

Journal #4653 from sdc 4.9.20

Super Moon

COVID in Indian Country

*Historian William McNeill Warned in 1976 that a Mutated Flu Virus Could Cause a Pandemic
Right-Wing Influencer Claimed Native Americans Are Getting Extra Relief Aid. Aren't, Should.*

What we're surfing: The Culture website

US Dakato war history link

Minnesota Dakota youtube video

We are wayfinders

Artificial Intelligence Preserving our Ability to Converse with Holocaust Survivors even After They Die

The Amazing Opportunity Residing in Today's Disruption – The Master Teacher Blog

Kansas City Museum Avoids Laying off Employees with new projects

[Archeologists Arrested in Peru for Violating Lockdown to Excavate Pre-Colombian Tombs](#)

[Italy on Lockdown, But You Can Still Visit Its Most Beautiful Cities With Stunning Drone Footage](#)

U.S. Forest Service To Fast-Track Logging By Removing Requirement for Environmental Review

Huge 1,500-Year-Old Arrowhead Released From Melting Glacier

Custer State Park Field Trip

Available webinars and resources for K-12 Virtual Learning

Census Reminder

Movie Recommendation

When the Shadbush Blooms

[Native American Lesson Plans/Learning Activities-Studying Native Culture At Home Or Classroom](#)

From a Respiratory Therapist

And one way Walker River is doing it!

Super Moons



[Pueblo and Navajo citizens are struggling with COVID-19 outbreaks in their communities, with fears growing about even deadlier consequences.](#)



['At this rate, the entire tribe will be extinct': Zuni Pueblo sees COVID-19 cases double as first death is confirmed](#)

[Pueblo and Navajo citizens are struggling with COVID-19 outbreaks in their communities, with fears growing about even deadlier consequences.](#) [indianz.com](#)

[Two pueblos have some of the highest infection rates in US](#)

COVID-19 related news for Tuesday April 7, 2020 [indiancountrytoday.com](#)

[Elveda Martinez](#)

In New Mexico the San Felipe Pueblo and Zia Pueblo reported 52 and 31 positive cases of the Corona virus respectively. The San Felipe Pueblo has a population of around 2,000 and Zia has 900. Terribly high for their small populations. One case coming from outside could be a disaster to small communities.

Pray for these and other communities that are having to deal with this virus. Take it seriously.

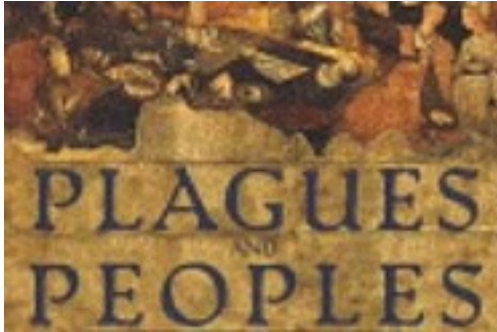
One of the best ideas I've seen was posted from McD. When there are seniors or singles living in households, they are given three sheets of construction paper - green, yellow, red to go into the window to see if they're all right (green), if they may need something (yellow), or need help immediately(red).

[U.F.C. 249, Skirting Coronavirus Limits, Is Set for Tribal Land in California](#)

By KEVIN DRAPER

The move for a card that includes a highly anticipated fight involving Tony Ferguson is an end run around state regulators and nationwide public health guidelines.

(This is something to watch as it will set some precedents.....reminds me of the 1910 Jack Johnson fight when politicians told the California Gov he'd not be elected if he allowed the fight but Nevada Governor Dickinson did (and served as the warden when Johnson was ultimately incarcerated.)



[Historian William McNeill Warned in 1976 that a Mutated Flu Virus Could Cause a Pandemic](#)
[by James Thornton Harris](#)

McNeill's major achievement was to incorporate developments in microbiology, anthropology and archeology and synthesize them in a popular world history that identified disease as a primary shaper of world.

[Right-Wing Influencer Claimed Native Americans Are Getting Extra Relief Aid. They Aren't, But They Probably Should.](#)

The needs of Native communities, which were brutally colonized through overt violence and smallpox, a pandemic, hold a particular place in US jurisprudence —one that has long been overlooked.



What we're surfing: [The Open Culture website.](#)

US Dakato war history link

https://www.youtube.com/watch?v=tm5BnUTtRwg&list=PLRrmlN6cO7LtD52Rg3O8ne02ZCpz_yiID

Minnesota Dakota youtube video

<https://www.youtube.com/watch?v=CIU9rNt24xw>

We are wayfinders

By Michael Bond, is a science writer specialising in psychology and social behaviour. He is the author of [Wayfinding: The Art and Science of How We Find and Lose Our Way](#) (2020).

Navigation and spatial awareness sustained humans for tens of thousands of years.

Have we lost the trail in modern times?

<https://aeon.co/essays/why-are-we-losing-the-wayfinding-skills-of-our-ancestors>

[Artificial Intelligence is Preserving our Ability to Converse with Holocaust Survivors even After They Die](#)

Survivors of the Holocaust now have the chance to preserve their stories in a way that allows them to directly answer future generations' questions about their experiences.

[The Amazing Opportunity Residing in Today's Disruption – The Master Teacher Blog](#)
[Learn More](#)

The Amazing Opportunity Residing in Today's Disruption As recently as a month ago, most teachers across the country still saw their work as preparing and delivering lessons aligned to the assigned and scheduled curriculum in their schools. Covering remaining concepts, exposing students to required... blog.masterteacher.com

[A museum in Kansas City, Missouri is avoiding laying off its employees during the coronavirus pandemic by giving some of them a big project to take on.](#)
cnn.com

To help [#VastEarlyAmerica](#) with research and teaching during this difficult time, we are glad to partner with [@ProjectMUSE](#) to offer open access to all OI books and [@JSTOR](#) to offer the WMQ through the end of June.

[A Team of Archeologists Has Been Arrested in Peru for Violating Lockdown to Excavate Pre-Colombian Tombs](#) By Naomi Rea

[Italy Is on Lockdown, But You Can Still Visit Its Most Beautiful Cities With This Stunning Just-Released Drone Footage by Two Artists](#) By Sarah Cascone

[When Environmentalists Won Over the Supreme Court](#)

How one improbable legal case drove the federal government to regulate greenhouse gases.



[U.S. Forest Service Aims To Fast-Track Logging By Removing Requirement for Environmental Review](#)

[The Forest Service wants to exempt logging industry from environmental review on projects smaller than 4200 acres](#) The U.S. Forest Service is proposing to gut a [federal law that requires extensive environmental review before new logging, mining or road building projects are approved on the 200 millio...](#) returntonow.net



[Huge 1,500-Year-Old Arrowhead Released From Melting Glacier](#) origins.net

[Archaeologists in Norway have uncovered a 1,500-year-old iron arrowhead in a melting glacier.](#)



[Custer State Park](#)

[The people have spoken!](#)

Join us for our next Virtual Field Trip this Thursday at 10:00 a.m. (MT) to learn about elk in Custer State Park! Hope to see you all i... [See More](#)

Attention all STEMconnector and Million Women Mentors

Take advantage of available webinars and resources for K-12 Virtual Learning

April 9, 3:00 PM ET: Shift to Virtual: CSR & Employee Volunteerism

Featuring Nepris, STEMconnector, AT&T, K12

[Click here for more information and to register](#)

April 15, 1:00 PM ET: What's Working? Virtual K-12 Learning Resources

Virtual K-12 learning resources from Learning Blade, ISS, UL – XplorLabs, LabXChange

[Click here for more information and to register.](#)

April 16, 2:00 PM ET: Strategies for Optimizing Virtual Mentoring Experiences

Featuring Technovation

[Click here for more information and to register.](#)

[A full list of webinars are available on this website.](#)

[Stay healthy and take care of one another.](#)



Elveda Martinez

Oh no! Our State Census Region #2 includes the following counties listed below. Churchill County was the first county to hit 50%! As you can see, we're in LAST place. It's important that all Schurz and Mineral County people complete their Census forms ASAP.

• **Nation: 45.1%** • **Nevada: 44.1%**

Region 2 Counties:

o Humboldt: 37.6%

o Pershing: 28.1%

o Churchill: 50%

o Lyon: 48.2%

o Mineral: 14.1%



James Hale

Yo this movie is crazy. Definitely a must see. All about how sex trafficking of Indigenous women is tied into man camps and the oil industry. Everything we're fighting right now is in this movie.

📺📺 📺 #NoKXL #NoMoreManCamps #MissingAndMurderedIndigenousWomen
#NoMoreStolenSisters

When the Shadbush Blooms, is online on the Shadbush page at www.lenapeprograms.info. This full color award winning book based on the “cycle of the seasons” depicts the both traditional and modern Lenape family life. When the Shadbush Blooms is designed to be read and seen by the children, it is good for young children, geared for learning to read and ESL pupils and it has parent/teacher pages with Lenape words, meanings and pronunciation guide. This also works for environmental studies. In addition we have Teacher/Parent & Children’s page links. When the Shadbush Blooms will be reprinted as a paperback in the Summer of 2020! It will be available in bulk through Lee & Low, as a signed and dedicated book through our website (at this time we only have a few of the original hardback books. The page will be updated when the paperback is available.) or from your favorite book seller. There is also an activity page to go along with our children’s book.

Native American Heritage Programs,
Carla J. S. Messinger, Director/Cultural Educator and Consultant
Email: palenape@enter.net

Websites: lenape.info Lenapeprograms.info Nativeamericanprograms.info
Voice: 610.434.6819 1522 W. Highland St Allentown, PA 18102-1031

Native American Heritage Programs is recognized by the Commonwealth of Pennsylvania as a Woman/ Minority Business. Certified by the Delaware Office of Minority & Women Business Enterprise. Celebrating Native American Culture & Contributions!

[Earthly Mission](#)

A young Large Frogmouth peeking out of its mother’s feathers.



[Native American Lesson Plans and Learning Activities | Studying Native American Culture At Home Or Classroom](#)

Whether you are a teacher interested in expanding curriculum options, a parent who wants to share more accurate or in-depth information but their child, or student seeking additional knowledge about the diverse cultures of this country, Native American lesson plans will help you reach your goals. As a person who lives in the United States, it makes sense to want to know more about the people who originally lived here, their history, culture, religion, contributions to the modern world, current interests and struggles, and more. Through a series of unique Native American activities and projects, you can do just that.

Many people think that using or creating lesson plans is something that only teachers do in a school setting. However, with Internet availability and your local library, anyone can develop educational opportunities and activities that expand knowledge. This article will share some ways to make quality Native American lesson plans and Internet resources for ones you can use at any time. at any time. [Read More...](#)

My Self-Isolation Quarantine Diary : For those who keep journals:

- Day 1 – I Can Do This!! Got enough food and wine to last a month!
- Day 2 – Opening my 8th bottle of Wine. I fear wine supplies might not last!
- Day 3 – Strawberries: Some have 210 seeds, some have 235 seeds. Who Knew??
- Day 4 – 8:00pm. Removed my Day Pajamas and put on my Night Pajamas.
- Day 5 – Today, I tried to make Hand Sanitizer. It came out as Jello Shots!!
- Day 6 – I get to take the Garbage out. I’m So excited, I can’t decide what to wear.
- Day 7 – Laughing way too much at my own jokes!!
- Day 8 – Went to a new restaurant called “The Kitchen”. You have to gather all the ingredients and make your own meal. I have No clue how this place is still in business.
- Day 9 – I put liquor bottles in every room. Tonight, I’m getting all dressed up and going Bar hopping.
- Day 10 – Struck up a conversation with a Spider today. Seems nice. He’s a Web Designer.
- Day 11 – Isolation is hard. I swear my fridge just said, “What the hell do you want now?”
- Day 12 – I realized why dogs get so excited about something moving outside, going for walks or car rides. I think I just barked at a squirrel.
- Day 13 – If you keep a glass of wine in each hand, you can’t accidently touch your face.
- Day 14 – Watched the birds fight over a worm. The Cardinals lead the Blue Jays 3–1.
- Day 15 – Anybody else feel like they’ve cooked dinner about 395 times this month?

WHICH QUARANTINE BIRD ARE YOU?

@JessHarwoodArt

| | | | |
|---|--|--|---|
|  <p>LORIKEET</p> <ul style="list-style-type: none"> - Starts fights at Coles - Every bird for themselves - OK for toilet paper |  <p>COCKATOO</p> <ul style="list-style-type: none"> - Calling Talk-Back radio with conspiracies - Loudly spouting whatsapp misinformation - Anti-bird migration |  <p>SEAGULLS</p> <ul style="list-style-type: none"> - Still going to the beach - Argues with police about social distancing - On 3rd warning - clips-essential |  <p>KOOKABURRA</p> <ul style="list-style-type: none"> - Making inappropriate virus jokes - Annoyingly positive - Highly irritating to family |
|  <p>MAGPIE</p> <ul style="list-style-type: none"> - Gets in your 1.5m bubble - Demanding kids at home - Still hates cyclists |  <p>BOWER BIRD</p> <ul style="list-style-type: none"> - Starts a home renovation project - Prepper - Thinking about building a bunker |  <p>FAIRY WREN</p> <ul style="list-style-type: none"> - Gets out of PJs every day - Still does make-up - Day-drinker |  <p>POWERFUL OWL</p> <ul style="list-style-type: none"> - Excellent social isolator - No one within 1.5km - Life hasn't changed at all. |



[Dawn Valdez](#)

[April 5 at 7:08 PM](#)

This works for any illness..let your body cook the germies!!!

From a Respiratory Therapist,
CORONA Virus Common Sense:

Since they are calling on Respiratory therapist to help fight the Corona virus, and I am a retired one, too old to work in a hospital setting, I'm gonna share some common sense wisdom with those that have the virus and trying to stay home.

If my advice is followed as given you will improve your chances of not ending up in the hospital on a ventilator. **This applies to the otherwise generally healthy population, so use discretion.**

1. Only high temperatures kill a virus, so let your fever run high. Tylenol, Advil. Motrin, Ibuprofen etc. will bring your fever down allowing the virus to live longer. They are saying that ibuprophen, advil etc will actually exacerbate the virus. Use common sense and don't let fever go over 103 or 104 if you got the guts. If it gets higher than that take your tylenol, not ibuprophen or advil to keep it regulated. It helps to keep house warm and cover up with blankets so body does not have to work so hard to generate the heat. It usually takes about 3 days of this to break the fever.
2. The body is going to dehydrate with the elevated temperature so you must rehydrate yourself regularly, whether you like it or not. Gatorade with real sugar, or pedalyte with real sugar for kids, works well. Why the sugar? Sugar will give your body back the energy it is using up to create the fever. The electrolytes and fluid you are losing will also be replenished by the Gatorade. If you don't do this and end up in the hospital they will start an IV and give you D5W (sugar water) and Normal Saline to replenish electrolytes. Gatorade is much cheaper, pain free, and comes in an assortment of flavors
3. You must keep your lungs moist. Best done by taking long steamy showers on a regular basis, if your wheezing or congested use a real minty toothpaste and brush your teeth while taking the steamy shower and deep breath through your mouth. This will provide some bronchial dialation and help loosen the phlegm. Force your self to cough into a wet wash cloth pressed firmly over your mouth and nose, which will cause greater pressure in your lungs forcing them to expand more and break loose more of the congestion.
4. Eat healthy and regularly. Gotta keep your strength up.
5. Once the fever breaks, start moving around to get the body back in shape and blood circulating.
6. Deep breath on a regular basis, even when it hurts. If you don't it becomes easy to develop pneumonia. **Pursed lip breathing really helps.** (*See! those old guys knew what they were doing!*) That's breathing in deep and slow then exhaling through tight lips as if your blowing out a candle, blow until you have completely emptied your lungs and you will be able to breath in an even deeper breath. This helps keep lungs expanded as well as increase your oxygen level.

7. Remember that every medication you take is merely relieving the symptoms, not making you well.

8. If your still dying go to ER.

I've been doing these things for myself and my family for over 40 years and kept them out of the hospital, all are healthy and still living today.

Thank you all for sharing. We gotta help one another.

And here's one way Walker River is doing it!

| Walker River Paiute Tribe | | | | |
|--|---------------------|---------------------|----------|-------|
| Community Store Order Form - UPDATED 3/30/2020 NEW ITEMS ADDED | | | | |
| <p>Due to the difficulty in obtaining perishable food items and in order to serve as many community members as possible, the Tribe will limit quantities to <u>two</u> packages of the requested item per family. Priority will be given to Elders and at risk individuals, all other community members will be served on a first come first served basis.</p> <p>The WRPT Community Store will be operating as a pick-up only service <u>Monday, Wednesday and Friday 1:00 - 2:00</u>. In order to purchase items listed on this order form community members are asked to <u>call 775.773.2306 Monday, Wednesday and Friday between 9:00-12:00 to place and pay for your order over the phone</u>. Orders are only accepted over the phone. In an effort to fully comply with the social distancing mandate we ask that you use debit or credit cards to pay for your purchase at the time you place your order. Cash purchases will be accepted by appointment only. Upon confirmation of your order you will be given a time to pick up your order from the Tech Center.</p> | | | | |
| Name | | Order Picked-Up By: | | |
| Address | | | | |
| Phone Number | | | | |
| Payment Method | | | | |
| Item | Description | Cost | Quantity | Total |
| Red Delicious Apples | 4 per package | \$2.25 | | |
| Granny Smith Apples | 4 per package | \$2.50 | | |
| Bananas | 4 per package | \$1.25 | | |
| Clementines | 4 per package | \$1.50 | | |
| Oranges | 4 per package | \$1.00 | | |
| Green Grapes | 1 Bunch | \$1.50 | | |
| Red Grapes | 1 Bunch | \$1.25 | | |
| Carrots | 4 per package | \$1.35 | | |
| Celery | 1 bunch | \$1.00 | | |
| Garlic | 2 per package | \$1.00 | | |
| Iceberg Lettuce | 1 head | \$1.00 | | |
| Tomatos | 4 per package | \$2.20 | | |
| Roma Tomatos | 4 per package | \$2.40 | | |
| Red Onion | 2 per package | \$0.50 | | |
| White Onion | 2 per package | \$1.50 | | |
| Yellow Onion | 2 per package | \$0.60 | | |
| Russet Potatoes | 4 per package | \$1.50 | | |
| Pinto Beans - dried | 2lbs per package | \$2.00 | | |
| Eggs | 1 dozen large | \$1.85 | | |
| 6" Corn Tortillas | 5 dozen per package | \$3.95 | | |
| 12" Flour Tortilla | 10 ct | \$3.00 | | |
| Service Charge - Processing Fee | | | 1 | |
| Order Total | | | | |



Super Moons

Mt. Ranier

Emerald Bay

click to enlarge; they're magnificent

