Sarah *Winnemucca* and the Politics of Rape, Colonialism, and ..... called “Indian Problem,” tired, as some were, of the “*Negro* Problem” that had.

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### **The Tonopah & Tidewater Railroad**

Another desert railroad flanked the western boundary of Mojave National Preserve and cut across a part of its northwest corner. That was the Tonopah & Tidewater Railroad, a wholly-owned subsidiary of the Pacific Coast Borax Company, which from 1905 to 1907 built a standard gauge railroad between Lud... [mojavedesert.net](http://mojavedesert.net)

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### **The Connection Between African Americans And History Of Barbeque**

The word barbecue and the open-fire cooking technique came from the Caribbean amongst the Taino people around the late 17th century. The word barbecue itself means “sacred fire pit.” The unique way to cook meat spread into Spanish, French and American cultures when slaves were brought from the Caribbean.

In the Southern United States, barbecue initially revolved around the cooking of pork. Prior to the American Civil War, Southerners consumed five pounds of pork for every one pound of beef they consumed. Plantation owners regularly held large and festive barbecues, including “pig pickin’s” for slaves. Because of the poverty level in the South during that time, every part of the pig was eaten immediately or saved for later. During the Great Migration, many of the southern slaves moved to northern cities, taking their cooking techniques like barbecue along, which quickly spread across the country.

The true origin of barbecue has been debated in several cultures. Some believe it was born through a tribe in Guyana, while others believe it was a Haitian practice. In western culture, it was said that the word barbecue was a combination of words from an advertisement for a bar, beer, and pool available at a local establishment; hence the word bar-beer-cue.

As the popularity of the barbecue technique spread, the distinction between regional cooking became more about what parts of the pig and cow are barbecued, how it’s present and most important, the flavors of the sauce and how and when the sauce is applied. The main regions identified in the U.S. that determine unique flavors have been broken down into several styles: Memphis, Tennessee, North Carolina, Kansas City and Texas.

July is National Grilling (or Barbecue) Month and National Hot Dog Month, mainly due to the popularity of summer cookouts and consumption during the 4th of July holiday.

Original Article Found At Little Known Black History Fact: The History of Barbeque | Black America Web.

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### **[Tearing Down Monuments of Oppression Is the First Step to Decolonization](#)**

**Ashoka Jegroo, Truthout:** The campaign to take down symbols of racism and colonization has only grown and intensified since right-wingers, emboldened by Trump, started to push back. With so much of the US's landscape built in the name of slave owners, conquistadors and génocidaires, white supremacists correctly see the removal of racist symbols as a slippery slope, as decolonizers attempt to remake the here and now. [Read the Article](#)

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### **[2016 Water Leaders on Lower Colorado River Tour](#)[Listening to Lester Snow, former Natural Resources Secretary, discuss water sustainability efforts during class orientation](#)**

#### **[Water Leaders Apply by Dec. 5 for 2018 Class](#)**

The **William R. Gianelli Water Leaders Class** is a one-year program that identifies up-and-coming community leaders from diverse backgrounds, including members of minority and ethnic communities, and educates them about water issues.

The program enhances individual leadership skills and prepares participants to take an active, cooperative approach to decision-making about water resource issues. Leading stakeholders and top policymakers serve as mentors to class members.

Applications for the 2018 class are due Dec. 5, 2017. Download application on the upper right-hand corner of this page.

The program began in 1997 and we are particularly proud that several of our “Water Leaders” have gone on to achieve top positions at the state Legislature, government agencies, nonprofit organizations and leading private companies involved in water.

[Bill Gianelli](#) **William R. “Bill” Gianelli** served as Assistant Secretary for the Army in charge of the Corps of Engineers from 1981 to 1984 and Director of the California Department of Water Resources (DWR) from 1967 to 1973 during major construction on the State Water Project. He began his career with DWR in 1946 and continues as a Consulting Civil Engineer. He is past president of the Water Education Foundation. He resides in Monterey, California.

#### **Criteria for Acceptance**

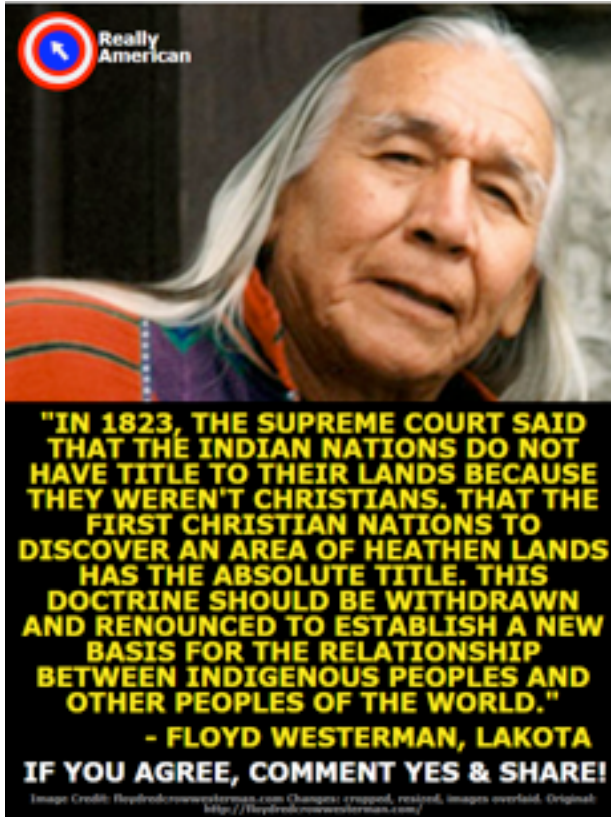
- Commitment to understanding water issues;
- Commitment to the community through volunteer activities;
- Interest in seeking leadership roles on public boards and commissions, and/or
- Potential or existing opportunities for advancement to key leadership roles within their own organizations

#### **Participant Requirements**



Designed as a program for working professionals in early- to mid-career, participation involves a **time commitment** from both the class member and the employer. Class members are required to:

- Attend a special one-day class orientation in January;
- Attend two Foundation water tours (tours are two or three days);
- Attend the Foundation's one-day Executive Briefing in March and participate in the Water Leaders auction;
- Spend a day "shadowing" a major water leader (from government, urban, agriculture, environmental organization, private businesses, or public interest group);
- Interview the water leader about an issue selected for the class;
- Attend special work-group meetings to develop a class PowerPoint presentation and written report about the assigned water topic;
- Attend the Foundation's Winter Board of Directors' meeting to make a presentation.



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Tuition is \$3,950 for the year-long program, which helps to cover attendance at Foundation events. Each year, some scholarship funding is available, including the William R. "Bill" Gianelli fund. To contribute to Water Leaders Class, contact [Beth Stern](#).

Contact [Kasey Chong](#) for any questions about the Water Leaders Program or

scholarships opportunities.

- [2018 Water Leaders Application \(Download and Complete\)](#)
- [2018 Water Leaders Class in a Nutshell](#)

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Washington, DC) – An internal U.S. Department of Interior document reveals that **two areas within Nevada are under consideration for national monument designations**. The Antiquities Act of 1906 allows any U.S. President to bypass Congress to establish new or expand existing National Monuments. U.S. Congressman Dean Heller (R-NV) made the following statement on the Administration's proposal.

*"Any federal action that could lead to limited access should be done in an open and public manner using extraordinary caution. Stakeholders, residents, and local officials should have ample opportunity to provide their input and opinions on the proposal—as well as to evaluate*

*what the impact on local economies would be in the wake of a designation. The fact that this Administration is already circulating internal memos to bypass Congress and the public process is troubling. There should never be a rush to develop proposals that will have long lasting impacts on the local communities and county residents. The Administration should work closely with members of Congress in an open and transparent process before deciding to designate any national monuments," said Heller.*

According to the Department of the Interior memo, the below areas are under consideration to be designated as National Monuments:

### **Heart of the Great Basin, NV**

The Heart of the Great Basin contains Nevada's wild heart - a globally unique assemblage of cultural, wildlife, and historical values. Here, the Toiyabe, Toquima, and Monitor peaks tower to 12,000 feet. Thousands of petroglyphs and stone artifacts provide insight to the area's inhabitants from as long as 12,000 years ago. The region contains varied ecosystems including alpine tundra, rushing creeks, aspen groves, and high desert sage grouse habitat. The area is also a center of climate change scientific research, (e.g., Great Basin Pika is a keystone species for climate research), and one of North America's least appreciated wildland mosaics.

### **Owyhee Desert, OR/NV**

Last year, Congress protected a significant portion of the Owyhee Canyonlands region in Idaho. However, a significant portion of the Owyhee region in Oregon and Nevada remains unprotected. The Owyhee Desert is one of the most remote areas in the continental United States, characterized by juniper covered deserts, natural arches, mountains and ancient lava flows. The many branching forks of the Owyhee River form deep, sheer-walled canyons between desert wilderness and entire river runners from around the Nation. The Owyhees are home to the world's largest herd of California bighorn sheep, elk, deer, cougar, Redband trout, sage-grouse and raptors

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### **[Senate Votes to Raise Revenue by Drilling in the Arctic National Wildlife Refuge](#)**

*Juliet Eilperin, The Washington Post*

Eilperin writes: "The Senate rejected an amendment Thursday that sought to block a key panel from raising revenue through drilling in Alaska's Arctic National Wildlife Refuge, a move that could make it easier for future oil and gas drilling to take place there." [READ MORE](#)

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### **[An Historic Overview of the BLM Shoshone-Eureka Resource ... - EPA](#)**

<https://quicksilver.epa.gov/work/09/1141046.pdf>

The Shoshone-Eureka Resource Area lies within the Great Basin physiographic region. Situated .... near the present site of *Eureka, Nevada*, across Pinto Summit. Captain ..... English, French, Scotch, Irish, Slavonians, and *Negroes* passed .

By about 3,000 BC, Peruvians had invented most weaving techniques known today. We have them to thank for all our favorite textiles! [#notsoforeign](#)

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**Help Our Athletes!!!** We are looking forward to assisting our student athletes with scholarships this year rewarding them for their hard work on the field and their hard work in the classroom.

***WE ARE LOOKING FOR...***

- Athletes with outstanding ability on the field
- Student-Athletes that have a 3.0 weighted or unweighted GPA

If you fall under these qualifications you can submit your name, transcript, and a brief letter stating why you should be our student athlete of the year to [info@bbpreps.com](mailto:info@bbpreps.com). Thank you for all you do for Northern Nevada Athletics and wish you the best of luck!

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- [\*\*H. Clyde Mathews, Jr.: Oral Autobiography of a Modern-Day Baptist Minister: Life in California, Missionary to the Reno-Sparks Indian Colony, Office of Economic Opportunity, Nevada Politics and Civic Affairs\*\*](#)
- Baptists -- Nevada -- Clergy -- Biography; Indians of North America -- Nevada -- Reno; Reno (Nev.) -- Biography
- H. Clyde Mathews, Jr., was born in California in 1924. He received his education in public schools in California, San Jose State College, and the Berkeley Baptist Divinity School. Mr. Mathews's work and professional experiences range from a job as...
- [\*\*Oral History Archive\*\*](#)

**More  
Eastern  
Sierras**

**by**

**Joel  
Kuechle**

