

Journal #5828 from sdc 10.10.24

Ha Ho No Gen Canyon

Things You Probably Didn't Know About Reading

The Forest Service is cutting its seasonal workforce and public lands will suffer

Western Shoshone Resources at the Library of Congress

Inspiring Young Minds through S.T.E.M.

Libraries in the U.S. - Statistics & Facts | Statista

States With the Most Used Public Libraries - 24/7 Wall St.

2020 Public Library Technology Survey - American Library Association

1. Library users and learning - Pew Research Center

Hidden Treasures in All Four Corners of Colorado

I was very young when someone called me "Sinner"

You don't recover from an addiction by stopping using

Nearly Free Degree

Don't Buy Nestle Products - Nestle Steals Water from First Nations

Climate Impact and Nevada's Path Forward

Hoop Time



[The Geologist](#) ·

[Long Bach Nguyen](#) · ·

Ha Ho No Gen Canyon, Moenkopi Plateau, Hopi Indian Reservation, East Tuba City, Arizona
(file 1852) Nikon D850 ,AF-S NIKKOR 28-300mm f/3.5-5.6G ED VR 1/400s f/8.0 at 98.0mm
iso160 taken from Kodiak 100 airplane last week — with [Terry Cook](#).

Things You Probably Didn't Know About Reading

Reading is an integral part of our daily lives, providing a gateway to knowledge, entertainment, and personal growth. However, despite its familiarity, there are many fascinating aspects of reading that remain unknown to many. Here are some surprising facts about reading:

1. Your Brain Processes Images Faster Than Words

Research suggests that our brains process visual information 60,000 times faster than text. This explains why illustrations and graphics enhance comprehension and recall.

2. Reading Can Alter Your Brain Chemistry

Reading releases dopamine, a neurotransmitter associated with pleasure and relaxation. This "reading high" can reduce stress and improve mood.

3. The Average Reading Speed is 200-300 Words Per Minute

Most adults read at a pace of 200-300 words per minute, but skilled readers can reach speeds of up to 400 words per minute.

4. Reading Can Increase Empathy

Studies have shown that reading fiction improves empathy by allowing readers to experience different perspectives and emotions.

5. The World's Oldest Known Written Story Dates Back to 2100 BC

The ancient Sumerian epic, "The Epic of Gilgamesh," predates Homer's "The Iliad" and "The Odyssey."

6. Reading Can Slow Down Aging

Engaging in mentally stimulating activities like reading can delay cognitive decline and reduce the risk of age-related diseases.

7. Your Eyes Don't Move Linearly When Reading

Instead, they jump between focus points, taking in groups of words at a time. This process is called "saccadic movement."

8. Reading Can Improve Memory

Reading enhances memory by strengthening connections between brain cells and promoting neural plasticity.

9. The First E-Book Was Created in 1971

Michael Hart's digital version of "The Declaration of Independence" marked the beginning of the e-book era.

10. Reading Can Reduce Stress by 68%

A University of Sussex study found that reading reduces stress more effectively than listening to music or taking a walk.

Reading is more than just a hobby or necessity; it has profound effects on our minds, emotions, and well-being. By embracing reading, we can expand our knowledge, foster empathy, and cultivate a healthier, happier life.

The Forest Service is cutting its seasonal workforce and public lands will suffer

Employees warn that important work will go undone all over the country.

<https://www.hcn.org/articles/the-forest-service-is-cutting-its-seasonal-workforce-and-public-lands-will-suffer/>

Western Shoshone Resources at the Library of Congress (just type your Tribe's name into the search engine)

- [Available Online 60,120](#)
- [All Items 60,174](#)

- [Newspaper 57,846](#)
- [Book/Printed Material 1,709](#)
- [Periodical 475](#)
- [Web Page 302](#)
- [Manuscript/Mixed Material 41](#)
- [Legislation 35](#)
- [Photo, Print, Drawing 14](#)
- [Film, Video 7](#)

- [PDF 60,037](#)
- [Online Text 59,798](#)
- [Image 59,794](#)
- [Web Page 64](#)
- [Video 7](#)

- [2000 to 2025 58](#)
- [1900 to 1999 40,897](#)
- [1800 to 1899 18,889](#)
- [1700 to 1799 1](#)

- [United States 58,409](#)
- [Idaho 16,307](#)
- [Utah 6,341](#)
- [Salt Lake City 5,664](#)
- [Wyoming 5,655](#)
- [Salt Lake 5,651](#)
- [Nevada 3,630](#)
- [Montana 3,406](#)
- [Washington 3,200](#)
- [Alturas 3,158](#)
- [More Locations](#)

- [Serial and Government Publications Division 57,825](#)
- [Chronicling America 57,811](#)
- [The Salt Lake Herald \(Salt Lake City \[Utah\]\) 1870 to 1909 2,829](#)
- [The Salt Lake Tribune \(Salt Lake City, Utah\) 1890-Current 1,762](#)
- [Wood River Times \(Hailey, Idaho\) 1882 to 1915 1,627](#)
- [Library of Congress Online Catalog 1,555](#)
- [General Collections 1,461](#)
- [Selected Digitized Books 1,398](#)
- [The San Francisco Call \(San Francisco \[Calif.\]\) 1895 to 1913 1,161](#)

- [Omaha Daily Bee \(Omaha \[Neb.\]\) 187?-1922 1,042](#)
- [More Part ofs](#)

- [Idaho State Historical Society 16,173](#)
- [University of Utah, Marriott Library 6,226](#)
- [University of Wyoming Libraries 5,590](#)
- [University of Nevada Las Vegas University Libraries 3,594](#)
- [Montana Historical Society; Helena, MT 3,394](#)
- [University of California, Riverside; Riverside, CA 2,174](#)
- [Library of Congress, Washington, DC 2,068](#)
- [University of Nebraska-Lincoln Libraries, Lincoln, NE 1,975](#)
- [History Colorado 1,895](#)
- [Washington State Library; Olympia, WA 1,440](#)
- [More Contributors](#)

- [United States 58,616](#)
- [Newspapers 56,236](#)
- [Idaho 16,299](#)
- [Utah 6,245](#)
- [Salt Lake City \(Utah\) 5,664](#)
- [Salt Lake City 5,654](#)
- [Wyoming 5,652](#)
- [Salt Lake 5,651](#)
- [Nevada 3,624](#)
- [Montana 3,404](#)
- [More Subjects](#)

- [English 59,791](#)
- [German 472](#)
- [Spanish 201](#)
- [Japanese 97](#)
- [Norwegian 39](#)
- [Polish 26](#)
- [French 21](#)
- [Czech 9](#)
- [Dakota 7](#)
- [Hawaiian 6](#)
- [More Languages](#)

- [Available Online 60,117](#)
- [Available at the Library of Congress Campus 3](#)



AS SEEN IN

Forbes

CBS

Medium

the DREW
Everymore Show

teamgeniussquad.com

[Inspiring Young Minds Through Hands-On S.T.E.M. Fun!](#)

[Team Genius Squad is an aspiring brand created by 8-year-old Ava the S.T.E.M. Princess®. Our mission is to promote Science, Technology, Engineering and Math \(S.T.E.M.\) awareness.](#)

HOW TO SPOT DISINFORMATION ONLINE

1. CONSIDER THE SOURCE.

Does the URL look strange? Check the 'About' page on the website.

2. CHECK THE DATE.

Is the story old news? Sharing out-of-date information may not match current events.

3. CROSS CHECK INFORMATION.

Are reputable news sources reporting the same story?

4. READ PAST THE HEADLINE.

What's the whole story? Sometimes a headline doesn't match the content.

5. QUESTION EMOTIONALLY CHARGED CONTENT.

Disinformation intends to sow division by getting us angry or sad through images or memes.

LWV

<https://www.hcn.org> > [issues](#) > [56-10](#) > [what-the-bundy-bunkerville-standoff-foreshadowed](#)

[What the Bundy Bunkerville standoff foreshadowed](#)

Oct 1, 2024

What the Bundy Bunkerville standoff foreshadowed Ten years after the impasse between the Bundy family and the BLM, the doctrine of white oppression is widely embraced.

[Libraries in the U.S. - Statistics & Facts | Statista](#)

Jul 3, 2024 Use of public libraries in the United States from the fiscal year of 1995 to the fiscal year of 2019, by type (per 100 people) Premium Statistic U.S. public libraries average weekly service hours ...

<https://www.statista.com> > [topics](#) > [1469](#) > [libraries](#)

[States With the Most Used Public Libraries - 24/7 Wall St.](#)

To determine the states with the best/most used libraries, 24/7 Tempo reviewed data from the Institute of Museum and Library Services, an independent U.S. government agency. Each state's

<https://247wallst.com> > [special-report](#) > [2022](#) > [06](#) > [17](#) > [states-with-the-most-used-public-](#)

[libraries](#)

<https://>

www.ala.org > [sites](#) > [default](#) > [files](#) > [pla](#) > [content](#) > [data](#) > [PLA-2020-Technology-Survey-Summary-Report.pdf](#)

[2020 Public Library Technology Survey - American Library Association](#)

half of all libraries (50.1%) provide some technology for use outside the library. Figure 2 shows that circulating internet hotspots is the most common of these, provided by more than half of city libraries (51.8%), nearly half of suburban libraries (47.4%) and more than a quarter of town/rural libraries (25.5%),

<https://www.pewresearch.org> > [internet](#) > [2016](#) > [04](#) > [07](#) > [library-users-and-learning](#) **1.**

[Library users and learning - Pew Research Center](#)

The personal learners who are among the most likely to have used libraries for these kinds of enrichment activities include those in households earning less than \$50,000 (29% of the personal learners have done so), those ages 65 and older (30% of this cohort have done so) and women (27% of the personal learners in this cohort have done so). ...

Hidden Treasures in All Four Corners of Colorado

Beyond Denver and the Front Range lies a patchwork of vibrant small towns and communities. Tucked within, you'll find so much to discover, from dinosaur footprints and tiny museums to 9,000-year-old Indigenous artifacts and spiritual monuments with spectacular views. Read on for a list of hidden gems that unearth a side to Colorado we bet you haven't seen.

EXPLORE MORE →



I was very young when Someone called me "Sinner" I got curious because in our language there no such word so I decided to ask my grandfather about it, he said; there is no such thing, our consciousness does not recognize this kind of words because it was made to manipulate and put guilt in our hearts, there are no sins what we have is choices and sometimes we make mistakes. Fear is what people use to take away your freedom, do not allow anybody to do this to you again grandson. – Gianna Crow



[Native American Traditional](#)

"You don't recover from an addiction by stopping using.
You recover by creating a new life where it is easier to not use.
If you don't create a new life, then all the factors that brought you to your addiction will eventually catch up with you again."

~~~~~  
***“Every morning when you awake you have been given the gift of a sunrise and twenty-four hours to live.***

***This is a precious gift. You have the wonderful opportunity to take this day and live joyously, with appreciation for everything that you encounter.***

***Take in a deep breath and be grateful for this exhilarating experience of breathing in life and love.”*** (Dr. Wayne Dyer)

Be grateful. Give thanks for being, for having, for winning, for losing, for going, for coming, for trying, for making mistakes, for knowing, for feeling... If we give thanks, our eyes will see new colors.



Indigenous filmmakers!

Ready to tell your story through film? Apply now for the Graton Fellowship for Artists from California-Based Tribes to be considered for grants, yearlong support, and more. Deadline: October 14, 2024. Apply now!

[Sho St](#)

*Indigenous day has me thinking of the Sundances I went to being the pipe girl. In Arizona, in the heat, basically in the middle of nowhere. Navigating a "modern" world as a young girl then going sweatlodges was different. The pow wows I danced at in Arizona which is where my dancing started at a young age. My great grandmother Minnie Dick was a cradleboard master and basket weaver. I know the woman who came before me. The woman I came from, and the woman I carry with me today. I know what I was brought up with and my personal spiritual beginning. I will admit I am not "in touch" with that side of me often but it resides in me. Something that you can't easily forget.*

~



[gbcnv.edu](http://gbcnv.edu)

[Nevada students are eligible to apply for the Nevada Promise Scholarship at Great Basin College](#)  
[Get a nearly free degree at GBC with the Nevada Promise Scholarship](#)





**DON'T BUY NESTLE BRAND TREATS**



**Hey!**

**Halloween is right around the corner..**

**Nestle steals water from First Nations.**

[https://www.business-humanrights.org > en > latest-news > while-nestlé-extracts-millions-of-litres-from-their-land-residents-have-no-drinking-water](https://www.business-humanrights.org/en/latest-news/while-nestlé-extracts-millions-of-litres-from-their-land-residents-have-no-drinking-water)

**[While Nestlé extracts millions of litres from their land, residents ...](#)**

[W]hile [residents] do without **water**... Nestlé, the world's biggest bottler, is extracting up to 3.6m litres of **water** daily from nearby Six Nations treaty land. "Six Nations did not approve [of Nestlé pumping]," [Dawn] Martin-Hill [a Six Nations local and professor of indigenous studies at McMaster University] said.

[Only include results for this site](#)[Hide site from these results](#)

Share feedback about this site

[https://www.mashed.com > 717227 > nestles-water-controversy-explained](https://www.mashed.com/717227/nestles-water-controversy-explained)

**[Nestle's Water Controversy, Explained - Mashed](#)**

Aug 21, 2023 **Nestle's Water Controversy, Explained**. There was a time when giving bottled **water** a hard pass meant you were doing your bit to help the environment. As Earth-policy.org put it, "More than 17 million barrels of oil are required to produce enough plastic **water** bottles to meet America's annual demand for bottled **water**" (via Harvard).

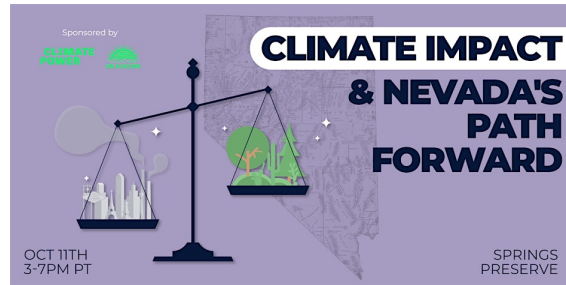
[Only include results for this site](#)[Hide site from these results](#)

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[https://www.environment911.org > Understanding-the-Past-and-Future-Nestle-Corporations-Impact-on-Canadian-Waters-and-Communities](https://www.environment911.org/Understanding-the-Past-and-Future-Nestle-Corporations-Impact-on-Canadian-Waters-and-Communities)

**[Understanding the Past and Future: Nestlé ... - Environment 911](#)**

Nestlé is the world's biggest bottler, and prior to "exiting the Canadian market," was extracting 3.6m litres of **water** daily from Six Nations' treaty land, without their approval. Looking back, the provinces have owned Canadian **waters** since 1930 when the federal government delegated ownership with the National Resources Transfer Act ...



## Opening Remarks

Courtesy of our very own regional community development manager Martin Nieves.

## Introduction to our Building a Clean Energy Economy Panel

Rubi Martinez, Climate Power

## Building a Clean Energy Economy

Our political correspondent Casey Harrison will moderate a discussion with local advocacy leaders about how the state has been able to uniquely take advantage of federal funding and Bipartisan Infrastructure programs to help families, workers and unions in creating a clean energy economy and environmental justice for all Nevadans.

Cinthia Moore, Make the Road Nevada

Angelyn Tabalba, Nevada Conservation League

## Climate Challenge & Solutions w/ Attorney General Ford

The Nevadan / El Nevadense's National Correspondent, Victoria Leandra, will sit down with Attorney General Aaron Ford to discuss climate challenges in Nevada, including water conservation of the Colorado River, extreme heat, and air quality. Discussions will revolve around how these issues disproportionately impact Latino communities and what Nevadans can do to help solve for these problems.

 **Event Details** 

[RSVP HERE](#)

[RSVP HERE](#)

WHO'S INVITED: Anyone interested in listening to some important discussions about the impact of climate change in Nevada and how advocacy leaders and policymakers are tackling this vital issue.

WHERE: [Springs Preserve](#) (333 S. Valley View Blvd., Las Vegas, NV 89107)

WHEN: Friday, October 11, 2024

COST: Free!

Doors open at 2 p.m., programming starts at 3 p.m. A catered reception with light food and refreshments to follow.

Register below for in-person attendance or to receive a link to the livestream!

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## **[Hoop Time!](#)**

<https://www.nba.com> > [thunder](#) > [story](#) > [honoring-the-native-tradition-211119](#)

### **[Lindy Waters III's Connection to His People - NBA.com](#)**

The Guardian is a depiction of a Native **American warrior**, spear in hand, tip stuck into the ground. ... Waters III has long had a stage to inspire, but now as a professional basketball **player**

...

<https://www.nbcsportsbayarea.com> > [nba](#) > [golden-state-warriors](#) > [a-look-at-the-history-of-native-americans-in-basketball](#) > [1169209](#)

### **[A look at the history of Native Americans in basketball](#)**

The NBA's first Native **American player** took the court shortly after the league officially formed in 1949. Others of Native **American** lineage to play in the NBA have included Bison Dele (1992-1999), Cherokee Parks (1996-2004), Ron Baker (2017-2019) and Kyrie Irving (2011-current). With November being Native **American** Heritage Month, here's a ...

<https://www.hollywoodreporter.com> > [movies](#) > [movie-news](#) > [lebron-james-netflix-native-american-basketball-rez-ball-1234993315](#)

### **[LeBron James to Produce Netflix Native American Feature 'Rez Ball'](#)**

The story, according to the project's description, "follows the Chuska **Warriors**, a Native **American** high school basketball team from Chuska, New Mexico, that must band together after losing ...