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Happiness Study

Laying the Foundation for Sustainable Cities and Communities

Today is one of the hardest days as a Lakota

117 Riders Came to Wounded Knee Today - a Beautiful Sight to See

“We’re Being Wrapped in Poison”

Best Time to Plant a Tree was 20 years ago, Second best time is Now

RIP Harry Reid



Whether this is news to you or not, I wish it for you in the New Year. Bottom line is we are empowered to create our own happiness “with a little help from our friends” as the Beatles would say.

Studies of happiness seem to become more popular during periods of high societal stress. It is perhaps no coincidence that the longest-running study of happiness, administered by Harvard University, originated during the Great Depression. In 1938, researchers measured physical and mental health of 268 then-sophomores and, for 80 years, tracked these men and some of their descendants.

Their main finding? “Close relationships, more than money or fame ... keep people happy throughout their lives.” This includes both a happy marriage and family, and a close community of supportive friends. Importantly, the relationships highlighted in the study are those based on love, care and equality, rather than abuse and exploitation.

[Over nearly 80 years, Harvard study has been showing how to live a healthy and happy life – Harvard Gazette](#)

UBS Globally, 2 billion people do not have access to waste collection services and 3 billion people lack access to controlled waste disposal facilities.⁵ This creates serious health, safety, and environmental consequences. Learn more on United Nations SDG #11, Sustainable Cities and Communities, through #TOGETHERBAND and help to make a difference.



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[Laying the foundations for sustainable cities & communities](#)
[UBS and #TOGETHERBAND are tackling UNSDG 11 to find out what it takes for cities and communities to really thrive. Learn what they've found.](#)



[Ashley Nicole](#)

Today is one of the hardest days as a Lakota. Today we remember the largest mass killing on this soil in modern history. Over 300 of my relatives (mostly women, children, & elders) were brutally massacred at Wounded Knee on this day in 1890 by the United States. All because my people refused assimilation & didn't allow westward expansion through our territories (STILL 100% unceded, thank you ancestors).

I am a survivor of this massacre. My direct ancestor White Lance was shot during the massacre but managed to survive. His father, and many of our family, didn't make it out alive. His father, Horn Cloud, was first cousins (in Lakota way, siblings) with Chief Spotted Elk (aka Chief Bigfoot). In the first photo, you will see my ancestor Horn Cloud & Spotted Elk captured on this day so many years ago. Shortly after taking this photo, the United States would shoot & kill everyone pictured. Check out my grandpa Horn Cloud's snarl -- strong and resistant in the face of certain death. That isn't a face of fear, it's a face of anger. Seeing that face only reignites my passion to stand.

My grandpa White Lance's brother Dewey Beard could read & write. Dewey also survived the massacre. He wrote a harrowing account that would tell of gruesome events, such as mothers laying dead and frozen in the snow as their still-living newborns would try in vain to nurse from her breast. He also wrote of bravery though -- the air that day was not only full of the United States' bullets, it was also full of our Lakota mitakuyepi singing their death songs loudly and clearly. Excerpts are available online (kw: Dewey Beard + Wounded Knee Massacre). Please read them and educate yourself about this event.

Here is the list of names remembered from the massacre. We honor these ancestors who were killed and thrown into a mass grave, where they still rest to this day. #3 - #9 are my direct relatives.

This is real Amerikkkan history. My heroes wore war bonnets and bravery, counting coup to their last breath. I will never forget.

A List of those killed at Wounded Knee Creek, December 29, 1890, from "The Wounded Knee Interviews of Eli S. Ricker, p. 176-178"

1. Chief Big Foot
2. Mrs. Big Foot
3. Horned Cloud
4. Mrs. Horned Cloud
5. William Horned Cloud, son
6. Sherman Horned Cloud, son
7. Pretty Enemy, niece
8. Mrs. Beard, daughter-in-law
9. Thomas Beard, grandson
10. Shedding Bear
11. Trouble In Front, son
12. Last Running
13. Red White Cow, daughter
14. Mother-in-law of Shedding Bear
15. High Hawk
16. Mrs. High Hawk
17. Little Boy, son
18. Little Girl, daughter
19. Whirl Wind Hawk
20. Mrs. Whirl Wind Hawk
21. Young Lady, daughter
22. Young Girl, daughter
23. Little Girl, daughter
24. Little Boy, son
25. Little Boy, son
26. He Crow
27. Pretty Woman, daughter
28. Buckskin Breech Clout
29. Running in Lodge, son
30. White Feather, son
31. Little Boy, son
32. Bear Woman, the oldest woman in the band
33. Crazy Bear
34. Elk Creek
35. Mrs. Elk Creek
36. Spotted Chief, son
37. Red Fish
38. Mrs. Red Fish
39. Old Good Bear
40. Young Good Bear
41. Mrs. Good Bear
42. Little Boy, son
43. Pretty Hawk
44. Mrs. Pretty Hawk
45. Baby Pretty Hawk
46. Mrs. Lap
47. Shoots the Right

48. Bad Wound, son
49. Bear Parts Body
50. Little Boy, son
51. Brown Beaver
52. White Beaver Woman
53. Black Coyote (the one who made the trouble)
54. Red Water Woman
55. Sun In The Pupil
56. Mrs. Sun In The Pupil
57. Henry Three, or Pretty Bold Eagle
58. Iron Eyes (Big Foot's brother)
59. Mrs. Iron Eyes
60. Has a Dog
61. Red Shirt Girl
62. Pretty Woman
63. Albert Iron Eyes
64. White Day
65. Little Boy, son
66. Charge at Them
67. Old Woman, mother
68. Mrs. Iron American
69. Mrs. Yellow Buffalo Calf
70. Louis Close to Home
71. Cast Away and Run
72. Bad Braves
73. Red Horn
74. Winter
75. Strong Fox
76. Mrs. Strong Fox
77. Little Boy, son
78. One Feather
79. Little Boy, son
80. Without Robe
81. Old Man Yellow Bull
82. Mrs. Old Man Yellow Bull
83. Brown Woman
84. Shakes the Bird
85. Red Ears Horse
86. Shoots with Hawk Feather
87. His mother
88. Ghost Horse
89. Little Boy, son
90. Chief Woman
91. Mrs. Trouble in Love
92. Hat
93. Baby boy
94. Mrs. Stone Hammer
95. Little baby
96. Wolf Eagle

97. Good Boy, son
99. Little Girl
101. Kills Assiniboine
103. Mrs. Shoots the Bear
105. Little Body Bear
107. Little Boy, son
109. Red Eagle (This man was in the tent and killed by the cannon. Ricker's note.)
110. Eagle Body, daughter
112. Little Elk
114. Black Shield's little girl
116. Red Ears Horse, sister
118. Wood Shade
120. Running Stand Hairs
122. Young lady, daughter
124. Mrs. Scabbard Knife
126. Mrs. He Eagle
128. Young girl, daughter
130. Log
132. Really Woman, son
134. Little boy, son
136. Mule's daughter, young lady
138. Black Flutes, young boy
140. Gray in Eye
142. Young boy, son
144. Old Woman
146. Young girl, daughter
148. Swift Bird
150. Boy, son
152. Strike Scatter
154. Wolf Skin Necklace
155. Last Talking, old woman. She is alone, her property, two horses, bedding, and lodge
156. Not go in Among, son of Hailing Bear, and Her Good Medicine
157. Wounded Hand
159. Big Voice Thunder
161. Long Medicine
163. Mrs. Broken Arrow
165. Young Woman
167. Old Woman, mother
169. Not Afraid of Lodge
171. Wears Calf's Robe
173. Wounded in Winter, son
175. Bad Spotted Eagle - a Cree Indian
176. Mrs. Bad Spotted Eagle (the above were visiting Big Foot's tribe)
177. White American
179. Courage Bear
181. Fat Courage Bear
183. Black Hawk
185. Weasel Bear, daughter (Joe Horn Cloud added Weasel Bear when we were running this list over. Ricker.)
98. Edward Wolf Ears
100. Shoots the Bear
102. George Shoots the Bear
104. Kills Crow Indian
106. Mrs. Little Body Bear
108. Baby girl
111. Little Girl
113. Mrs. Little Elk
115. White Wolf
117. Old Woman, her mother
119. Mrs. Wood Shade
121. Mrs. Running Stand Hairs
123. Scabbard Knife
125. He Eagle
127. Edward He Eagle, son
129. Young boy, son
131. Mrs. Log
133. Brown Hoops
135. Young girl, daughter
137. Red Other Woman
139. Takes away the Bow
141. Mrs. Drops Blood
143. Little boy, son
145. Mrs. Long Bull
147. Spotted Thunder
149. Mrs. Swift Bird
151. Boy, son
153. Boy, son
158. Comes Out Rattling, wife
160. Mercy to Others
162. Broken Arrow
164. Young Man
166. Brown Turtle
168. Bird Wings
170. Bear Comes and Lies
172. Yellow Robe
174. Mrs. Black Hair
178. Long Bull
180. Mrs. Courage Bear
182. George Courage Bear
184. She Bear, wife



[Waniya Locke](#)

Ken Marchionno Photos

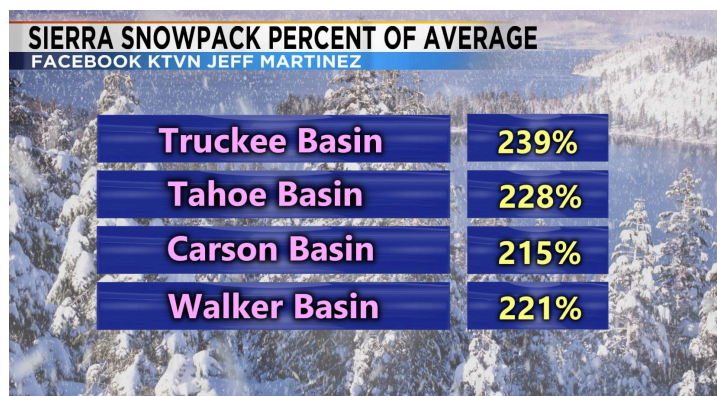
[117 riders came into Wounded Knee today. It was a beautiful to witness.](#)

'We're Being Wrapped in Poison': A Century of Oil and Gas Development Has Devastated the Ponca City Region of Northern Oklahoma

Phil McKenna, Inside Climate News

McKenna writes: "From abandoned wells to refineries, hydraulic fracturing and man-made earthquakes, the destruction has poisoned air, land and water. Now the Ponca Tribe is fighting back."

[**READ MORE**](#)





If the heat bothers you, plant a tree.
If the water bothers you, plant
a tree.
If you like fruits, plant a tree.
If you like birds, plant a tree.
And if you like life, plant many trees.

“Best Time to Plant a Tree was 20 years ago, Second best time is Now.”

The true meaning of life is to plant trees, under whose shade you do not expect to sit.”

“Love is like a tree, it grows of its own accord, it puts down deep roots into our whole being.”

“Until you dig a hole, you plant a tree, you water it and make it survive, you haven't done a thing. You are just talking. “

[#plantatree](#) [#plantation](#) [#plantsNative Hope](#)

RIP Harry Reid

In these years of loss, there have been many who touched our lives that have walked on. I thought more tribal groups would immediately issue statements about the passing of Harry Reid, but.....I have so many memories.

Harry was an infrastructure guy as I was/am; we got along on may issues - not so on others (like the Shoshone Treaty). One of my favorite interviews with him was in August of 2011 where he had just got off the phone with the mayor of New Orleans talking about the need to upgrade their 200 year-old, wooden water system. Then came 9-11, political shifts and then Katrina. And here it is 2022.....

Senator Reid was always a wonderful guest on “We the People” and made sure to create an opportunity to do a show when he was in Northern Nevada. Consequently I have several hours of tape in which he shared pearls of wisdom (“Remember, Shayne, there are people out there who are really bad”) or when we were shaking fingers at one another.

I have to share the sweetest comment I got from a reader which sums it up so nicely: “I remember and you were able to get more out of him than any other interviewer. He liked the hometown girl.” RIP Harry and thanks.

And here’s a few other memories.....

[Harry Reid highlights legacy on Native policy, Indian gaming ...](#)

<https://tribalbusinessnews.com> > [economic-development](#)

Jul 19, 2021 — *Harry Reid* highlights legacy on *Native* policy, *Indian* gaming, filibuster reform. Sen. *Harry Reid* (U.S. Army photo by Luke Burns/Released).

[Sen. Harry Reid: Redskins owner Daniel Snyder 'tried to bribe ...](#)

<https://www.washingtonpost.com> > [news](#) > [2015/09/09](#)

Sep 9, 2015 — Sen. *Harry Reid*: Redskins owner Daniel Snyder 'tried to bribe' some of Nevada's *Native* Americans. (AP Photo/Pablo Martinez Monsivais).

[Sen. Harry Reid did Utah a big favor, but there were strings ...](#)

<https://www.sltrib.com> > ... > [News](#) > [Politics](#)

24 hours ago — *Harry Reid* could be a fierce opponent, or he could be a powerful ally. ... wanted to build on the Skull Valley Goshute *Indian* Reservation.

[Senate Majority Leader Harry Reid Talks Romney, Carcieri ...](#)

<https://indiancountrytoday.com> > [archive](#) > [senate-majo...](#)

Oct 17, 2012 — When asked how he relates to *Indians*, *Reid* immediately brought up Queho: “One of the largest manhunts in the history of Nevada—they could ...

<https://www.govinfo.gov> > [content](#) > [pkg](#) > [pdf](#)

HARRY REID was the Democratic leader in the U.S. Senate, ... Searchlight was not a gathering spot for *Indian* or animal. Searchlight.

[Cantwell will chair Senate Indian Affairs Committee](#)

<https://www.cantwell.senate.gov> > [news-about-maria](#) > c...

Dec 13, 2012 — ... Wednesday by Senate Majority Leader *Harry Reid*. Cantwell will continue to serve on three other Senate panels. Support from *Indian* tribes ...

[Settling Native American Water Rights in the American West](#)

<https://www.kcet.org > shows > earth-focus > settling-nati...>

Oct 2, 2020 — *Harry Reid* in 1987. Joe Elly discusses the legacy of his work on "<a data- ...

[Statistical Data on Indian Rights Cases Handled by Justice](#)

<https://www.gao.gov > assets>

Harry Reid. United States Senate. Dear Senator Reid: In your November 9, 1987, letter, you asked us to quantify the costs, in time and money, associated.

[Slideshow: Solar Energy on the Moapa Indian Reservation](#)

<https://www.energy.gov > photos > slideshow-solar-ene...>

... by executives of First Solar, the Los Angeles Department of Water and Power, and numerous dignitaries, including U.S. Senate Majority Leader *Harry Reid*.

<https://www.energy.gov/photos/slideshow-solar-energy-moapa-indian-reservation>

[September 8, 2014 - United South and Eastern Tribes, Inc.](#)

<http://www.usetinc.org > WeeklyWampum>

Sep 8, 2014 — The Honorable *Harry Reid* ... Congress enacted the *Indian* Education Act in 1972 in response to devastating federal policy that stripped.

[June 19, 2014 - US Chamber of Commerce](#)

<https://www.uschamber.com > documents > files>

Jun 19, 2014 — The Honorable *Harry Reid* ... economic development in *Indian* country. ... people of American *Indian* and Alaskan *Native* heritage.

[Harry Reid: The Desert Fox Of Corruption - Investor's Business ...](#)

<https://www.investors.com > politics > editorials > bund...>

Apr 15, 2014 — "The tortoise wasn't of concern when *Harry Reid* worked with BLM to ... However, Nevada *native* Kornze had something special going for him in ...

[nationalcongressofame ricanindians - National Congress of ...](#)

<https://www.ncai.org > attachments>

Nov 27, 2012 — Scotts Valley Band of Pomo *Indians* ... The Honorable *Harry Reid* ... The federal trust obligation to *Indian* tribes must be honored and vital ...

[Harry Reid: NFL Should Take Cue From NBA, Change ...](#)

<https://archive.thinkprogress.org/harry-reid-nfl-shoul...>

Apr 30, 2014 — *Harry Reid*: NFL Should Take Cue From NBA, Change 'Redskins' Name ... on the team to change its name, isn't alone: the Oneida *Indian* Nation, ...

[Coburn plans battle on Indian care bill - The Oklahoman](#)

<https://oklahoman.com/article/coburn-plans-battle-o...>

Jan 20, 2008 — Senate Majority Leader *Harry Reid* promised Dorgan, the author, that it would be the first legislation scheduled when the Senate returns to ...

[Go West, Democrats, in the path of Harry Reid - High Country ...](#)

<https://www.hcn.org/issues>

Dec 20, 2004 — New Senate minority leader *Harry Reid*, D-Nev., brings to Capitol Hill the ... the mining towns, ranches and farms and *Indian* reservations.

[Senator Harry Reid - Home | Facebook](#)

<https://www.facebook.com/.../News/personality>

Today, I join with the Standing Rock Sioux in calling for an alternate route for the pipeline's completion. The simple truth is that *Indian* tribes are exposed ...

[Congress passes Native Land Act | Local | elkodaily.com](#)

<https://elkodaily.com/news/congress-passes-native-lan...>

Sep 30, 2016 — WASHINGTON, D.C. — U.S. Rep. Mark Amodei, R-Nev., and U.S. Sen. *Harry Reid*, D-Nev., this week announced passage of the bipartisan Nevada ...

<https://www.doi.gov/news/archive/08/News/Releases>

Sep 11, 2008 — ... U.S. Senator and Majority Leader *Harry Reid*; Chairman Mervin Wright, Jr. of the Pyramid Lake Paiute Tribe of *Indians*; and other federal, ...

[Congress Urged to Pass Indian Health Care Improvement Act](#)

<https://www.govtech.com/archive/congress-urged-to...>

Jul 27, 2010 — Governor Bill Richardson sent a letter to congressional leaders, including Senate Majority Leader *Harry Reid* and House Speaker Nancy Pelosi,