

Journal #5845 from sdc 11.4.24

Incredible Beauty of the Devil's Flower Mantis

Meet Casey Cavanaugh

Calling all journalists December POWWOWS

Scholarships with December 1 Deadlines

Cheyne Gail is in the TCS Marathon in New York City

Children's Book Opportunity

Jerry Millet and Annette George open First Day NCAI meeting with Shoshone prayer

Derinkuyu, an ancient underground city

We Are Still Here: Working with Tribes on the Delta

*The pawpaw (*Asimina triloba*) is one of North America's best-kept secrets*

Stay in line to vote!

Travel Nursing opportunities



Incredible Beauty of the Devil's Flower Mantis!

This stunning insect, found in the lush jungles of Madagascar, camouflages itself among flowers to attract unsuspecting prey. Its mesmerizing shape and colors make it look like a blooming flower, showcasing nature's artistry.

Fun Fact: This mantis is not just a pretty face; it can even mimic the movements of flowers swaying in the breeze to lure in its meals!

photo by Igor Siwanowicz

Meet Casey Cavanaugh October 31, 2024



We caught up with the brilliant and insightful Casey Cavanaugh a few weeks ago and have shared our conversation below.

Casey, so good to have you with us today. We've got so much planned, so let's jump right into it. We live in such a diverse world, and in many ways the world is getting better and more understanding but it's far from perfect. There are so many times where folks find themselves in rooms or situations where they are the only ones that look like them – that might mean being the only woman of color in the room or the only person who grew up in a certain environment etc. Can you talk to us about how you've managed to thrive even in situations where you were the only one in the room?

With this question, I immediately identify with my Native American ancestry. I think feeling like the only one in the room is something that a lot of Native Americans feel. We are under represented in almost all venues and our college drop out rates, and rates of even leaving urban settings to go back to the reservation are high. On the Rez, you're in the majority. There is a complicated and inconvenient history between Native Americans and the United States Government. Indian law in this country included some of the worst treatment including extermination and genocide, to forced boarding schools, to assimilation and worse! There are terribly awful stories about what happened to our people and a lot of it is unknown to average Americans, but we know them from hearing about what happened to our ancestors. Because it's an inconvenient history, most Americans are happy to live in a sort of ignorance of not acknowledging the past or history prior to American history. It is this phenomenon that can make Native people feel uncomfortable in modern, urban America. It can make us feel unrecognized, because our history has largely been unrecognized and the unacknowledged. I have learned to be successful even when I am the only one in the room by finding allies, and seeking out other Natives that have been successful in their passionate spaces. I think also, being the only one in the room can be empowering, especially if you look at it with a sense of paving the way for the next Indigenous person.

Most recently, like in the last few years, there have been some breakthroughs in the industry with more Natives paving the way including Lilly Gladstone who is a Native movie star who played in 'Killers of the Flower Moon,' and Ashley Callingbull, a Native model who was recently crowned Miss Universe Canada who will be running in the Miss Universe pageant. So, this is a really exciting time for Natives, because there are starting to be more of us to support each other in the room!



Thanks for sharing that. So, before we get any further into our conversation, can you tell our readers a bit about yourself and what you're working on?

At Beaded with Love by Casey, I am focused on bringing beadwork to the forefront of both cultural appreciation and luxury fashion. My passion for beadwork stems from deep cultural roots and a desire to honor the traditional arts of my Shoshone ancestors. What makes my work exciting and unique is the ability to blend Native American tradition with contemporary style, creating beadwork pieces that are not only beautiful culturally, but can be a statement accessories.

Currently, I'm working towards expanding reach and increasing demand for beadwork beyond its traditional audience. Beadwork pieces can be so versatile in style and design. And each pieces is so carefully created with luxury in mind. It can appeal to a wide range of customers.

My current challenge is to broaden market appeal and make each piece launched an anticipated event, where customers are eager to secure unique, personally crafted pieces. My current goal is to elevate demand to a point where pieces sell as soon as they are completed, with customers excitedly waiting for the next drop. By creating an online market place, working on brand development and marketing, I'm aiming to build a brand that celebrates beadwork as both an artistic and fashionable expression.

I am also excited about upcoming launches, where I plan to release limited collections that showcase the versatility of beadwork, drawing inspiration from both traditional and modern design. These collections will highlight the luxury and uniqueness of each piece, making them something customers want to own, cherish, and even compete for when they drop. I strive to deliver cherished pieces that value this craftsmanship and traditional Native American art.



Looking back, what do you think were the three qualities, skills, or areas of knowledge that were most impactful in your journey? What advice do you have for folks who are early in their journey in terms of how they can best develop or improve on these?

1. Be patient – your time will come.

In any creative or entrepreneurial endeavor, patience is key. There are moments when it feels like you're pouring your heart into your work but not seeing the results you want, and that can be discouraging. However, I've learned that success doesn't always happen on the timeline we expect. Sometimes, you have to wait years for the right opportunity or the one that's truly meant for you. But the waiting is not passive – it's a time to refine your craft, grow as a person, and prepare for when that perfect opportunity does arrive. My advice for anyone just starting out is to trust the process. Stay consistent with your work, keep learning, and have faith that your moment will come when the time is right.

2. Reciprocity – give back.

Sharing your gifts is not only fulfilling but also essential for building meaningful connections with others. Reciprocity is a huge part of why I create and offer the art and services I do. Beadwork is much more than just a product to me; it's a way to help people feel connected to their heritage and culture. When you give back – whether it's through your art, your time, or your knowledge – you'll find that others will reciprocate. It creates a positive cycle where you lift others up, and in return, people want to support and elevate you. So, for those early in their journey, I'd say: don't hold back your gifts. Share your creativity, your passion, and your knowledge generously, and you'll find the universe responds in kind.

3. Support other artists.

No one succeeds in isolation. A strong creative community is essential, and supporting other artists – even in small ways – is incredibly valuable. It doesn't have to be anything big; sometimes, simply liking another artist's Instagram post or buying a \$5 lip gloss at a local market can make a difference. I believe in lifting each other up because there's enough space for everyone to succeed. Supporting others strengthens the creative ecosystem and builds genuine connections. My advice here is simple: make an effort to show up for other creators. Celebrate their wins, share their work, and be part of their support network. When you help others thrive, you become part of a community that will support you in return.

For anyone starting out, these three principles – patience, reciprocity, and supporting your fellow artists – can make a huge difference in both your personal and professional journey.

Awesome, really appreciate you opening up with us today and before we close maybe you can share a book recommendation with us. Has there been a book that's been impactful in your growth and development?

'Braiding Sweetgrass' by Robin Wall Kimmerer. One noteworthy nugget is something to the effect of "Gifts from the earth, like strawberries are mores special, and taste sweeter, than the ones you buy at the store, just like a handmade gift from your friend will be more cherished and cared for than a store bought gifts."

Contact Info:

Website: <https://BeadedwithlovebyCasey.com>

Instagram: <https://www.instagram.com/beadedwithlovebycasey/>

Other: <https://shoutoutarizona.com/meet-casey-cavanaugh-native-american-shoshone-beadwork-artist/>

Image Credits

The two professional portraits are by **Reba Benally, Navajo Photographer in Phoenix, AZ**

[Suggest a Story](#): BoldJourney is built on recommendations from the community; it's how we uncover hidden gems, so if you or someone you know deserves recognition please let us know [here](#).

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**[Walter Cronkite School of Journalism and Mass Communication](#)**

**Calling all journalists!** The Shaufler Prize is the nation's premier contest recognizing the best journalism advancing the understanding of underserved people, including communities of color, immigrants and LGBTQ+. First place in the professional category receives \$10,000. The first place student winner receives \$5,000. No entry fee. [cronkite.asu.edu](http://cronkite.asu.edu)

[Entries now accepted for 2024 Shaufler Prize](#)

[The Cronkite School's Shaufler Prize honors journalism that highlights society's untold stories.](#)

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December POWWOWS

[Dec 7 Birthday Honor Dance for Dakota Ray Unah 2024](#) - [Lawton OK](#)

Gourd Dance 2pm Supper Break 5pm Grand Entry 6pm Contests: Men's Women's Jr Girls Jr Boys Tiny tots Special: Men's Southern Straight

[Dec 7 - 8 Veterans United Arizona Pow Wow 2024](#) - [Lake Havasu AZ](#)

10:00am - 5:00pm Social event for all ages. \$20 per car includes VIP parking Make camping reservations with Lake Havasu State Park...

[Dec 7 - 9 2nd Annual Native American Veterans Honoring All Nations Pow Wow \(AZ\) 2024](#) - [Lake Havasu City AZ](#)

9:00am - 7:00pm; Grand Entry Noon All Craft, Food Vendors, Dancers Must Pre Register Hoop Dancing; Gourd Dancing; Dress Making; Fry Bread Competition...

[Dec 7 Redbird's 29th Annual Blanket Drive and Mini Pow Wow 2024](#) - [Simi Valley CA](#)

11:00am - 3:00pm Everyone welcome. This gathering is a mini pow wow and blanket drive benefitting the Pine Ridge Indian Reservation in...

[Dec 31 YMGD *Cheers to Sobriety* New Years Eve Gourd Dance & Social Pow Wow 2024](#) [Albuquerque NM](#)

FREE TO THE PUBLIC ✨ Youth Mentorship Gourd Dance Organization Presents; *CHEERS O SOBRIETY* NEW YEARS EVE GOURD DANCE & SOCIAL POWWOW. Head....

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**[Phaline Thacker Conklin](#)** Family and friends our Baby **Cheyne Gail is in the TCS**

**Marathon in New York City** TODAY. She is in Wave 5. Her heat starts at 11 am EST. There is 15,000. Runners at the very least. Watch on EspN today. As her parents we extremely proud of her. She is running for Autism her brother Layton Riley. Go Cheynea!!! As I write this she is lined up ready to run.

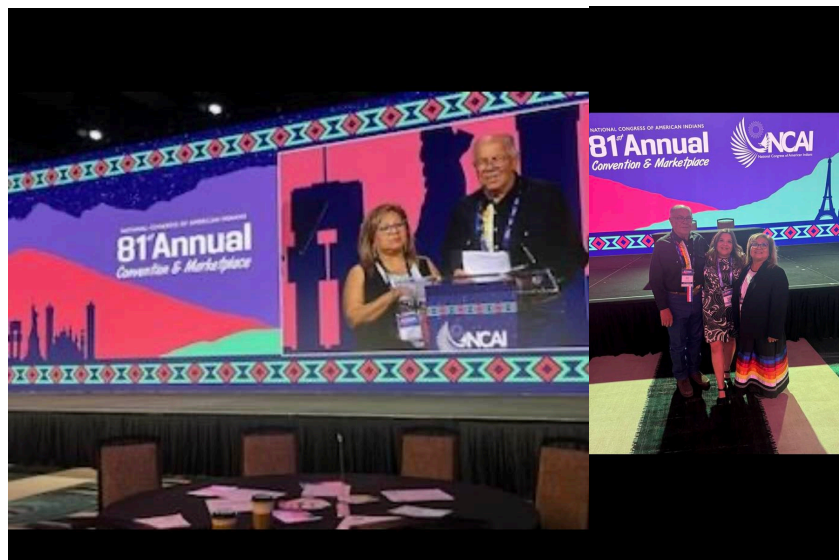
## [Miriam Laundry](#)

### You're Invited to a Children's Book Workshop

The 5 Golden Rules Every  
Children's Book Author Needs  
To Write Picture Books  
That Sell!

REGISTER FOR FREE ↓

The children's book market has been flooded with garbage since the launch of ChatGPT. But here's the funny part...



## **Annette George**

Last Monday Jerry Millett our Duckwater Tribal Manager and I, as our Duckwater Vice-Chairwoman, had the honor of doing the opening prayer (JM in Shoshone n I did the English) for the NCAI 1st day, of the Conference on Monday Oct. 28th at the MGM in Las Vegas, NV. Huge thanks goes out to the ITCN Staff Deserae, Raynell and the rest of their crew for a job well done over the week! GREAT JOB LADIES also thank you July for my skirt .. love it

There were so many tribes represented throughout the US, and I was able to see so many of my good friends and colleagues . Thank you for all of the compliments it was truly an honor .

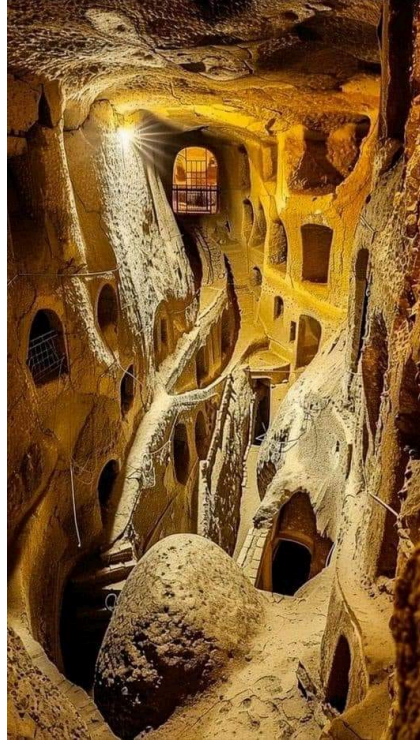


## Scholarships with a DECEMBER 1 Deadline

|                                                                                         |           |                   |
|-----------------------------------------------------------------------------------------|-----------|-------------------|
| <a href="#">10X Digital Marketing Scholarship</a>                                       | \$4,000   | December 01, 2024 |
| <a href="#">ACFEF Johnson &amp; Wales Scholarship</a>                                   | \$10,000  | December 01, 2024 |
| <a href="#">American Indian Nurse Scholarship Awards</a>                                | \$1,500   | December 01, 2024 |
| <a href="#">Arkansas Single Parent Scholarship Fund</a>                                 | Varies    | December 01, 2024 |
| <a href="#">Barbara Lotze Scholarship for Future Physics Teachers</a>                   | \$12,000  | December 01, 2024 |
| <a href="#">Bering Straits Scholarships</a>                                             | \$3,000   | December 01, 2024 |
| <a href="#">Boston University Presidential Scholarship</a>                              | \$133,340 | December 01, 2024 |
| <a href="#">Boston University Trustee Scholarship</a>                                   | \$272,408 | December 01, 2024 |
| <a href="#">Bryant Gladney Paramedic Education Scholarship</a>                          | \$1,500   | December 01, 2024 |
| <a href="#">CFESA Cares Scholarship</a>                                                 | \$2,500   | December 01, 2024 |
| <a href="#">Darrel Hess Community College Geography Scholarship</a>                     | \$1,500   | December 01, 2024 |
| <a href="#">Dell Scholars Program</a>                                                   | \$20,000  | December 01, 2024 |
| <a href="#">DeSales University Merit Scholarships</a>                                   | \$28,000  | December 01, 2024 |
| <a href="#">DeSales University Presidential Scholarships</a>                            | \$28,000  | December 01, 2024 |
| <a href="#">East-West Center Graduate Degree Fellowship</a>                             | \$100,000 | December 01, 2024 |
| <a href="#">Florida State University Mores Scholarship</a>                              | \$12,000  | December 01, 2024 |
| <a href="#">Florida State University Presidential Scholars Program</a>                  | \$99,776  | December 01, 2024 |
| <a href="#">Florida State University Vires Scholarship</a>                              | \$16,000  | December 01, 2024 |
| <a href="#">FRA Americanism Essay Contest</a>                                           | \$1,500   | December 01, 2024 |
| <a href="#">Francis Ouimet Scholarship Fund</a>                                         | \$60,000  | December 01, 2024 |
| <a href="#">Hagan Scholarship Foundation</a>                                            | \$60,000  | December 01, 2024 |
| <a href="#">Hardin-Simmons University Endowed Scholarships for Ministerial Students</a> | Varies    | December 01, 2024 |
| <a href="#">Hawaii Pacific University Esports Scholarship</a>                           | \$24,000  | December 01, 2024 |
| <a href="#">Loyola University Catholic Heritage Award</a>                               | Varies    | December 01, 2024 |
| <a href="#">Maryland Tuition Waiver for Foster Care Recipients</a>                      | Varies    | December 01, 2024 |
| <a href="#">Maryville University Freshman Automatic Scholarships</a>                    | \$56,000  | December 01, 2024 |
| <a href="#">Ministerial Financial Assistance from the BGCT</a>                          | \$4,500   | December 01, 2024 |
| <a href="#">Mizzou Scholars Award</a>                                                   | \$44,000  | December 01, 2024 |
| <a href="#">Mosaic Ministries Scholarship</a>                                           | Varies    | December 01, 2024 |
| <a href="#">My College Pennant Research Project</a>                                     | \$1,000   | December 01, 2024 |
| <a href="#">NAWT William Hapchuk Memorial Scholarship</a>                               | Varies    | December 01, 2024 |
| <a href="#">Overseas Press Club Foundation Awards</a>                                   | \$4,000   | December 01, 2024 |
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|--------------------------------------------------------------------------------------|----------|-------------------|
| <a href="#">Presidential Scholars Award for Valedictorians and Salutatorians</a>     | Varies   | December 01, 2024 |
| <a href="#">Rutgers Presidential Scholarship</a>                                     | Varies   | December 01, 2024 |
| <a href="#">Rutgers University Scarlet Scholarship</a>                               | Varies   | December 01, 2024 |
| <a href="#">Rutgers University- New Brunswick First-Year Student Awards</a>          | Varies   | December 01, 2024 |
| <a href="#">Rutgers University- New Brunswick International Student Scholarships</a> | \$64,000 | December 01, 2024 |
| <a href="#">SCU Alumni Referral Scholarship</a>                                      | \$1,000  | December 01, 2024 |
| <a href="#">SLU Family Award</a>                                                     | \$12,000 | December 01, 2024 |
| <a href="#">Presidential Scholars Award for Valedictorians and Salutatorians</a>     | Varies   | December 01, 2024 |
| <a href="#">Rutgers Presidential Scholarship</a>                                     | Varies   | December 01, 2024 |
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| <a href="#">Rutgers Presidential Scholarship</a>                                     | Varies   | December 01, 2024 |
| <a href="#">Rutgers University Scarlet Scholarship</a>                               | Varies   | December 01, 2024 |
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| <a href="#">Rutgers University- New Brunswick International Student Scholarships</a> | \$64,000 | December 01, 2024 |





## [Googlobetales](#) ·

In 1963, a resident of Cappadocia, Turkey, uncovered a mysterious room behind a wall in his home, leading to the rediscovery of **Derinkuyu, an ancient underground city**. Built primarily by the Phrygians, skilled Iron-Age architects from the 12th to the 7th century BC, this vast city was hidden for centuries beneath the surface. Over time, it was expanded by various civilizations, including the Byzantines. Derinkuyu, one of the largest of its kind, could shelter thousands of people and livestock, showcasing remarkable ancient engineering and resourcefulness.

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### **We are still here: Partnering with Tribes on the Delta**

*The Delta Stewardship Council is collaborating with Tribes to highlight their priorities, such as facilitating tribal access to ancestral lands and waters, weaving traditional knowledge into managing and restoring the Delta, and fostering Tribal and environmental justice.*

**[Read this article.](#)  
click twice**

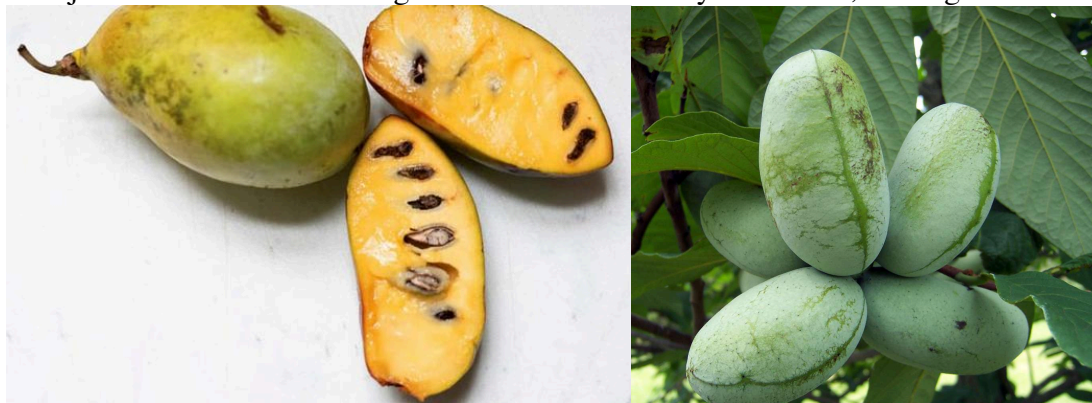
## Harvest Savvy ·

**The pawpaw (*Asimina triloba*) is one of North America's best-kept secrets, often referred to as the "forgotten fruit."** Native to the temperate forests of the Eastern United States, this fruit has deep historical roots, tied to both indigenous peoples and early American settlers. Native Americans were the first to cultivate and enjoy pawpaws, using them for food and medicinal purposes. They also introduced the fruit to explorers like Lewis and Clark, who documented it in their journals.

Pawpaw fruits are uniquely distinctive and unlike anything commonly found in grocery stores today. Their creamy, custard-like flesh delivers a tropical flavor often described as a mix of banana, mango, and melon, with a hint of vanilla. Some people also detect subtle citrus notes, making it a complex and delightful taste experience. The fruits have smooth greenish-yellow skin, and when ripe, they become soft and fragrant, emitting a floral, sweet aroma.

Pawpaws thrive in the understory of forests, from the Great Lakes to the Deep South, particularly in shady, fertile areas like riverbanks. Due to their short shelf life and delicate nature, they are hard to find commercially, making them a prized discovery for foragers, farmers' markets, and local enthusiasts. While not widely grown, there has been a renewed interest in native foods, sparking a "pawpaw renaissance." Events such as the Ohio Pawpaw Festival celebrate this fruit's quirky charm.

Beyond its delicious taste, the pawpaw carries a certain mystique. It has been featured in folk songs and literature, and today, chefs are exploring its potential in dishes like ice creams, smoothies, and baked goods. For those who have had the chance to try it, the pawpaw is more than just a fruit—it's a hidden gem of American history and flavor, waiting to be rediscovered.



- Washoe County saw 59% turnout in early voting and mail-in ballots ahead of Election Day. We expect high turnout tomorrow, so plan ahead if you still... (Twitter [@washoecounty](#) 8 hours ago)

KNOW YOUR RIGHTS

**If you're in line by the time your polling site closes, **stay in line:** you have the right to vote.**



@NEVADANNEWS

- TravelNurseSource posted a job for **RN - Other - Travel - Reno, NV - \$2,076 to \$2,229 per week** in Reno, NV. Apply at [LinkedIn](#).
- TravelNurseSource posted a job for **RN - CVOR - Travel - Reno, NV - \$2,385 to \$2,637 per week** in Reno, NV. Apply at [LinkedIn](#).