

Journal #4157 from sdc 5.16.18

Summary of American Society for Legal History 44th Annual Meeting Program

The Brain's Way of Healing

Steven Paul Judd Documentary Chosen as a VIMEO Staff Pick

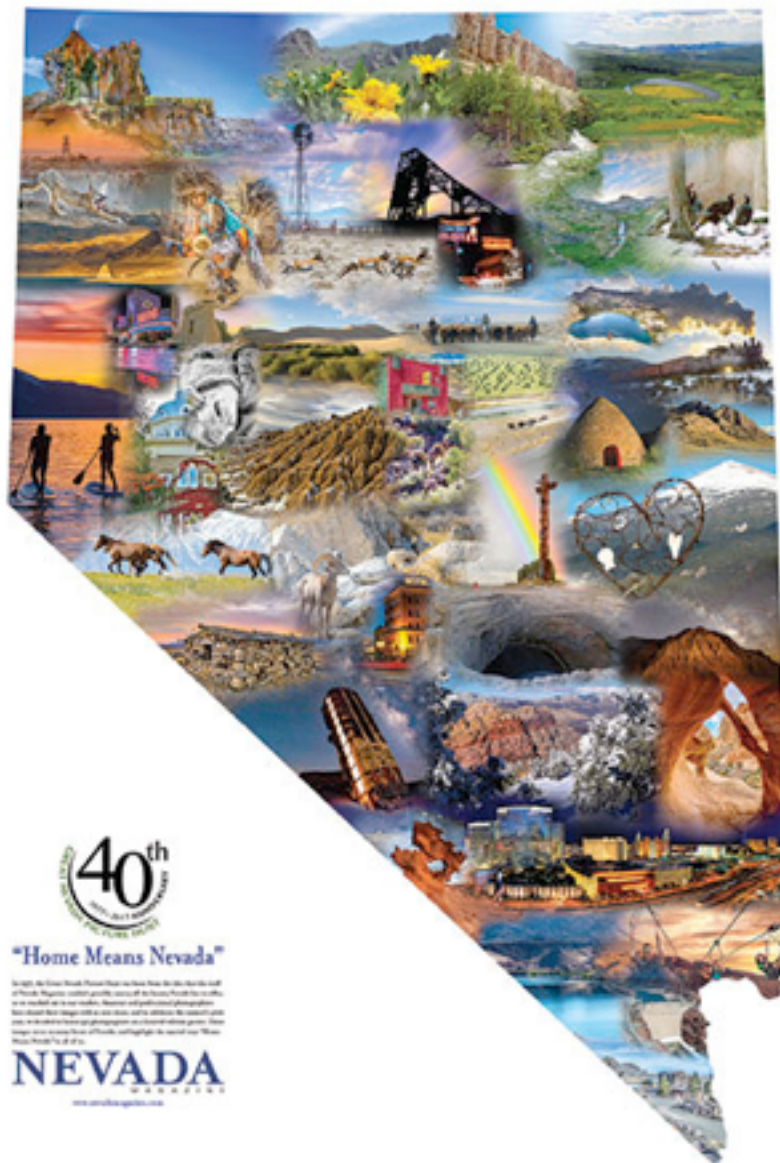
Federal Water Tap

Voting - Are you registered?

E'sha shared his video

The U.S. forced Bikini Islanders to deal with nuclear tests and climate change

Pyramid Lake War Memorial Activities



Summary of American Society for Legal History 44th Annual Meeting Program Oct 2017

Lance Sorenson, University of Nevada, Las Vegas (lancesorenson1@gmail.com)

The Death of Tri-Partite Sovereignty: The Prosecution of Native American Witch-Killers

Jeffrey Sklansky, History, University of Illinois at Chicago (sklanskj@uic.edu)

A Genealogy of the "Indian Gift" in Colonial New England

Law in Native North America (UNLV Boyd 203)

Chair & Commentator: Katherine Hermes, Central Connecticut State University

(hermesk@ccsu.edu)

Elizabeth Rule, Brown University (elizabeth_rule@brown.edu)

Mohawk Membership Law Under Settler Colonial Conditions

Kerri Malloy, Humboldt State University (Kerri.Malloy@humboldt.edu)

Dividing and Affixing Identity: Public Law 100-580 The Hoopa-Yurok Settlement Act

Jessica Arnett, University of Minnesota (arne0207@umn.edu)

Sui Generis: **William Paul Sr. and the Limits of Settler Imperial Law**

Alexandra Maravel, Central Connecticut State University (maravela@ccsu.edu)

The Americanization of Scipio Two Shoes

[I'm Dreaming About a Modern World That Doesn't Erase Its Indigenous Intelligence](#)

Matika Wilbur, YES! Magazine: For some, it was only four generations ago that more than 90 percent of their Indigenous relatives experienced an almost apocalyptic genocide. Native America still vividly feels the grief from that loss, particularly because colonial disruption is still here, and its violence permeates every aspect of American culture and politics.[Read the Article](#)

Think of the drums as you read this article. sdc

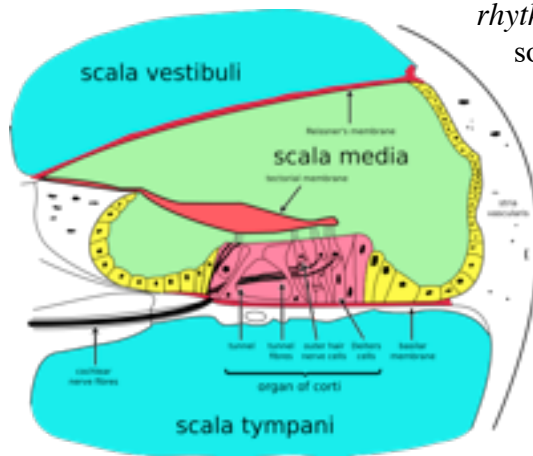
Today's selection -- from *The Brain's Way of Healing* by Norman Doidge, M.D.

There is a special connection between music and the brain, one that bypasses the neocortex and impacts the brain in fundamental and potentially therapeutic ways:

"Brain scan studies show that when the brain is stimulated by music, its neurons begin to fire in perfect synchrony with it, 'entraining' (the practice of modifying one's brainwaves to a desired frequency) with the music it hears. This happens because the brain evolved to reach out into the world, and the ear works as a transducer. Transducers transform energy from one form into another. For instance, a loudspeaker transforms electrical energy into sound. The cochlea inside our ear transforms patterns of sound energy from the external world into patterns of electrical energy that the brain can use internally. Even though the form of the energy changes, the information carried by the wave patterns is often preserved.

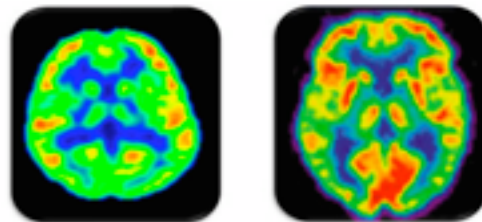
Cross section of the cochlea (click to enlarge)

"Since



neurons fire in unison to music, *music is a way to change the rhythms of the brain*. An expert in the neuroplasticity of sound, Dr. Nina Kraus of Northwestern University, and her lab colleagues recorded the sound waves given off by a Mozart serenade. They also placed an electrical sensor on a person's scalp to record his brain's waves as he listened to the Mozart. (Brain waves are the electrical waves produced by millions of neurons working together in time.) Then they played back the patterns of the brain waves firing. Amazingly, they found that the sound waves from the Mozart piece and the brain waves that they triggered looked the same. They even found that the brain waves in the brain stem sounded the same as the music that triggered them!

"Neurons can be entrained by a variety of nonelectrical stimuli, including light and sound; these effects can be demonstrated using an EEG. Many kinds of sensory stimulation can radically alter the frequency of brain waves. For example, in a hyperexcitable brain, as in some cases of photosensitive epilepsy, strobe lights (flashing at about ten times a second) can cause large numbers of neurons to fire synchronously; a victim may have a seizure, lose consciousness, and start writhing out of control. Music can cause seizures as well.



On the left, the brain at rest.

On the right, the brain while listening to music.

"Entrainment is so graphic that when people are hooked up to EEGs and asked to listen to a waltz rhythm of 2.4 beats a second, their brain waves' dominant frequency spikes at 2.4 beats per second. No wonder people move to the beat of a song -- much of the brain, including the motor cortex, is entrained to that beat. But entrainment also happens between people. When musicians jam, their dominant brain waves begin to entrain with one another. In 2009 the psychologist Ulman Lindenberger and his colleagues hooked nine pairs of guitarists up to EEGs, while they played jazz together. The brain waves of each pair began to entrain together, to synchronize their dominant neuronal firing rates. No doubt this is part of what musicians' 'getting into a groove' is all about. But the study also showed that entrainment didn't occur only between the musicians.

"Different regions of individual musicians' brains synchronized as well, so that overall, many more areas of the brain showed the dominant frequency. Not only were the musicians playing together in an ensemble; the coordinated ensembles of the neurons within each player's brain were playing together with the ensembles of neurons in their fellow musicians' brains.

"Because so many brain disorders are caused when the brain loses its rhythm and fires in an offbeat or 'dysrhythmic' way, music therapy is especially promising for these conditions. The rhythms of music medicine can provide a noninvasive way to get the brain back 'on beat.' Kraus and others have shown that the subcortical brain areas, which were once thought to lack plasticity, are in fact quite neuroplastic.

"Different rhythms of neuronal activity correspond to different mental states. When a person is sleeping, for instance, the dominant rhythm- that is, the brain waves with the highest amplitude -- on an EEG are those that are firing 1 to 3 brain waves per second (or 1 to 3 Hz). When a person is awake and in a calm, focused state, the brain wave frequency is faster, about 12 to 15 Hz; as she concentrates on a problem, the 15 to 18 Hz waves are dominant; and when she is worrying about a problem and anxious, the waves increase to 20 Hz. Normally our brain rhythms are set by a combination of factors: external stimulation, our level of arousal, and our conscious intentions (say, to focus on a problem, or to go to sleep). Within the brain are multiple 'pacemakers' that, like a conductor, generate the timing of these rhythms. But with neuroplastic training, we can develop some control over our brain rhythms. Neurofeedback ... trains a person whose brain rhythms are off to control them. So it is excellent for people with attention or sleep problems, or a noisy brain in general."

The Brain's Way of Healing: Remarkable Discoveries and Recoveries from the Frontiers of Neuroplasticity

Author: Norman Doidge

Publisher: Penguin Random House LLC

Copyright 2015, 2016 Norman Doidge Pages: 344-347, 350

Brain Bender: A murderer is condemned to death. He has a choice between three rooms:
The **FIRST** room is full of raging fire.

The **SECOND** room is full of assassins with loaded firearms.

The **THIRD** room is full of lions that haven't eaten in years.

Which is the **SAFEST** room?

Today: [Nevada Site Specific Advisory Board - Nevada National Security Site](https://www.nnss.gov/NSSAB/pages/MM_FY18.html)
https://www.nnss.gov/NSSAB/pages/MM_FY18.html

NSSAB Meetings [FY18] Join us at an NSSAB meeting! All NSSAB Full Board meetings are open to the public. Disclaimer: If you cannot access a PDF using ...

Steven Paul Judd Documentary Chosen as a VIMEO Staff Pick!

So awesome to see our Native folks get some mainstream love!

Native filmmaker Kyle Bell's short documentary on Steven Paul Judd was recently chosen as a Vimeo Staff Pick! The short documentary Dig It If You Can was previously only shown on the film festival circuit, but is now available for all of us to watch online!

In this short film, we are able to get close and personal with Steven Paul Judd, seeing how Judd indigenizes pop culture to allow Native youth to see themselves in all aspects of life, while at the same time making his own dreams a reality through his passion and zest for life.

[Dig It If You Can](#) [READ MORE](#)



T-shirts available from PowWows.com

Federal Water Tap, May 14: Colorado River Forecast Shows Greater Risk of Shortages Rundown

Drying of the **American Southwest** continues, while **Great Lakes water levels** are above normal. Senators introduce a bipartisan **water infrastructure bill**. The EPA cancels a proposed **groundwater pollution rule** and decides not to revise **water quality standards for swimming**. Federal health researchers outline the first phase of a **perfluorinated chemicals health study** on military bases, while Michigan senators want answers from the **Defense Department** about those same chemicals. The U.S. Forest Service's review of a **proposed mining ban** on more than 234,000 acres in Minnesota is expected by the end of the year. NOAA researchers roll out a **new**

drought monitoring tool. And lastly, the first **Lake Erie harmful algal bloom forecast** of the summer presents a range of outcomes.

“We need action and we need it now. We can’t afford to wait for a crisis before we implement drought contingency plans. We all — states, tribes, water districts, non-governmental organizations — have an obligation and responsibility to work together to meet the needs of over 40 million people who depend on reliable water and power from the Colorado River. I’m calling on the Colorado River basin states to put real — and effective — drought contingency plans in place before the end of this year.” — Brenda Burman, Bureau of Reclamation commissioner, in a statement that urged states to agree on how to use less water.

52 percent: Chance that the water elevation in Lake Mead drops below 1075 feet in 2020. That is the level at which a first-ever shortage declaration would require automatic cuts in water deliveries to Arizona, Nevada, and Mexico. States in the lower basin of the Colorado River have been voluntarily conserving in recent years in order to avoid mandatory cutbacks. The odds of shortage are above 64 percent in the years 2021 through 2023. ([Bureau of Reclamation](#))

EPA Cancels Groundwater and Pesticide Rule

True to the Trump administration’s goal of cutting regulations, the U.S. Environmental Protection Agency announced it [will not finalize a rule](#) to restrict the sale and use of five pesticides that are linked to cancer. The most well-known of the five is atrazine, the use of which has [declined slightly](#) in the last decade.

The agency says it is withdrawing the rule because upon further investigation, in 2006, it determined that use of the chemicals would have “no unreasonable adverse effect on the environment.” Atrazine is [found frequently](#) in shallow wells in the farm regions of the Great Plains and Midwest.

The rule had been in limbo for a while. It was first proposed in 1999 and it was delayed during the Bush administration for further assessment.

Michigan Senators Question Defense Department’s Chemical Cleanup Stance

Michigan’s senators asked the secretary of defense [in a letter](#) to abide by the state’s pollution standards when cleaning up perfluorinated chemicals that have tainted waters around more than a half dozen military sites in the state.

Michigan officials and the Air Force have been feuding for more than six months over the state’s water quality standards, which are more stringent than federal rules. The senators object to the Defense Department not complying with state law.

“We would have great concern if the Department or any of the individual branches were considering this action,” wrote Debbie Stabenow and Gary Peters, both Democrats.

In context: [Fear and Fury in Michigan Town Where Air Force Contaminated Water](#)

America’s Water Bill

A bipartisan group of senators introduced a [wide-ranging bill](#) on water infrastructure funding, permitting, and technical support.

The primary purpose of the legislation is to reauthorize Army Corps of Engineers projects, something that is supposed to happen every two years. But the 202-page bill contains much more: speeding reservoir permitting for communities whose water is contaminated by Defense Department activities, reauthorizing the WIFIA lending program, Great Lakes restoration funding, and other provisions.

Laughable Proposal to Nix Ballast Water Reporting Requirement

The Coast Guard [wants to eliminate](#) an annual ballast water management report for ships that travel short distances, arguing that this report, set to expire next year, is an “unnecessary burden” that does not aid understanding of how ships manage the water they use to balance their loads.

The reporting requirement is small potatoes, applying to only 166 ships. And apparently the paperwork is a breeze. The Coast Guard estimates that the total time saved by eliminating the rule is 21 minutes and 15 seconds per vessel. The assessment of burden, therefore, is laughable. Total cost savings per vessel: \$20.85.

The reporting requirement was established in 2015 and expires after this year. The Coast Guard proposal would eliminate the final year of reporting. The reports include on the vessel, the number of ballast tanks, total ballast water capacity, and a record of ballast water loading and discharges.

The proposed rule change was developed in response to President Trump’s 2017 order to trim federal regulations.

Perfluorinated Chemicals Health Study

A federal health agency will test its research methods at a New Hampshire Air Force base for an upcoming national study of human exposure to perfluorinated chemicals, which were used by the military in fire-suppressing foams.

The “test drive” at Pease Air Force Base will allow the Agency for Toxic Substances and Disease Registry to “test and validate the approach, collection methods, questionnaires, tools, procedures, and analyses and refine accordingly,” the agency told Circle of Blue.

Congress included \$10 million in the 2018 spending bill for an exposure assessment followed by a health study. The other military bases in the study have not yet been selected, ATSDR said. At least eight will be chosen.

In context: [Perfluorinated Chemicals Health Study Included in Congress Budget Deal](#)

Recreational Water Quality

The EPA [decided not to revise](#) standards set in 2012 for water quality at beaches and other swimming spots. The standards guide the posting of swimming advisories and influence permitting under the Clean Water Act.

The report to Congress lists areas needed for further research on monitoring and assessing disease risks from bacteria, viruses, and other pathogens present at beaches.

In the report, the EPA noted that it will publish new recreational water quality guidelines by the end of 2018 for two cyanotoxins, which are produced by a bacteria commonly known as blue-green algae.

Lake Erie Algae Outlook

The [first forecast](#) of the summer for Lake Erie algae shows a wide range of possibilities, but the outcomes skew toward a moderate to severe bloom. Variables that influence the bloom: spring rainfall, farm fertilizer use, temperature, and wind.

Great Lakes Water Level Forecast

Water levels at four of the Great Lakes are expected to be above their 100-year averages in 2018, according to [U.S. Army Corps of Engineers forecasts](#).

Though Lake Ontario recently set a water level record – the lake in February reached its highest mark for that month ever – the lake is expected to fall to average by late summer.

Drought Indicator Measures ‘Thirst’ of the Air

NOAA researchers have rolled out a new [drought monitoring tool](#), one that tests the moisture-sapping potential of the air and operates as an [early warning system](#) for dry conditions.

Called the Evaporative Demand Drought Index, the output is updated daily, with a five-day lag for data processing. Maps can be produced showing the air’s thirst from one week to 12 months.

Currently, EDDI shows severe evaporative demand in the Four Corners states and saturation in the northern Plains and Northeast.

Withdrawing National Forest Land in Minnesota from Mining

The U.S. Forest Service [announced](#) that instead of an extensive environmental impact statement, it will do a less rigorous environment assessment of a proposal to ban mining on more than 234,000 acres of public land in northern Minnesota. The decision was because few impacts are expected if the land is not chewed up.

Bordering the Boundary Waters Canoe Area Wilderness, the Forest Service-managed land was proposed for withdrawal in the last days of the Obama administration. After completion of the environmental assessment, expected by the end of 2018, the Interior secretary will decide whether to go through with the proposal.

EPA Budget Hearing

On May 16, the Senate Appropriations Committee discusses the EPA’s fiscal year 2019 budget.

Water Infrastructure Bill Hearing

On May 17, the Senate Committee on Environment and Public Works [discusses America’s Water Infrastructure Act](#), mentioned above, that authorizes water projects for the Army Corps of Engineers.

Early voting in Nevada begins May 26 and runs through June 8. The primary election is June 12.■ The voter registration deadlines for this year’s primary election are quickly approaching. People can register at their local county clerk’s or registrar of voters’ offices until May 22. Registering online at [RegisterToVoteNV.gov](#) is open until May 24.

The **THIRD** room, the poor lions died of starvation long ago. (Thanks, Buckaroo News)

BREAKING NEWS

Just a moment ago, Indigenous and frontline leaders from across the US, Canada and Ecuador, kicked off rally and protest outside of JPMorgan Chase's annual shareholder meeting in Plano, Texas.

For the last year, we've been demanding that Chase end its funding of the climate crisis. We've joined our friends in Texas to show Chase's executive team and shareholders that we will not stop until they defund extreme fossil fuels and respect Indigenous rights.

We now need you at home to help get the word out about the work our friends are doing in the street.

Chase is the top Wall Street funder of tar sands, coal and other extreme fossil fuels, providing nearly \$12 billion for the worst fossil fuels in 2017 alone. By funding fossil fuels, banks like Chase are fueling the climate crisis. And the climate crisis is fueling out of control wildfires across the world, rising sea levels, and massive loss of animal habitats. To make matters worse, companies extracting fossil fuels are breaking treaty rights with Indigenous communities and making frontline communities sicker and sicker.

The protest isn't just happening in Texas - it's also happening online. While activists are at Chase's doorstep, we're joining a growing chorus of people across the world demanding Chase change its funding practices. Join us today as we swarm Chase's Facebook page to demand it divests from fossil fuels.

Joining the social media storm is easy. We've included sample text: *Just last year, Chase financed dirty and destructive fossil fuels to the tune of almost \$12 billion. I'm joining frontline and Indigenous activists at your shareholder meeting demanding Chase finally stop funding the climate crisis. #DefundTarSands #DefundClimateChange #WaterIsLife #ShutDownChase*

Once you've copied the text click here to post on Chase's facebook page. <https://www.facebook.com/chase/>

We know that public pressure works. Over the last 30 years, Rainforest Action Network has pushed corporations to shift their policies on palm oil, deforestation and coal. Sending a message loud and clear on Chase's social media will show Chase's leadership it's not just the people outside the meeting calling for change, but that activists across the world are demanding the bank drop tar sands, coal and other extreme fossil fuels.

Ruth Breech, Senior Campaigner, Climate & Energy Team, Rainforest Action Network
425 Bush St, Suite 300, San Francisco, CA 94108, United States

Please post!

Reminder, Meeting tomorrow (Wednesday) at 3:00, Tribal Council Chambers Meeting Room.

Getting excited for Friday. If you're able to help with food donations, it would be greatly appreciated. Numuwae (Indian way), we feed or visitor's (and ourselves). ☺

It will be an awesome time of celebration and visiting with our friends, family, and relatives.

Heidi Barlese, Pyramid Lake Paiute Tribe, Cultural Program Coordinator hbarlese@plpt.nsn.us
208 Capital Hill, P.O. Box 256, Nixon NV 89424 Phone: 775-574-2403 FX 574-1008

Pyramid Lake War Memorial

** Potluck Lunch **

Traditional Foods & Side Dishes Requested

May 18th @ Noon Nixon Gymnasium

If your last name begins with the letter, please donate what you can.

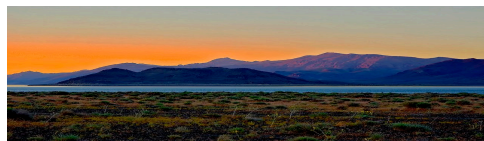
A-F SALADS, G-L SIDE DISHES,

M-R DESSERTS, S-Z DRINKS



Traditional Foods & Side Dish donations appreciated!

If you feel like Baking, Cakes or Pies for the CAKE WALK



Event sponsored by the Pyramid Lake Paiute Tribe, PL Veterans & Warriors Organization,
PL Tribal Police Department; PL Tribal Health Clinic; PL Victim Services and Community Volunteers

Pyramid Lake WAR MEMORIAL Events

Date: Friday—May 18, 2018

Time: 6:30 am—Prayer & PL War History (Chicken Ranch Road; Dead Ox)
6:30– 7:30 am—On site Registration (Chicken Ranch Road, Dead Ox)
7:30 am— Start of Eagle Staff Walk/Run

9:00 am—3:00 pm

Craft Workshop, Pyramid Lake War Oral History, Paiute BINGO
Screen Printing/Painting, Learn how to play 5 Cards
Wokokotatsange Game, Make a Fire Using a Flint
2017 PL War Memorial Digital Story, Cake Walk, Pine Needle
Basket Weaving

1:00—2:30 pm Archery Fun Shoot – @MUSEUM with Mike O'Daye

**** Events held at the Nixon Gym, unless otherwise noted ****

