

## ***Journal #4349      from sdc      2.8.19***

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***Scholarships, scholarships, scholarships      Deadline March 1-15***



[Goldfield Historic District.](#)

[https://www.hcn.org/articles/tribal-affairs-harvey-weinstein-and-a-broken-promise-in-indian-country?utm\\_source=wc1&utm\\_medium=email](https://www.hcn.org/articles/tribal-affairs-harvey-weinstein-and-a-broken-promise-in-indian-country?utm_source=wc1&utm_medium=email)

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The **NATIVE HEALTH's Community Garden at Agave Farms** is a community garden. The **NATIVE HEALTH Traditional Garden at Pierson** is focusing on traditional plants and methods. This is a great opportunity to learn about indigenous, drought tolerant plants and harvesting.



**February 9** - Community workday at the Traditional Garden from 8:00-10:00 a.m. We will be preparing our Traditional field and planting corn as well as harvesting chard, kale, peas, and radishes.

**February 23** - Community Workday at the Community Garden Agave Farms. 9:00-11:00 a.m. There will be a blessing by Alton Lizer

and we will learn about traditional uses of Navajo corn. We will then prepare the land and plant corn, beans, squash, and sunflowers. Bring a bag to harvest remaining leafy greens.

Interested in gardening? Community Garden spaces are available! **NATIVE HEALTH's Community Garden** at Agave Farms is located at 4300 North Central Avenue (near Central/Indian School) and is open everyday from 9:00 a.m.-2:00 p.m. Water, tools, compost, seeds, and

seedlings are provided by **NATIVE HEALTH**. Gardeners are responsible for planting, harvesting, and maintaining their area and keep the area clear from weeds and help with the communal areas of corn and squash. It requires at

least two to four visits per month but you are welcome more often to enjoy the garden. Full 75 foot rows available for large families and smaller 20 and 40 foot areas are also available. We have a community workday and workshop every fourth Saturday of the month where gardeners

meet and learn from one another, share produce, and there are occasional cooking demonstrations.

Spring planting begins in mid-February. For more information contact [Melissa](#).

One of our awesome community gardeners said, "Finding people with the same interests is finding a family at NATIVE HEALTH's Community Garden. The benefits of growing food with a family towards a sustainable future is brilliant, and promotes efficacy." It's a great time to get involved!

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### **Today's selection -- from *The Body Keeps The Score* by Bessel van der Kolk, M.D.**

Between 1995 and 1997, the CDC and Kaiser Permanente, with Robert Anda, M.D., and Vincent Felitti, M.D., as co-principal investigators, conducted the Adverse Childhood Experiences study or ACE. More than 50,000 patients responded to an evaluation on childhood trauma and were scored from 0-10. The results linked childhood trauma with health and social problems across an adult's life. The ACE study brought to light one of the gravest health crises of our time – child abuse:

"In 1985 Felitti was chief of Kaiser Permanente's Department of Preventive Medicine in San Diego, which at the time was the largest medical screening program in the world. He was also running an obesity clinic. ... One day a twenty-eight-year-old nurse's aide showed up in his office. Felitti accepted her claim that obesity was her principal problem and enrolled her in the program. Over the next fifty-one weeks her weight dropped from 408 pounds to 132 pounds.

"However, when Felitti next saw her a few months later, she had regained more weight than he thought was biologically possible in such a short time. ... It turned out that her newly svelte body had attracted a male coworker, who started to flirt with her and then suggested sex. She went home and began to eat. She stuffed herself during the day and ate while sleepwalking at night. When Felitti probed this extreme reaction, she revealed a lengthy incest history with her grandfather. ...

"[A]n epidemiologist from the Centers for Disease Control and Prevention (CDC) encouraged Felitti to start a much larger study. ... The result was the monumental investigation of Adverse Childhood Experiences (now known as the ACE study). ...

"Felitti and Anda spent more than a year developing ten new questions covering carefully defined categories of adverse childhood experiences, including physical and sexual abuse, physical and emotional neglect, and family dysfunction, such as having had parents who were divorced, mentally ill, addicted, or in prison. ...

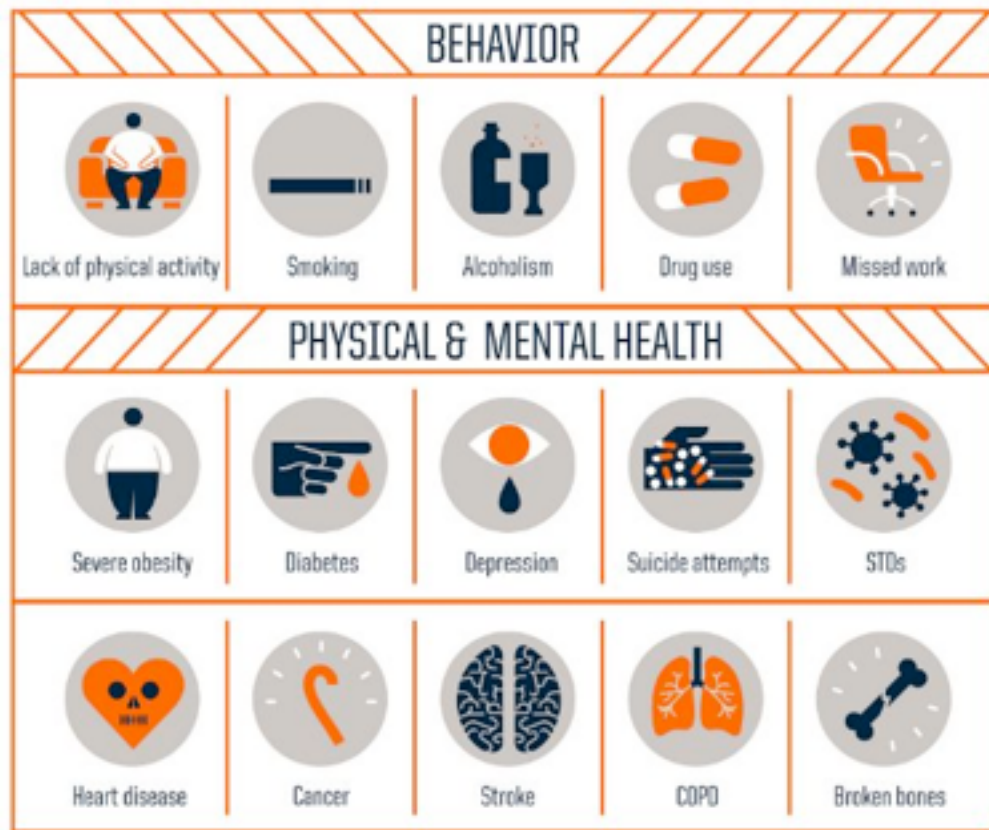
"The ACE study revealed that traumatic life experiences during childhood and adolescence are far more common than expected. The study respondents were mostly white, middle class, middle aged, well educated, and financially secure enough to have good medical insurance, and yet only one-third of the respondents reported no adverse childhood experiences. ...

"Each yes answer was scored as one point, leading to a possible ACE score ranging from zero to ten. ... Of the two-thirds of respondents who reported an adverse experience, 87 percent scored two or more. One in six of all respondents had an ACE score of four or higher.

"In short, Felitti and his team had found that adverse experiences are interrelated, even though they're usually studied separately. ... Incidents of abuse are never stand-alone events. And for each additional adverse experience reported, the toll in later damage increases. ...



"When it came to personal suffering, the results were devastating. As the ACE score rises, chronic depression in adulthood also rises dramatically. For those with an ACE score of four or more, its prevalence is 66 percent in women and 35 percent in men, compared with an overall rate of 12 percent in those with an ACE score of zero. The likelihood of being on antidepressant medication or prescription painkillers also rose proportionally. ... (Ironically, research has shown that depressed patients without prior histories of abuse or neglect tend to respond much better to antidepressants than patients with those backgrounds.)



"As part of their initial medical evaluation, study participants were asked, 'Have you ever considered yourself to be an alcoholic?' People with an ACE score of four were seven times more likely to be alcoholic than adults with a score of zero. Injection drug use increased exponentially: For those with an ACE score of six or more, the likelihood of IV drug use was 4,600 percent greater than in those with a score of zero.

"Women in the study were asked about rape during adulthood. At an ACE score of zero, the prevalence of rape was 5 percent; at a score of four or more it was 33 percent. ... [N]umerous studies have shown that girls who witness domestic violence while growing up are at much higher risk of ending up in violent relationships themselves, while for boys who witness domestic violence, the risk that they will abuse their own partners rises sevenfold. More than 12 percent of study participants had seen their mothers being battered.

"The list of high-risk behaviors predicted by the ACE score included smoking, obesity, unintended pregnancies, multiple sexual partners, and sexually transmitted diseases. Finally, the toll of major health problems was striking: Those with an ACE score of six or above had a 15 percent or greater chance than those with an ACE score of zero of currently suffering from any of the ten leading causes of death in the United States, including chronic obstructive pulmonary disease (COPD), ischemic heart disease, and liver disease. They were twice as likely to suffer from cancer and four times as likely to have emphysema. The ongoing stress on the body keeps taking its toll.

"Twelve years after he originally treated her, Felitti again saw the woman whose dramatic weight loss and gain had started him on his quest. She told him that she'd subsequently had

bariatric surgery but that after she'd lost ninety-six pounds she'd become suicidal. It had taken five psychiatric hospitalizations and three courses of electroshock to control her suicidality. Felitti points out that obesity, which is considered a major public health problem, may in fact be a personal solution for many. Consider the implications: If you mistake someone's solution for a problem to be eliminated, not only are they likely to fail treatment, as often happens in addiction programs, but other problems may emerge. ...

"The ACE study group concluded: 'Although widely understood to be harmful to health, each adaptation [such as smoking, drinking, drugs, obesity] is notably difficult to give up. Little consideration is given to the possibility that many long-term health risks might also be personally beneficial in the short term. We repeatedly hear from patients of the benefits of these "health risks." The idea of the problem being a solution, while understandably disturbing to many, is certainly in keeping with the fact that opposing forces routinely coexist in biological systems ....

"The first time I heard Robert Anda present the results of the ACE study, he could not hold back his tears. In his career at the CDC he had previously worked in several major risk areas, including tobacco research and cardio-vascular health. But when the ACE study data started to appear on his computer screen, he realized that they had stumbled upon the gravest and most costly public health issue in the United States: child abuse. He had calculated that its overall costs exceeded those of cancer or heart disease and that eradicating child abuse in America would reduce the overall rate of depression by more than half, alcoholism by two-thirds, and suicide, IV drug use, and domestic violence by three-quarters. It would also have a dramatic effect on workplace performance and vastly decrease the need for incarceration."

### [Take the ACE Quiz](#)

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Following one of the best sessions for women and families in 2017, **we'll be back in Carson City with an even stronger majority of legislators on our side for Grassroots Lobby Days 2019.** Help us make the most of the legislative session by attending and lending your voice.

### [Register Now for 2019 Grassroots Lobby Days](#) March 31-April 1

In 2017, more than 200 women visited the Capitol to demand progress. And they got it! What can we achieve in 2019? Attend and find out. Not only will we train you, but we will do our best to connect you with your legislator on one of our core issues and potentially get you some time with them on the floor of the legislature.

#### **GLD Participants will:**

- **Learn the Nevada legislative process and how to influence it**
- **Learn about current Nevada issues affecting Nevada's women and families**
- **Meet other Nevadans with similar concerns**
- **Meet your Nevada senators and assemblypersons**
- **Attend legislative committee hearings and floor sessions**
- **Influence your legislators**

### [Register for Grassroots Lobby Days](#)

We hope you can make it!

The NWL Team

### **About Grassroots Lobby Days**

Each legislative session since 1991, hundreds of individuals from across Nevada have gathered in Carson City for two days of training, networking, lobbying, discussion, and inspiration. Participants learn the ins and outs of being a grassroots lobbyist so they can successfully raise their voices on behalf of Nevada's women and children.

## Upcoming Global Opportunities

The recent partial government shutdown and the possibility of another one has significantly reduced or delayed the number of international visitor delegations, so please be patient as we hope for more hosting announcements in March and beyond. A few opportunities for meeting the world are listed here:

### Host a Russian Interpreter

Would you be willing to host Lucy, the interpreter for our upcoming Russian Women in Political Science program? Lucy will be in Reno for five to six nights, arriving on Sunday, March 10 and departing on Friday, March 15 or Saturday, March 16. Lucy has years of experience in working with international groups and programs all around the U.S. and would love to get to know our community through your eyes. Please contact Stacy Kinion at 775.784.7515 ext. 226 or [skinion@nnic.org](mailto:skinion@nnic.org) if you can host Lucy or with further questions.

This is the Hummingbird "Topaz", the smallest bird on earth.



### Learn about Russia's Political Climate from Women Political Activists

Five women political activists from Russia will give a talk about their experiences and work on Thursday, March 14 at 5:30pm at the University of Nevada, Reno (exact location TBA). This should be an interesting forum and an opportunity to learn more about an important contemporary issue. Additional information on this soon!

### [Feds say Arizona, California drought plans are incomplete](#) [By Mohave Valley Daily News, 2/3/19](#)

FLAGSTAFF (AP) — Two states in the U.S. West have work to do on a plan to combat the shrinking supply of Colorado River water that 40 million people depend on but that's threatened by a prolonged drought, a federal official said Friday. Complex agreements among water users in California and Arizona haven't been signed, U.S. Bureau of Reclamation Commissioner Brenda Burman said. She declared that the states missed her Thursday deadline to complete the work, which could allow the federal government to step in and decide the rules. But Burman said she prefers the seven states that rely on the river to reach a consensus on protecting the water that serves 5.5 million acres of farmland. She said she would halt a process to ask those governors to explain what should happen next if California and Arizona finish all the components of a drought plan by March 4.

### **Appeals court overturns FCC's attempt to throw 70 percent of low-income people off broadband**

<https://www.dailykos.com/story/2019/2/4/1832207/-Appeals-court-overturns-FCC-s-attempt-to-throw-70-percent-of-low-income-people-off-broadband>

## European Discovery of the Americas Killed So Many People It Made the Earth Colder

Popular Mechanics

The Great Dying saw native populations drop by around 90 percent. So much farmland turned into forest that it triggered a mini ice age. [Read the full story](#)

## California has a weird new desert. It's in the Pacific Ocean.

By Darryl Fears, Mercury news, 2/3/19

Six years after it was stricken by a wasting disease off the northern California coast, the sunflower sea star – one of the most colorful starfish in the ocean – has all but vanished, and the domino effect threatens to unravel an entire marine ecosystem. The cause of the sea star's demise is a mystery, but it coincided with a warming event in the Pacific Ocean, possibly tied to the climate, that lasted for two years ending in 2015. It heated vast stretches of water in patches, and likely exacerbated the disease, according to a new study released Wednesday. "I've never seen a decline of this magnitude of a species so important," Drew Harvell, the lead

author of the study, published in the journal Science Advances, that documented the sunflower sea star's retreat into possible extinction off California and Oregon.

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**Georgia Nuclear Waste in Nevada:** [News](#) Notification: They have their own brand of it in D.C.  
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Susan Orr and I testified at a 1974 Salt Lake City hearing on the Atomic Energy Commission (now Department of Energy) environmental impact statement about storage of nuclear wastes in Nevada. We learned not only U.S. wastes but also wastes from every country which had received nuclear fission reactors from the U.S. would be our responsibility, plus, reactors must be decommissioned (after 30-35 years), and also would need storage for 240,000 years (later revised to "only 10,000

years"). The U.S.A. soon will be only 243 years old.

Nevada, mostly federally owned, was "barren & unpopulated" and the "test site" was "contaminated by above and below-ground atomic bomb tests." Not much science needed to decide just to stick the stuff underground. A dog burying a bone could put more deep thought into his/her actions.



Wastes were stored mostly in granite on the East coast. Nevada earthquake fault tremors from the test site were felt in Idaho. Should canisters or steel tunnel rupture, liquid waste could leach through porous “tuff” and sandy soil to the Amargosa River underground to reach populated communities like Pahrump. No need to add “waste” flavors to their winery.

We co-founded Citizen Alert and traveled Nevada to share what we had learned. At one point, I said “Nevada is not a wasteland” and bumper stickers with that slogan were made by Marla Painter.

Nevada is a beautiful, subtle state. She has often been abused by those who dug holes to take her treasures, and she has long (legally) accepted money from those who wanted to put their stuff in her orifices.

Luckily, state leaders have for five decades protected her (and us), until the sneak attack last October of a half metric ton of plutonium forced upon her with rapacious disregard for our beloved state’s “freedom of speech” to say “No, thank you.”

Heck fire and boy howdy, talk about “inappropriate behavior.” No hearings held, no leaders informed, no citizens alerted—such secret lawless actions can destroy a democratic republic. To say the crime had to be “secret” for our “security” reveals a cavalier disregard for truth.

From a caring United States of America citizen, K. Hale, Reno

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kunr.org

### **Remembering Racism Against Tribal Members In Carson Valley**

The Carson Valley has been the site of some of Northern Nevada’s largest ranches since the 1850’s, and soon after that, members of the Washoe tribe who had.....

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<https://hearstmuseum.berkeley.edu/field-trips/>

### **We Are All Anthropologists! – 6th Grade**

Whether we know it or not, we all have a bit of an anthropologist within us! The Hearst Museum is the ideal place for 6th graders to sharpen their anthropological thinking about ancient civilizations.

Our field trip program, We Are All Anthropologists, engages students with the tools of anthropologists in a variety of ways. With a focus on ancient Egypt, students get a behind-the-scenes look at UC Berkeley’s top-notch





research facilities and create objects inspired by the Hearst's vast collection. This is a perfect way to bring your curriculum to life. We have designed this program to encourage empathy, curiosity, attention to detail, and perspective taking—crucial skills for many real-world purposes!

**Cost:** \$10 per student. We may be able to provide financial assistance, so please inquire. Through generous gifts and grants, we are pleased to cover the cost—including buses and lunches—for all Title I schools.

**Time:** Field trips can be scheduled Thursdays and Fridays and generally run from 9:30am – 1:30pm, depending upon group size.

This program works best with no more than 60 students, and depending on group size, may also include a complimentary tour of the UC Berkeley campus.

Questions? Please contact us at [pahma-education@berkeley.edu](mailto:pahma-education@berkeley.edu).

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### **Scholarships, scholarships, scholarships      Deadline March 1-15**

*Click on scholarship for more information.*

|                                                                      |          |            |
|----------------------------------------------------------------------|----------|------------|
| Udall Undergraduate Scholarship                                      | \$7,000  | 03/02/2019 |
| U-M Alumnae Club (University of Michigan) Scholarship                | Varies   | 03/01/2019 |
| UNCF Comerica Charitable Foundation Scholarships                     | \$2,250  | 03/10/2019 |
| UNCF Ralph and Fanny Ellison Scholarship                             | \$10,000 | 03/03/2019 |
| United Methodist GBHEM Doctorate Level Scholarships                  | \$10,000 | 03/07/2019 |
| United Methodist GBHEM General Scholarships                          | \$2,000  | 03/01/2019 |
| United Methodist GBHEM Ministry as a Career Scholarships             | \$10,000 | 03/01/2019 |
| Urban League of Nebraska, Inc. Multicultural Association Scholarship | Varies   | 03/01/2019 |
| UW Stout Polytechnic Scholarship                                     | \$1,000  | 03/15/2019 |
| UWF Elmira K. Beyer Scholarship                                      | \$11,000 | 03/13/2019 |
| Vermont Police Association Scholarships                              | \$1,000  | 03/03/2019 |
| VFW Scout of the Year Scholarship                                    | \$5,000  | 03/01/2019 |
| Viceroy Auto Trans Scholarship Program                               | \$1,000  | 03/08/2019 |

|                                                            |          |            |
|------------------------------------------------------------|----------|------------|
| Walter Danielson Scholarship                               | Varies   | 03/01/2019 |
| Washington Federal-State Loan Repayment Program (FSLRP)    | \$70,000 | 03/11/2019 |
| Wendy Jackson Hall Memorial Scholarship                    | \$15,000 | 03/01/2019 |
| Wings Over America Scholarships                            | Varies   | 03/01/2019 |
| Wittenberg University Music Scholarship                    | \$5,000  | 03/01/2019 |
| Women's Overseas Service League                            | Varies   | 03/01/2019 |
| Wright Patterson Officers' Spouses' Club Scholarship       | Varies   | 03/08/2019 |
| Youthlinec Utah Young Humanitarian Award                   | \$5,000  | 03/01/2019 |
| Zannoni Summer Undergraduate Research Fellow (SURF) Awards | \$2,800  | 03/01/2019 |
| Zinggia Art Scholarship                                    | \$2,000  | 03/03/2019 |



Fresh snow on the mountains make for a gorgeous Las Vegas sunset. A big thank you to Scott Killeen for sharing this awesome photo.

*In Loving Memory Of*  
*Marlinda Murphy*  
*July 2, 1986 - February 3, 2019*



Services will be held at Noon on Saturday,  
February 9, 2019 at Ross, Burke & Knobel Mortuary  
2155 Kietzke Ln, Reno, NV 89502.

Dinner to follow services at Hungry Valley  
Community Building. Food Donations Greatly  
Appreciated.