

Journal #6126 from sdc 12.2.25

One can make a difference

Recognizing a Journal reader since 1999!

Looking at the Touolome River HRL

How indigenous cultural burns can help heal climate-ravaged forests—and people

Nine California water rites

Clear a path for sweeping urban experiments such as California Forever

Uranium discovered in newly built Colorado dam pauses \$600 million project

Scholarships with Janary 9-15(A-S) Deadlines

What is the no. 1 healthiest food in the world?

Earth's Hidden Eighth Continent Is No Longer Lost; We've finally mapped all of Zealandia

Gravity May Be Key Evidence That Our Universe Is a Simulation, Groundbreaking New Research

Ojibwe announcers at Wild Hockey game tonight along with the dancers/jingle dresses

Rare genetic marker known as ENAV (MNS42) has been found in blood from Choctaw individuals

FNX | First Nations Experience

In deference to recent earthquake swarms, this was republished

Ronnie C. James



One can make a difference

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Native American Heritage Programs

Carla J. S. Messinger, Director, Cultural Educator, Consultant and Cultural Heritage Preservationist

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Lenapeprograms.info

Nativeamericanprograms.info

Native American Heritage Programs was 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!

A Lenape View "May the Creator encircle Turtle Island in the wampum belt of friendship".

Acknowledgement Statement

We would like to begin by acknowledging that the land on which we gather today is the homeland of the **Lenape** (Len-nAH-pay) People--also known as the Delaware. The Lenape have been the stewards of this land over many generations. We owe these protectors much and pay tribute to their strength and resilience by following their example and continuing to take care of the land, water, and air that sustain us.

We also acknowledge that although vast numbers of Americans are unaware that the Lenape and other Native Americans still exist, they are still here! Often these First People are living among us and live just as we do. They might be our neighbors, coworkers, and friends!

We will strive to accept them as they truly are. We will reject the stereotypes they are still forced to endure and work to provide them with the social justice and equality under the law for which they have waited so long.

Carla J S Messinger, Lenape descendant

Native American Heritage Programs - Email: palenape@enter.net~For quick summary:

Website: www.lenapeprograms.info

Voice: 610.434.6819

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## **More water, more habitat, more fish? A look at the Tuolumne River HRL proposal**

On November 5, the State Water Resources Control Board held a workshop on the [draft Scientific Basis Report Supplement](#) for the Bay Delta Plan update, focused on the Voluntary Agreement (aka Healthy Rivers and Landscapes) proposal for the Tuolumne River.

The workshop lasted 9 hours and included several hours of public comment. This article is not full coverage of the workshop; rather, my intention is to give you a sense of the flavor of the proceedings. So the staff presentation is covered; the more technical parts, including the technical panel, are not, and the remainder of the article is excerpts from the speakers. You can watch the full workshop here: [https://www.youtube.com/watch?v=yaxcsh4BS\\_8](https://www.youtube.com/watch?v=yaxcsh4BS_8)

## **How indigenous cultural burns can help heal climate-ravaged forests—and people**

“To combat increasingly dangerous wildfires, modern fire management teams may use prescribed burns to reduce fuel buildup before fire season begins. But around the world, Indigenous people have been using fire on the landscape for thousands of years. One such practice comes from the Métis tradition in Western Canada. While a prescribed burn is typically a larger, low- to moderate-intensity fire, the Métis burning practice is much smaller, more closely resembling a campfire, and it carries cultural significance. Cree-Métis scientist Amy Cardinal Christianson is a senior fire advisor with the Indigenous Leadership Initiative and host of the Good Fire podcast. This interview has been edited for length and clarity. ... ” [Read more from Inside Climate News.](#)

## **Nine California water rites**

**Jay Lund, Vice-Director, Center for Watershed Sciences Distinguished Professor, Civil and Environmental Engineering at UC Davis, writes, “Rite” noun:**

- 1. a religious or other solemn ceremony or act.**
- 2. a social custom, practice, or conventional act.**

California has complex and hallowed water rites. Here are some ... ” [Read more from the California Water Blog.](#)

## **Clear a path for sweeping urban experiments such as California Forever**

Chris Elmendorf, a professor of law at UC Davis, and Ed Glaeser, professor of economics at Harvard, write, “Earlier this month, the Silicon Valley dreamers proposing building a 400,000-person city and manufacturing hub on rangeland 50 miles northeast of San Francisco released a detailed rendition of their plan. It’s unlike anything the United States has seen before: exurban in location, intensely urban by design. The new city will be laid out on a compact grid, with interlocking streets, rapid-transit routes and greenways for pedestrians and cyclists. The city’s least dense residential neighborhoods will be zoned for 85-foot apartment buildings, taller than essentially every apartment building erected before 1880. House hunters will be able to purchase row houses as if they were shopping for real estate in 19th century Brooklyn, not in cookie-cutter suburban sprawl. This vision – so distant and so dense – represents a stark break with what has typically sold well on the exurban frontier. ... ” [Read more from the LA Times.](#)

## **Uranium discovered in newly built Colorado dam pauses \$600 million project**

“After decades of planning and four years of work, construction at the Chimney Hollow Reservoir, just west of Loveland, is now on pause. That’s after Northern Water, the operator of the project, discovered uranium in the granite used to build the dam. “We determined that the source of the uranium was the granite rock at the site, which had been quarried to provide material to build the (dam) embankment,” she said. “Meaning the embankment is now filled with these granite rocks that contain uranium.” The Chimney Hollow Reservoir is expected to become the largest dam built in the U.S. in more than two decades and will eventually serve over one million people along the Front Range, including residents of Broomfield, Erie, Fort Lupton, Greeley, Lafayette, Longmont, Louisville, Loveland, and Superior. ... ” [Read more from the Colorado Sun.](#)

***“Banning books give us silence when we need speech. It closes our ears when we need to listen. It makes us blind when we need sight. — Stephen Chbosky***

## Scholarships with Janary 9-15(A-S) Deadlines

|                                                                               |          |                  |
|-------------------------------------------------------------------------------|----------|------------------|
| <a href="#">"Make A Ripple, Change the World" Kindness Action Competition</a> | \$1,000  | January 09, 2026 |
| <a href="#">ACPA Randall/LaRossa Scholarships</a>                             | \$5,000  | January 09, 2026 |
| <a href="#">Architecture Foundation Diversity Advancement Scholarship</a>     | \$20,000 | January 09, 2026 |
| <a href="#">CIEE College Study Abroad Scholarships</a>                        | \$5,500  | January 09, 2026 |
| <a href="#">Dr. Omega Logan Silva Scholarship</a>                             | \$20,000 | January 09, 2026 |
| <a href="#">GSBA Scholarship Fund</a>                                         | \$13,000 | January 09, 2026 |
| <a href="#">New York Women in Communications Scholarships</a>                 | \$1,000  | January 09, 2026 |
| <a href="#">Pride Foundation Scholarships</a>                                 | \$12,500 | January 09, 2026 |
| <a href="#">Samuel Huntington Public Service Award</a>                        | \$30,000 | January 09, 2026 |
| <a href="#">Saul Kagan Fellowship in Advanced Shoah Studies</a>               | \$30,000 | January 09, 2026 |
| <a href="#">Garden Club of America Coastal Wetland Studies</a>                | \$5,000  | January 10, 2026 |
| <a href="#">Carson Scholars Fund</a>                                          | \$1,000  | January 11, 2026 |
| <a href="#">Linly Heflin Scholarship</a>                                      | \$40,000 | January 11, 2026 |
| <a href="#">JCI Senate Scholarship</a>                                        | \$2,000  | January 12, 2026 |
| <a href="#">John F. Kennedy Profile in Courage Essay Contest</a>              | \$10,000 | January 12, 2026 |
| <a href="#">YouthCon Scholarship</a>                                          | \$3,000  | January 12, 2026 |
| <a href="#">Better Business Bureau of Delaware Student Ethics Scholarship</a> | \$2,500  | January 14, 2026 |
| <a href="#">Collaboratory Scholarship Program</a>                             | \$1,000  | January 14, 2026 |
| <a href="#">The Cloisters Summer Internship Program for College Students</a>  | \$8,400  | January 14, 2026 |
| <a href="#">AAMI Foundation Michael J. Miller Scholarship</a>                 | \$3,000  | January 15, 2026 |
|                                                                               | \$3,000  | January 15, 2026 |
| <a href="#">ACHE Student Grant Program</a>                                    | \$40,000 | January 15, 2026 |
| <a href="#">American Red Cross - Leaders Save Lives Scholarship</a>           | \$2,500  | January 15, 2026 |
| <a href="#">APIASF General Scholarship Program</a>                            | \$20,000 | January 15, 2026 |
| <a href="#">AQHA Amy D. Bell "Pay It Forward" Memorial Scholarship</a>        | \$12,500 | January 15, 2026 |
| <a href="#">B. Charles Tiney Memorial Scholarship</a>                         | \$5,000  | January 15, 2026 |
| <a href="#">Bezos Scholars Program</a>                                        | \$1,000  | January 15, 2026 |
| <a href="#">Built Ford Tough Scholarship</a>                                  | \$1,000  | January 15, 2026 |
| <a href="#">CAP Cadet Flight Scholarships</a>                                 | \$5,000  | January 15, 2026 |

|                                                                                   |              |                  |
|-----------------------------------------------------------------------------------|--------------|------------------|
| <a href="#">Chris Trousdale Dream Awards</a>                                      | \$5,000      | January 15, 2026 |
| <a href="#">Civil Air Patrol Academic Scholarships</a>                            | \$4,000      | January 15, 2026 |
| <a href="#">Civil Air Patrol William E. Hanna Scholarship</a>                     | \$5,000      | January 15, 2026 |
| <a href="#">DOE Computational Science Graduate Fellowship</a>                     | Full-Tuition | January 15, 2026 |
| <a href="#">Dolly Parton Songwriters Award</a>                                    | \$20,000     | January 15, 2026 |
| <a href="#">Duane Watson Scholarship for Exceptional Character in Agriculture</a> | \$2,000      | January 15, 2026 |
| <a href="#">Eugene C. Figg, Jr. Civil Engineering Scholarship</a>                 | \$5,000      | January 15, 2026 |
| <a href="#">FFA Future Leaders Scholarship</a>                                    | \$10,000     | January 15, 2026 |
| <a href="#">Gustave Blache III Art Scholarships for Aspiring Artists</a>          | \$25,000     | January 15, 2026 |
| <a href="#">GWCF National Scholarship Competition</a>                             | \$5,000      | January 15, 2026 |
| <a href="#">James H. Davis Scholarship</a>                                        | Varies       | January 15, 2026 |
| <a href="#">John Lenard Civil Engineering Scholarship</a>                         | \$5,000      | January 15, 2026 |
| <a href="#">Khyentse Foundation Buddhist Studies Scholarships</a>                 | \$5,000      | January 15, 2026 |
| <a href="#">Kristy J. Hendrickson Scholarship</a>                                 | \$10,000     | January 15, 2026 |
| <a href="#">Lawrence W. and Francis W. Cox Scholarship</a>                        | \$5,000      | January 15, 2026 |

|                                                                         |              |                  |
|-------------------------------------------------------------------------|--------------|------------------|
| <a href="#">MaryEllen Locher Foundation Scholarship</a>                 | \$2,000      | January 15, 2026 |
| <a href="#">MSSA Scholarship Program</a>                                | \$5,000      | January 15, 2026 |
| <a href="#">National FFA Scholarship Program</a>                        | \$10,000     | January 15, 2026 |
| <a href="#">National Horticulture Foundation Scholarships</a>           | \$3,000      | January 15, 2026 |
| <a href="#">PIMCO Future Leaders Scholarship (Undergraduate)</a>        | \$20,000     | January 15, 2026 |
| <a href="#">Princeton Prize in Race Relations (PPRR)</a>                | \$2,500      | January 15, 2026 |
| <a href="#">Robert B. B. and Josephine N. Moorman Scholarship</a>       | \$2,000      | January 15, 2026 |
| <a href="#">Samuel Fletcher Tapman ASCE Student Chapter Scholarship</a> | \$2,000      | January 15, 2026 |
| <a href="#">SDSWMA Scholarship Program</a>                              | \$4,000      | January 15, 2026 |
| <a href="#">South Dakota Opportunity Scholarship</a>                    | \$7,500      | January 15, 2026 |
| <a href="#">Southwest Georgia Farm Credit Scholarship</a>               | \$1,500      | January 15, 2026 |
| <a href="#">Steuben County Community Foundation Scholarships</a>        | Full-Tuition | January 15, 2026 |

***When I discovered libraries, it was like having Christmas every day.***

***Jean Fritz***

**I was looking up the chemical composition of potatoes, when Google's AI furnished me with all this information:**

### **What is the no. 1 healthiest food in the world?**

**Almonds.** There you have it — the humble almond can be considered the most nutrient-dense food on the planet. Used to the spotlight by now, almonds have been at the center of multiple studies on heart health and diabetes-related benefits. Mar 7, 2025

### **What food shortens your life by 6 minutes?**

According to a nutrition-themed study, every soft drink you consume shaves 12 minutes off your life, while each hot dog reduces your life expectancy by 36 minutes. Other processed foods that can cost you valuable time include pizza and mac and cheese, while the toll for a **piece of bacon** is six minutes. Jan 15, 2025

A **peanut butter and jelly sandwich** can add about 33 minutes to your life, according to a study from the University of Michigan. This finding comes from a study that evaluated the health impact of thousands of foods, finding that this specific sandwich is associated with a gain in healthy lifespan.

- **The study:** Researchers analyzed how different foods affected healthy life expectancy based on their nutritional value.

**PB&J's positive impact:** Eating a peanut butter and jelly sandwich was associated with a gain of approximately 33 minutes of healthy life.

**Other food examples:** Other beneficial foods include nuts and seeds, which add around 26.9 minutes per serving, and fruits, which add about 13.5 minutes per serving.  
Google's

There is no single "number one" food, but studies indicate that **leafy green vegetables** are the most important single food group for fighting dementia, followed closely by **fatty fish**. Leafy greens like spinach and kale are rich in nutrients that protect brain health, while fatty fish provide omega-3s vital for brain cell structure.

### **Earth's Hidden Eighth Continent Is No Longer Lost We've finally mapped all of Zealandia.**

[https://www.popularmechanics.com/science/environment/a69595848/earth-eighth-continent-zealandia-is-now-mapped/?utm\\_source=firefox-newtab-en-us](https://www.popularmechanics.com/science/environment/a69595848/earth-eighth-continent-zealandia-is-now-mapped/?utm_source=firefox-newtab-en-us)

*The library is the temple of learning, and learning has liberated more people than all the wars in history.*  
— Carl T. Rowan

## Gravity May Be Key Evidence That Our Universe Is a Simulation, Groundbreaking New Research Suggests

If it's true, this work could have ramifications for some of the biggest mysteries of the universe, including learning where we came from.

<https://www.popularmechanics.com/science/a64855171/universe-is-a-simulation-gravity/>

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WCCO tv just did news article on Ojibwe announcers at Wild Hockey game tonight along with the dancers/jingle dresses.

<https://tribalbusinessnews.com/sections/arts-and-culture/15386-minnesota-wild-produces-first-nhl-broadcast-entirely-in-ojibwe-language>

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**[The African History Network](#)**

**591 Books by Black Authors Banned from Pentagon-run schools & Libraries. Authors include Toni Morrison, Maya Angelou, I.X. Kendi**

### AI Overview

Choctaw people have a variety of blood types, but **a rare genetic marker known as ENAV (MNS42)** has been found in blood from Choctaw individuals, making it a unique characteristic of the group. While most Native Americans predominantly have blood type O, and studies of Choctaw and other Oklahoma tribes show common blood types, the ENAV marker is specific and has been the subject of blood research, as detailed on the Oklahoma Blood Institute's website.

- **Common blood type:** Like many Native American populations, the Choctaw population predominantly has blood type O.



**Rare genetic marker:** A specific genetic marker, ENAV (MNS42), was discovered in 1997 in blood from a Choctaw donor. It is a rare antibody that is being studied to help in blood transfusions for those who have it.

**Research:** The discovery of ENAV has led to further research to understand its prevalence among the Choctaw population and to identify potential blood donors for patients with this rare antibody.

**Shared phenotypes:** Studies have shown that the Choctaw and Creek tribes share similar red cell phenotypes, as they share a linguistic heritage.

What is the closest DNA match to Native Americans?

waszzxszaaaiaaaaaaaaaaaaaa Overall, the 'Ancestral Native Americans' descended from the admixture of an Ancient East Asian lineage, and a Paleolithic Siberian population known as Ancient North Eurasians. Ancestral Native Americans are most closely related to '**Ancient** Paleo-Siberians' and 'Ancient Beringians'.

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FNX | First Nations Experience is the first and only national broadcast television network in the United States exclusively devoted to Native American and World Indigenous content. Through Native-produced and themed documentaries, dramatic series, nature, cooking, gardening, children's and arts programming, FNX strives to accurately illustrate the lives and cultures of Native people around the world.

Created as a shared vision between Founding Partners, Yuhaaviatam of San Manuel Nation and the San Bernardino Community College District, FNX is owned by and originates from the studios of KVCR-PBS San Bernardino. FNX began terrestrial broadcast in the Los Angeles area on September 25, 2011 and went national on November 1, 2014 via the Public Television Interconnect System (PBS satellite G-16 Channel SD08), making the channel available to PBS affiliates, community and tribal stations, and cable television service providers across the country.

FNX is working diligently to obtain channel carriage in as many communities as possible across the United States. Currently, FNX is carried by 29 affiliate stations broadcasting into 34 states from Alaska to New York and has a potential viewing audience of more than 84.5 million households across the United States! Several additional stations have also begun streaming FNX digitally throughout their communities and states. More new stations are always coming on board, so stay tuned - FNX may be available in your city very soon! If you'd like to get FNX carried in your community, please reach out to your local stations, cable and satellite service providers. FNX is free!

FNX is currently available in the greater Los Angeles media market over-the-air on KVCR Channel 24.2, and via cable through Frontier FiOS Channel 471. For more information about coverage, click "[How to Watch Us](#)".

Acquisitions

This division offers third party producers, content owners and creative talent an opportunity to submit completed TV shows, films, and documentaries for television and cable broadcast on the FNX Channel.

With over 500 hours of programming, FNX focuses on creating a diverse and entertaining channel with healthy, positive, and real lives and cultures of Native American and indigenous people around the world showcasing content in the categories of lifestyle, children's, drama, comedy, sports, music, art, dance, politics, news, social, cooking, health, animation, fitness, talk show, nature and gardening. All encapsulating a true voice of Native American and indigenous communities.

Scripts & Materials

We are pleased to hear from our viewers and welcome your comments or suggestions regarding our programming and services. Unfortunately, our policy restricts us to accept or consider creative ideas, suggestions, or materials other than those that we have specifically requested. Please do not send unsolicited original creative materials such as stories or ideas, screenplays, or original artwork, unless specifically requested by us.

We apologize as this process of policy provides us to avoid any and all future misunderstandings pertaining to the copyrights, trademarks, and licensing of original ideas incurred during the process of developing a new project. FNX Channel shall not be liable for any use or disclosure of any unwarranted and unauthorized submissions and any and all submissions sent without the request of FNX shall be deemed, and shall remain, our property.

Contact Us Frank Blanquet fblanquet@fnx.org

Please include the following for consideration:

- Length and number of documentaries or episodes
- Short Synopsis of Program
- Logline of Program
- Name of Producer(s), Director(s), Writer(s), Underwriter(s)/Financier(s)
- List of sold broadcasters and territories currently airing the Program, including internet streaming
- List of any exclusives deals or holdbacks of Program
- Contact information with phone number and email

Contract Basics for Programs submitted

- Proof of Errors & Omissions (E&O) insurance
- Talent, Host, Actor release forms
- Music, Video and still photography licenses/clearances
- Chain of Title
- Closed Caption
- English Language

In deference to recent earthquake swarms, this was republished

Long Overdue Eastern Sierra Quake Could Rock Reno, Lake Tahoe

A long-overdue earthquake along the California-Nevada line could devastate Reno and Lake Tahoe with violent destruction, scientists say.

Bay City News, News Partner Posted Sat, Apr 23, 2016 at 4:09 pm PT

RENO - A long-overdue earthquake along the California-Nevada state line could devastate Reno and Lake Tahoe with the kind of destruction that violently shook southern Japan when a magnitude 7.3 temblor struck, according to scientists who gathered in Reno this week.

The Sierra's eastern front is expected to experience a magnitude-7 earthquake on average every 30 years. It's been six decades since an earthquake that large has been registered, [KQED reported](#).

"This is an opportunity to scare you a little bit, or hopefully a lot," Nevada Seismological Laboratory Director Graham Kent was quoted as saying, as scientists gathered in Reno at the Seismological Society of America's annual meeting just days after two powerful earthquakes along the so-called [earthquake ring of fire](#) rocked separate sections of the world in Ecuador (magnitude 7.8) and Japan (magnitude 7.3).

The earthquake faults running throughout California lay within the ring of fire.

Seismologists said it's likely Reno, Lake Tahoe, and possibly Las Vegas, will eventually experience the kind of massive quake that hit Japan, where [KQED reports](#) nearly 1,200 houses were destroyed in and around Kumamoto.

Local Businesses

The [Federal Emergency Management Agency](#) estimates a magnitude-6 quake could cause up to \$1.9 billion in damage in the Reno-Sparks area and \$590 million at Lake Tahoe, according to Kent.

You can find real-time information about earthquakes in California and the elsewhere in the world on from the [USGS website](#). The USGS is located in Menlo Park.

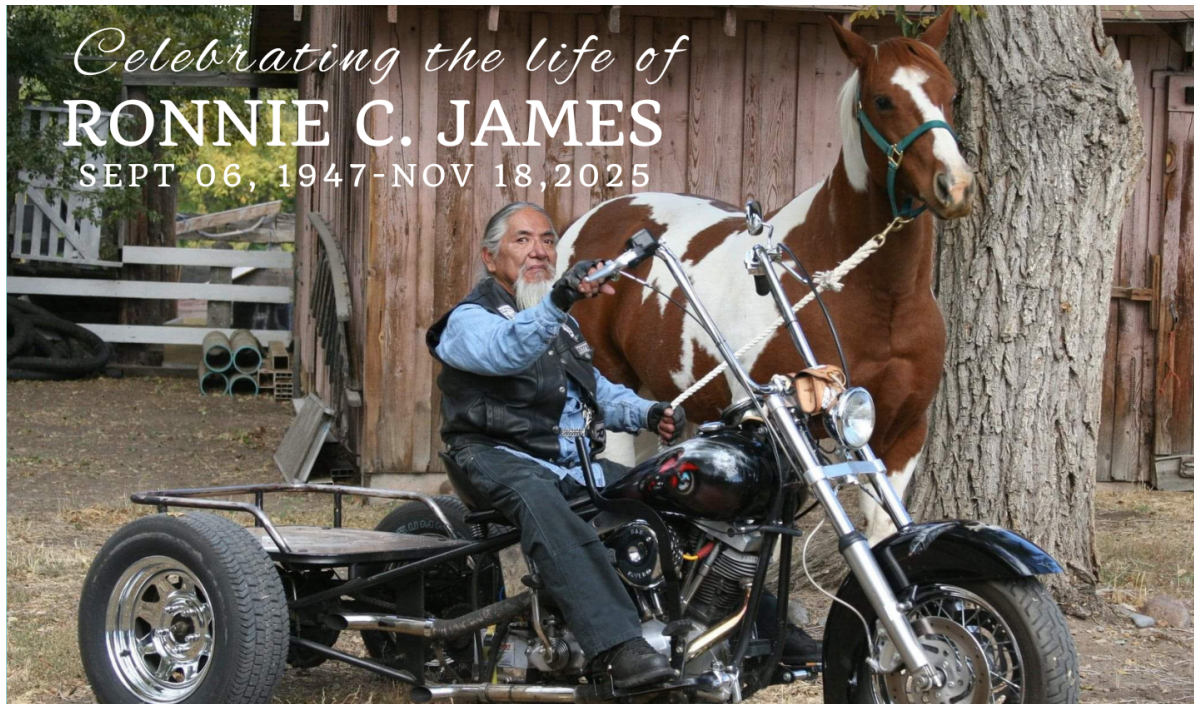
FEMA gives [earthquake safety information for use at home at this site](#).

You can read [the full KQED report here](#).

-image via [Darron Birgenheier](#), and licensed under the [Creative Commons Attribution-Share Alike 2.0 Generic](#) license

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*"To a historian, libraries are food, shelter and even muse" — Barbara W. Tuchman*



*Celebrating the life of*  
**RONNIE C. JAMES**  
SEPT 06, 1947-NOV 18, 2025

*Please join us as we gather in  
remembrance to share some of our  
favorite memories and comfort each  
other in this time of loss.*

**Walton's Ross Burke**

2155 Kietzke Ln Reno Nv

Dec 5, 2025, Friday

Public Viewing 11am-1pm

Service 1pm-2pm

Final Goodbye 2pm-3pm

**FINAL "RIDE" TO PYRAMID LAKE 3PM**

Dinner to follow at:

Wadsworth Community Center



