

## **Journal #4287 from sdc 11.14.18**

*Native families impacted by California Fires*

*More from OneNevada*

*The personal reason this superwoman has dedicated her life to Indigenous Midwifery*

*City Data - this one featuring Nixon, NV*

*Artist Uses 100,000 Banned Books To Build A Full-Size Parthenon At Historic Nazi Book Burning Site*

*Bill Gates - why there are few things I love talking about more than toilets*

*Move more, sit less – great advice, but how can we make time for exercise?*

*Generations - Contemporary Native life through eyes of mother/children on the PLP Res of N.Nevada*

*More American students are studying abroad, new data show*

*Neuroscientists identify a surprising low-tech fix to the problem of sleep-deprived teens*

*I deliberately sent myself to prison in Iceland – they didn't even lock the cell doors there*

*BLM Partners with Traveling Trainers to Educate on Leave No Trace*

*Road Closures in Washoe Country*



To help raise awareness of Native American Heritage Month, Rock Your Mocs November 12-17!

Work, school, vacation -wherever you are, wear your moccasins!

Take a photo and share it on social media with the hashtag!

### **#rockyourmocs or #rym2018**

Post of photo of you with your mocs on the [Pow Wow Life Facebook Group!](#)

[Learn more – Rock Your Mocs Facebook page.](#)

Paradise, California is the birthplace of our Sandra Mitrovich, the Outreach and Retention Coordinator for Indigenous Student Services at the University Of Nevada. She helps all our Native students attending UNR.

Several Native families from the Mechoopda Maidu, Enterprise Rancheria (Estom Yumeka Maidu), Berry Creek Rancheria (Tyme Maidu), Mooretown Rancheria, and Concow Maidu have been impacted by the worst wildfire in the history of California.

Two burial sites in Bloomer Hill were affected, but thankfully not destroyed. Sandra's brother and six of her cousins lost their homes.

Below is a method to help those who could really use it. Please let me know if you have questions. --SM [Stacey Montooth <smontooth@rsic.org>](mailto:smontooth@rsic.org) ? [View in browser](#)

[Truckee Meadows Fire accepting donations for victims of Camp Fire](#)  
[Drop of clothes and canned goods by November 21 Read the full announcement](#)  
[More announcements](#)

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### **More from OneNevada:**

*(feel free to edit/correct and let the webmaster know)*

#### **Washoe Basket Weavers**

The people of the Washoe tribe of Nevada and California have long practiced the art of weaving. Both men and women created the tools and products necessary to make a living in a land that required seasonal movements. Heavy pottery or bulky wooden items were not suited to this environment nor to the mobile lifestyle of the indigenous people. [Read more](#)

#### **Washoe Winter Village Archaeology**

Washoe Indian people regard Western Nevada along the central Sierra Nevada as an important part of their original homeland. Today many Washoe tribal members still live in Western Nevada's valleys adjacent to the Sierra in cities and towns, and on reserved lands—at places such as Coleville, Markleeville, Woodfords, Dresslerville, Carson City, Reno, Doyle, and Susanville. [Read more about Washoe Winter Village Archaeology](#)

#### **Lambert Molinelli**

Lambert Molinelli is the author of the only early published book on [Eureka](#), Nevada. He was born in Italy in 1853. In the early 1870s, his family immigrated to Eureka, where he met his wife, Mary, a woman from Iowa. [Read more about Lambert Molinelli](#)

#### **L.L. Loud and the Beginning of Nevada Archaeology**

Llewellyn Lemont Loud, known professionally as L. L. Loud, was born in Maine in 1879. After graduating from high school in 1901, Loud traveled around Alaska and Washington before settling in San Francisco in 1905. He spent the next five years as a non-degree student at the University of California. He worked for the university full time as a guard, janitor, field archaeologist and, finally, senior preparator, from 1911 to 1926, and from 1931 until his death in 1946. [Read more about L.L. Loud and the Beginning of Nevada Archaeology](#)

### [Keyhole Canyon Petroglyphs and Creation Mythology](#)

Keyhole Canyon is located about halfway between Las Vegas and Searchlight, outside the town of Nelson in the Eldorado Mountains. While it is unknown who carved the petroglyphs at Keyhole Canyon, scholars do agree that the Mohave, the Paiute, and the Anasazi/Pueblo were the main groups in the region thousands of years ago. [Read more about John Piper](#)

### [JoAnn Smokey Martinez](#)

JoAnn Smokey Martinez and her sister Theresa Jackson were among the last members of the Washoe Tribe to be raised in their traditional Native American culture. They spoke only Washoe until they started school, and as children both helped their mother and grandmother gather willows for baskets. [Read more](#)

### [Gypsum Cave](#)

Gypsum Cave is a five-room limestone cave in Sunrise Mountain, approximately 12 miles east of Las Vegas. For a twelve-month period, between January 1930 and 1931, noted early archaeologist Mark R. Harrington (1882-1971) and a small crew of Native Americans dug through most of the cave's deposit. Harrington was interested in the cave for its potential to provide evidence of a period in the distant past when it was occupied by both humans and now-extinct mammals, especially the ground sloth (*Nothrotheriops shastense*).

[Read more about Gypsum Cave](#)

### [Grimes Point](#)

The Grimes Point site is a part of a much larger archaeological complex, which includes a wide variety of materials, caves, shelters, and other archaeological sites. The site is located on what was once a shoreline of Pleistocene Lake Lahontan and is best known for the cupules, which are small pits dug out of the rock surface and found on hundreds of boulders in the area.

[Read more about Grimes Point](#)

### [Great Basin Prehistoric Footwear](#)

In Nevada, people have been making woven sandals and leather moccasins for the last 10,000 years. Prehistoric footwear, however, is relatively rare. Among the historic tribes in Nevada (Washoe, Western Shoshone, Northern Paiute, Southern Paiute), people preferred to go barefoot as much as possible. Yet each group used footwear, when needed, for protection from cold, wet, hot, muddy, or rocky conditions. [Read more](#)

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### **The personal reason this superwoman has dedicated her life to Indigenous midwifery** by [Tilde Holm](#)

Claire Dion Fletcher was taking a class in Women's Studies as part of her undergraduate program when she first realized she wanted to become a midwife.

She was writing a paper on the decline of midwifery and the medicalization of birth in Ontario, when she started thinking about whether or not midwifery was even practiced anymore. It didn't take long before Claire found that the answer was 'yes' along with a lot more information on the

subject from the Association of Ontario Midwives and the [Ryerson Midwifery Education programme](#).

The more she read, the more confident she became about wanting to become a midwife herself. **She had always been interested in health care, and especially women taking an active role in their health, so midwifery seemed like the perfect fit.**

But it wasn't just an academic interest — Claire also had a personal connection to health care and midwifery.

Claire is Potawatomi-Lenape, and she wanted to help Indigenous women like herself take an active role in their health care. She thinks that Indigenous women should have access to an Indigenous midwife if they want, because their Aboriginal identity is something that “cannot be replicated or taught”.

Despite the differences in experiences of Indigenous people, Claire explains that they share an ongoing experience of assimilation. Indigenous people also typically don't [have access](#) to as comprehensive health care as other groups in Canada.

**But one of the biggest challenges Indigenous people face is “[they] have the poorest health outcomes compared to any other group in Canada”, Claire explains.**

And there are studies to support Claire's claim. In a report by the [National Collaboration for Aboriginal Health](#), health indicators show a higher burden of disease or health disparities among Indigenous people than among non-Aboriginal Canadians. **And there isn't just a gap in health outcomes, there is also a gap in data which makes it more difficult to address the situation.**

What's more, women often get the shortest end of the proverbial stick, “due to the intersecting effects of colonization, race, sex and gender,” notes Claire.

This is why people like her are so important — Claire recognizes that there's a lot about the state of maternal health that needs to change.

*“Our families deserve Indigenous midwifery care that meets all their health needs, our people deserve access to health care in a place where they feel safe and respected, where they will be listened to and their concerns taken seriously.”*

**Thankfully, Claire found a way to actively work towards that change — she became a registered midwife who specifically caters to Indigenous women.**

Claire Dion-Fletcher receiving the Iewirokwas Cape Award for Midwifery Heroes from the Toronto Birth Centre on February 16. Photo via [Ryerson University](#).

But she does much more than deliver babies.

Claire holds several other positions that help propel her mission forward.

She sits on the core leadership of the National Aboriginal Council of Midwives, where she works on several projects to expand Indigenous midwifery and enhance midwifery education. She also supports increased access to culturally safe educational opportunities through her role as an Aboriginal student coordinator at the Ryerson Midwifery Education Program, which is also where she got her midwifery certificate.

And Claire's constantly researching decolonized health care and Indigenous midwifery, too. One of her most interesting findings so far is the unique approach that Indigenous midwives bring to health care.



**“Indigenous midwifery provides clinically excellent care that incorporates an Indigenous understanding of health and world view.”** writes Claire.

Ultimately her mission is to recover Indigenous practices while trying to improve overall health and wellbeing of Indigenous people and fight against the ongoing impacts of colonization and assimilation.

**And Claire and the National Aboriginal Council of Midwives share another important goal — to have at least one Aboriginal midwife in each Aboriginal community.**

That's why she lobbies for the expansion of Indigenous content in university programs and the growth of Indigenous midwifery in Ontario.

*“I see all of these as a part of Indigenous midwifery and part of our responsibility as Indigenous midwives to serve our communities,” she notes.*

**Since she's involved with so many projects, it's impressive that Claire finds the energy to keep up her work, but the strength and resiliency of her Indigenous clients help her stay motivated.**

And her goal for the future of Indigenous health care in Canada is a powerful motivator as well.



**She wants to help build a health care system that is focused on the clients, in order to meet the needs of the people actually using the system.** She also wants to make Indigenous midwifery is more accessible, and make it easier for Indigenous people to become midwives themselves.

To achieve this, she will keep lobbying for a fairer health care system and increased recognition for Indigenous midwifery. She hopes her research will also provide her with more tools to improve the situation and spread information about the most pressing issues associated with Indigenous health today.

There's still a long way to go before we see the necessary changes in place, but with people like Claire in the mix, the chances are good that they'll happen a lot sooner.

Share image: [Ryerson University](#). *This article was written as part of a mentorship program between Upworthy and [Girls' Globe](#).*

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As the number of women **dying from childbirth** decreases worldwide, the United States is among a handful of countries where it is rising. [What is California doing differently](#) that's causing the state to dramatically drop its own rate of maternal mortality?  
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A new study finds tobacco and alcohol use dropping among **pregnant women**, but [more expectant mothers are using marijuana](#) than before.

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*available for many places!*

**Nixon, Nevada** <http://www.city-data.com/city/Nixon-Nevada.html>

We are giving away **\$1200** in prizes - enter simply by sending us your own city pictures!  
[See promotion details and to upload your Nixon, Nevada photos](#)

**Population in 2010:** 374. **Population change since 2000:** -10.5%  
**Males:** 206 (55.2%)      **Females:** 168 (44.8%)  
**Median resident age:** 32.2 years      **Nevada median age:** 37.9 years  
**Zip codes:** [89424](#), [89510](#).

[Nixon Zip Code Map](#)

**Estimated median household income in 2016:** \$28,303 (it was \$25,417 in 2000)  
**Nixon:** \$28,303      **NV:** \$55,180

**Estimated per capita income in 2016:** \$14,958 (it was \$9,926 in 2000)  
[Nixon CDP income, earnings, and wages data](#)

**Estimated median house or condo value in 2016:** \$101,383 (it was \$74,200 in 2000)  
**Nixon:** \$101,383      **NV:** \$239,500

**Mean prices in 2016:** All housing units: \$356,716; Detached houses: \$387,776; Townhouses or other attached units: \$228,507; In 2-unit structures: \$199,226; In 3-to-4-unit structures:

\$213,220; **In 5-or-more-unit structures:** \$220,307; **Mobile homes:** \$126,280; **Occupied boats, RVs, vans, etc.:** \$4,678

**Median gross rent in 2016:** \$354.

[Nixon, NV residents, houses, and apartments details](http://www.city-data.com/city/Nixon-Nevada.html#ixzz5WaO4ow8D) Read more: <http://www.city-data.com/city/Nixon-Nevada.html#ixzz5WaO4ow8D>

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**Artist Uses 100,000 Banned Books To Build A Full-Size Parthenon At Historic Nazi Book Burning Site**



<http://www.bookishbuzz.info/artist-uses-100000-banned-books-to-build-a-full-size-parthenon-at-historic-nazi-book-burning-site/?fbclid=IwAR0xlvAjjHNkE7imW0LV04B2sYdBvbEA2Htj-zliGdZZQTAhLrceVj6EovA>

**Bill Gates**

It's easy for those of us in rich countries to take the toilet for granted. Not only does it make our life comfortable, but it's key to human health. Diseases caused by contaminated water kill more than 500,000 people every year. That's why sanitation is one of the most important issues our foundation works on and why there are few things I love talking about more than toilets.

GatesNotes.com

[Why the world deserves a better toilet lives.](#) [Learn More](#)

[A new generation of toilets could save millions of](#)

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**Move more, sit less – great advice, but how can we make time for exercise?**

David E. Conroy, Pennsylvania State University; Sherry Pagoto, University of Connecticut  
The new Physical Activity Guidelines for Americans have just been released, and here is the bottom line: Just move. Bike, walk, run or lift weights. It all counts toward your weekly exercise quota.



## **Generations**

A look into Contemporary Native life through the eyes of a mother and her children on the Pyramid Lake Paiute Reservation of Northern Nevada

### **Details**

Date: November 17 Time: 4:00 pm - 6:00 pm Event Category: [Screening](#)  
Event Tags: [Generations](#)

**Venue: TCL Chinese Theatre #6, 6925 Hollywood Blvd, Hollywood, 90028**

### **Other Events**

1. [12th Annual LA SKINS FEST](#)  
November 13 - November 18
2. [Opening Night Reception](#)  
November 13 @ 8:00 pm - 11:30 pm
3. [7th Annual Native Writers Pitch Workshop and Stage Reading](#)  
November 14 @ 3:30 pm - 10:00 pm
4. [Native Americans in the Industry: Where We Are Today](#)  
November 15 @ 6:30 pm - 9:00 pm
5. [2018 NATIVE YOUTH MULTIMEDIA WEEKEND](#)  
November 16 - November 19

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### **More American students are studying abroad, new data show**

Chad M. Gasta, Iowa State University

In an effort to get a competitive edge in the global jobs market, more US college students are choosing to get international experience, an expert on study abroad says.





**ROAD CLOSED - Nov. 17, 2018**

**USE ALTERNATE ROUTES**

**U.S. 395/I-580 in Carson City at Eastlake Boulevard Exit**

NV Energy and the Nevada Department of Transportation have scheduled a full closure of Interstate 580 in northern Carson City and Washoe Valley during the morning hours of both Nov. 17 and Nov. 18, according to a post on the Nevada Department of Transportation website.

Both directions of I-580/U.S. 395 will be closed from U.S. 50/East William Street exit 39 in central Carson City to the Alternate U.S. 395 Bowers Mansion exit 50 in northern Washoe Valley from 7 a.m. to 1 p.m. Nov. 17 and Nov. 18 for major utility line repairs. No access will be allowed via interstate on and off-ramps within the closure area. No through traffic will be allowed through Hobart Road or Eastlake Boulevard areas, but local access will be permitted for residents. Drivers are asked to plan to travel the interstate well before or after the closure times on these dates, or to utilize other state highways.

Repairs will be made to 120-kilovolt transmission lines which cross over the interstate and supply power to approximately 11,0000 customers at Lake Tahoe. The overhead lines were recently struck and damaged by an aircraft. The repairs require a helicopter working during daylight hours to string new utility lines across the roadway. The morning weekend hours were selected to reduce impact on heavier weekday commute traffic. As many as 43,000 vehicles travel the section of interstate daily.

State road information is available at [nevadadot.com](http://nevadadot.com) or by calling 775-888-7000

[Shayne del Cohen](#) Please post in your journal. Thank you! Geoff Ellis

