

## ***Journal #3694      from sdc      8.8.16***

*Water, water, water*

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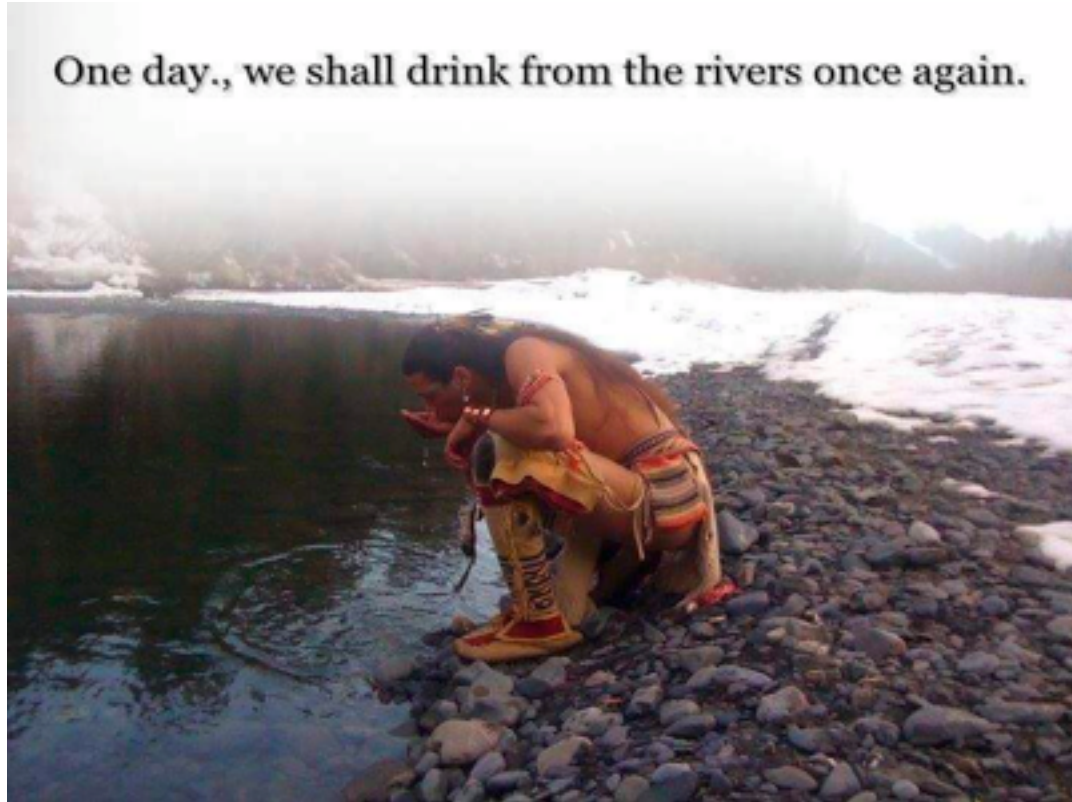
*White House Issues National Cybersecurity Plan*

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### **Colorado River's Tale of Two Basins**

#### **Circle of Blue WaterNews**

Arizona, California, and Nevada, considered the "lower basin," are in the midst of a remarkable effort to voluntarily cut their use of Colorado River water.

## Stay Tuned: Thinking critically about water on 'Killing the Colorado'

### **McDonough Voice**

The Colorado River supplies *water* for one out of 10 Americans and over 80 percent of *California's* allocation of the river's *water* is dispersed to Imperial Valley ...

## Colorado River's Tale of Two Basins

A proposed reservoir expansion in Colorado has renewed the debate about water supply in the Colorado River Basin. While states in the lower basin are cutting withdrawals from the river, upper basin states pursue new diversions.

## Lake Mead Record Low Reflects Changing American West

In drier conditions, the desire to use more water confronts the need to use less.

## Discovery Channel's KILLING THE COLORADO to Tell True Story of American Wests Crippling Water Crisis

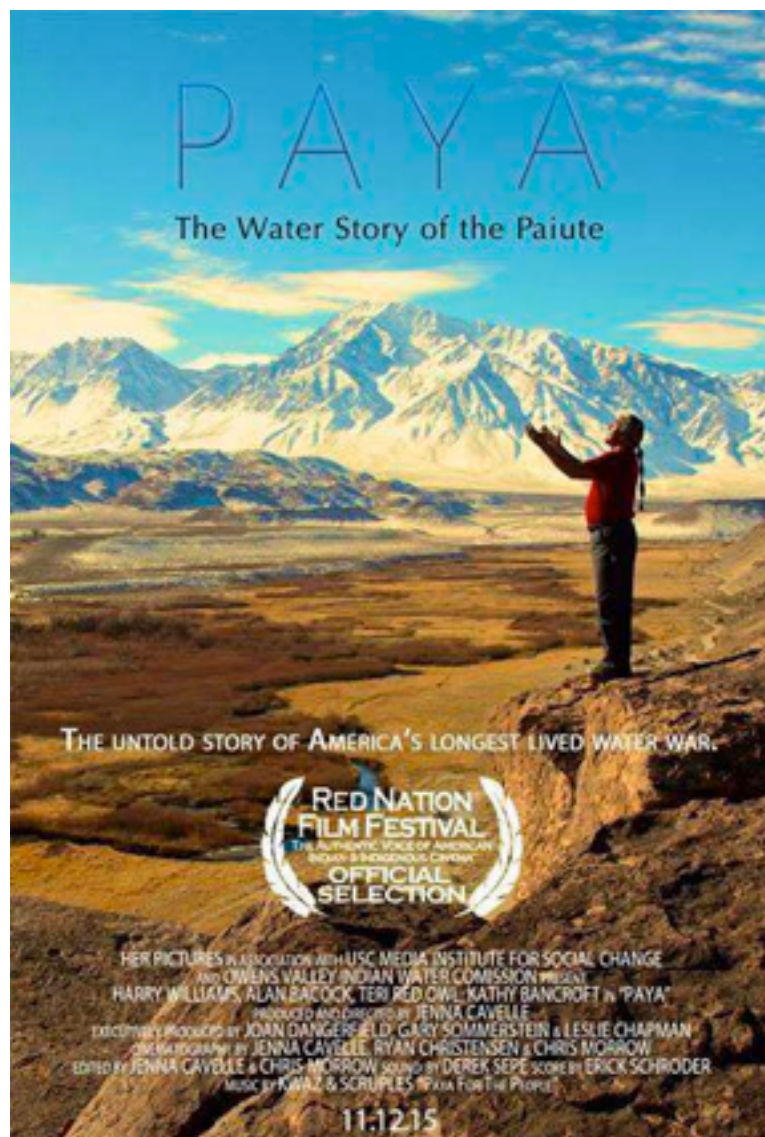
### **Broadway World**

Many efforts have been made to curb excessive *water* use in the West, but will ... to expand and we remain dependent on *California* produce to feed the nation.

The Colorado River in the **United States** will likely soon be the site of a major diversion to supply a growing urban center.

“The challenge becomes reconciling the ability to develop water with the reality that you are assuming a ton of risk,” James Eklund, director of the Colorado Water Conservation Board. The proposed diversion, and the stress it puts on the entire waterway, could affect seven states and two countries that share the river. (*Circle of Blue*)

Colorado River More Important Than Ever    **Desert Independent ... that comprise the Colorado River Basin—**  
**Arizona, California, Colorado,**



**Nevada, ... like a savings account of water that can be drawn upon in times of drought.**

**Losing Lake Tahoe to climate change      Sacramento Bee**

Global warming has meant less snow at the lake and warmer *water*, more rain ... it underscores the ongoing importance of *California's* hard environmental work.

**Gila River Diversion Reaches Decision Point**

Fate of an expensive Southwest water supply project is at stake

**Water-Related Risks Strand \$Billions in Energy, Mining, Power Projects**

**Droughts, floods, and civic opposition cause huge losses.**

**Slideshow: Water On The Prairie**

North Dakota's prairie pothole wetlands are under threat from rapid oil and agricultural development.

**Myron Dewey** The future leaders of our Paiute/Shoshone/Washoe People are in this circle....

Parents, grandmothers, grandfathers, uncles, aunties, brothers and sisters, help create happy and healthy memories, good teachings, share our language & culture, and most important empower them with good words and the tools to be successful.

"And I will do my best when I work with them as well to  
Indigenize media  
through Digital Storytelling,

language preservation

Pesha shoe-naw-me  
Have a Good mind.

\*\*\*\*\*

**A One-Year Program in  
Environmental Science and  
Policy**

[http://mpaenvironment.  
ei.columbia.edu/](http://mpaenvironment.ei.columbia.edu/)





**Welcome to NINAETC**    **[www.ninaetc.net/](http://www.ninaetc.net/)**

**37th National *Indian and Native American* Employment / PL 102-477 Training ...**  
*Reno, Nevada - August 21-25, 2016 ... and Native American employment and training programs at an annual conference;; Recognize the ... partnership with the U.S. Department of Labor, Division of Indian and Native American Programs.*

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**SUPREME COURT RULES AGAINST REFERENDUM ON ROOFTOP SOLAR RATES**

The Nevada Supreme Court on Thursday ruled unanimously against a referendum for the Nov. 8 general election ballot that could have restored net metering to rates more favorable to the rooftop solar industry and its customers.

<http://erj.reviewjournal.com/ct/uz3688753Biz29762764>

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**McDonald's kept its promise to use fewer antibiotics**

**NATHANAEL JOHNSON**

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**University to Offer "Green Lives Matter" Course**

The University of Wisconsin - Green Bay is offering a course to educate students on the environmental justice movement, and it's titled "Green Lives Matter." [Read more](#)

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**Gold King Mine Evaluation Delayed**

The EPA's internal watchdog is conducting two investigations of the August 2015 spill that released mine waste into streams and rivers in southwestern Colorado. The Office of the Inspector General said that [the evaluation of the agency's response is delayed](#) until details related to the criminal investigation can be made publicly available.

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**EPA Updates Pollution Guidelines to Protect Fish**

The EPA is revising pollution guidelines for two chemicals: copper and selenium. The revisions are designed to protect fish, frogs, and other aquatic species. The guidelines are not a regulation. States are allowed to set different standards if they are "scientifically defensible."

For copper, the EPA is soliciting comments on a [draft scientific assessment](#). The comment period is open through September 27 via [www.regulations.gov](http://www.regulations.gov) using docket number EPA-HQ-OW-2016-0332.

For selenium, the EPA [finalized its recommendations](#), which suggest that states use chemical concentrations in fish body tissue to set standards. Selenium bioaccumulates, meaning it builds up in muscles and organs over time. The old guidelines reflected concentrations in the water only.

The agency also proposes [special selenium targets](#) for the San Francisco Bay and Delta. Public comments on those targets, which also take body tissue accumulation into account, are due September 13. They should be submitted via [www.regulations.gov](http://www.regulations.gov) using docket number EPA-

HQ-OW-2015-0392.

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### **Teargassing of Indigenous Youth in Australian Detention System Reeks of Colonialism**

**Leila Nasr, IC Magazine:** Pointing out how little we've learned since the Stolen Generation era, Amnesty International has warned that we risk losing another entire generation of Indigenous youth if their arbitrary incarceration continues unabated. [Read the Article](#)

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### **FCC Releases Broadband and Health Interactive Mapping Tool**

The Federal Communications Commission's Connect2Health Task Force has launched a broadband and health interactive map. The new tool, titled [Mapping Broadband Health in America](#), allows users to analyze broadband and health data visually, and at a national, state, and county level. The map is intended for use by both public and private sectors, and local communities, as a tool to drive discussion, to identify opportunities and gaps in connectivity and health care, and to assist broadband health policies and digital health solutions.

Users have the ability to generate customized maps that display broadband access, adoption, and speeds along with various health data, such as obesity, diabetes, physician access, sick days, and preventable hospital visits for urban and rural areas. Other demographics that can be customized on the map include age, education, and unemployment. [Read More](#)

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### **Oscars: 5 Natives Invited To Join Academy of Motion Picture Arts and Sciences**

This is a positive change for Oscars diversity as the Native artists become a part of the nominating and voting body of the Oscars, each within their own branches and...

whitewolfpack.com | By White Wolf

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### **US should return stolen land to Indian tribes, says United Nations**

UN's correspondent on indigenous peoples urges government to act to combat 'racial discrimination' felt by Native Americans

theguardian.com | By Chris McGreal

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### **The importance of keeping a beat: Researchers link ability to keep a beat to reading, language skills**

The findings of a Northwestern University study of more than 100 high school...  
medicalxpress.com

## 100 Drums for Water, Lands and Unity

Nadine Spence (Rev/Evo Designs) Nadine Spence (Rev/Evo Designs)

### Owner/Designer Rev/Evo Eco-Friendly Designs and Aboriginal Art Organization Development

All peoples are welcome to the 100 drums for Water, lands and Unity event at Shulus Arbour located 5km west of Merritt, BC. The organization of the event is in preliminary stages. The purpose of the event is to bring all peoples together in unity, and honour our lands, water, and all living things. The event will include a potluck, eating traditional foods, dancing, drumming, Down 2 Earth Fashion Show, arts&crafts, environmental information, farmers market and socializing. We plan to have over 100 drummers gather in a circle in the arbour, to drum and honour mother earth. Events will be announced as we get closer to the date. Feel free to share event. All my relations. Humelth

For more info Contact Leona Marie Antoine  
<https://www.facebook.com/events/1745814069000260/>  
Artwork By Tammy C



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### White House Issues National Cybersecurity Plan

The Obama administration submitted the [federal government's plan for responding to "significant" cyberattacks](#), meaning those that threaten the economy, national security or public health and safety. The FBI will lead the criminal or terrorist investigation while the Department of Homeland Security will be in charge of helping the organization that was attacked to recover. Water utilities, both large and small, are [vulnerable to hacking](#) and are designated in federal cyber-policy as a "critical infrastructure."

**Today's selection -- from *Grunt* by Mary Roach. You have 2.4 million sweat glands:**

"Like any complex bioelectrochemical system, the human body works best when its vital components are humming along in a set temperature range. For humans, that's roughly ninety-seven and a half to ninety-nine and a half degrees Fahrenheit. When your core temperature begins to rise, either because it's hot where you are or you're toiling hard, or both, the body takes measures to bring it back to the happy range. First and foremost, it sweats. ...

"Sweat isn't cool. It's warm as blood. It essentially is blood. Sweat comes from plasma, the watery, colorless portion of blood. (A dip in the lake cools by conduction: contact with something colder. Highly effective but not always practical.) Sweat cools by evaporation: offloading your heat into the air. Like this: When you start to overheat, vessels in your skin dilate, encouraging blood to migrate there. From the capillaries of the skin, the hot plasma is offloaded through sweat glands -- 2.4 million or so -- onto the surface of the body to evaporate. Evaporation carries heat away from the body, in the form of water vapor.

"It is an efficient system. A human in extreme heat can sweat as much as two kilograms an hour, over a span of a few hours. 'Roughly speaking, 10 kilograms loss of sweat [over the course of a day] is not rare for workers in overheated factories and active soldiers stationed in the tropics,' states the late Yas Kuno, longtime professor of physiology at Nagoya University School of Medicine, in the 1956 edition of *Human Perspiration*. 'One will be struck with wonder ... when he thinks that such a large amount of sweat is produced from glands which are extremely small in size.' Though humans have, by weight, more than twice as much salivary gland tissue as sweat gland tissue, they are capable of producing six times as much sweat as spit. ...

"If sweating is so effective, why were there 14,577 cases of heat illness among active US Armed Forces personnel between 2007 and 2011? Because they work too damn hard. When sweaters exert them-selves, the muscles they're using begin to demand the blood that the body needs to use for sweating. The mildest consequences of this competition for blood are heat exhaustion and heat syncope-fainting. With blood flowing out to the skin for cooling purposes and, at the same time, into the muscles to deliver oxygen to fuel the body's toil, it becomes harder to maintain the blood pressure needed to pump blood up to the brain. Without enough oxygen-carrying blood reaching your brain, you pass out. (Counterintuitively, overheated people sometimes pass out not in the midst of their exertions but when they stop and stand still; this is because contracting the leg muscles helps keep blood from pooling down there.)

"Heat exhaustion is embarrassing but not particularly dangerous. Fainting is both symptom and cure. Once you're horizontal on the ground, the blood flows back into your head and you come to. Someone brings you water and escorts you to the shade and you're fine.

"Heatstroke, however, can kill. Here too, it begins with a competition for blood. On a hot day, when your body is trying to sweat your core temperature down to the safe range and you haven't been drinking enough water to replenish your blood volume, and on top of that you're exercising hard and your muscles are clamoring for oxygen -- and the exercise itself is generating heat -- something has to give. 'The body sacrifices flow to the gut in order to put it where it's needed,' explains Sam Cheuvront, a research physiologist at the US Army Research Institute of Environmental Medicine (USARIEM), part of the Natick Labs complex. The splanchnic organs

-- a stu-pendously ugly way to say viscera -- are cut off from the things they need: oxygen, glucose, toxic waste pickup. The technical term is ischemia. It is a killer. The digestive organs start to fail. The gasping gut may begin to leak bacteria into the blood. A systemic inflammatory response sets in, and multi-organ damage ensues. Delirium, sometimes coma, even death, may follow."

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## **Brent Cahwee – NDNSports.com – Native American in 2016 Summer Olympics – Pow Wow Life Episode 7 By [Paul G](#) on July 26, 2016**

Interview with Brent Cahwee from NDNSports.com. We talk about the Native American heading to the 2016 Summer Olympics in Rio. Brent also gives us a year in review of Native athletes.

Visit [NDNSports.com](#) for more information about Native American athletes.

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Read more: <http://www.powwows.com/2016/07/26/brent-cahwee-ndnsports-com-native-american-2016-summer-olympics-pow-wow-life-episode-7/#ixzz4GZGBjonn>

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### **[Omak Stampede](#)**

Aug 11 - Aug 14 · Omak, WA

### **\*VOLUNTEER TICKET TAKERS AND SELLERS NEEDED\***

If you would like to volunteer during stampede or if you know anyone who needs volunteer hours call 509-826-1983 between the hours of 9:00am and 5:00 pm MON-FRI or message our Facebook and we can work something out!

No only are you helping out your community, but this is something you could put on your resume or give you a higher chance of being accepted into your future college!

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Thanks, EN:

### **How to Give BPA the Boot**

- [Nicole D'Alessandro](#)

By now you are probably familiar with BPA (or byphenol A)—and the dangers of exposure to this estrogen-mimicking industrial chemical.

BPA, a proven endocrine disruptor, has been implicated in a number of maladies, from prostate and [breast cancer](#) to [hyperactivity in boys](#), as well as an increase in the [risk of miscarriages](#).

A major culprit in BPA exposure is the epoxy lining in canned foods and drinks—including soup and [infant formula](#)—and plastics—including some sippy cups and baby bottles. BPA is also found in paper, such as thermal cash register receipts, which is then easily transferred to our skin.



Unfortunately, there is also a potential for contamination during the paper recycling process, which could result in [trace amounts of BPA in paper products](#) ranging from toilet paper to business cards.

It could get overwhelming trying to avoid this chemical, since it seems ubiquitous. Here are some pointers so you can say “hit the road, BPA!”

Some easy starters for minimizing BPA exposure in your life are provided by [Women’s Voices for the Earth](#):

- Opt for fresh or frozen foods instead of canned. A 2011 study by the Breast Cancer Fund showed that people decreased the amount of BPA in their bodies by 60 percent in just three days when they eliminated canned foods and food packaged in plastics from their diet. Another study found that eating one can of soup every day for five days increased the BPA in a body by 1200 percent!
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- Look for products packaged in glass or lined cardboard instead of cans.
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- Store food in glass or ceramic containers instead of plastic.
- 
- Use stainless steel or glass water bottles instead of plastic bottles.
- 
- Refuse receipts when you don’t need them. BPA rubs off easily onto hands, and then gets into mouths or eyes.
- 
- Store receipts you need in an envelope separate from your wallet or purse, and wash your hands after handling them.
- 
- Avoid plastic where possible or look for plastics with the recycle symbol #5, which signifies polypropylene, a safer plastic.

If you must use plastic, here are some tips on [safer use](#):

- Keep plastic products away from heat, as heat tends to promote the leaching of chemicals. Even the safer types of plastics may leach chemicals due to heat or prolonged storage.
- 
- Do not reuse plastic drink bottles that were intended for a single use.
- 
- Bottled drinks should be used quickly as chemicals from the plastic leach over time. Don't buy plastic bottles of drinks if it has been on store shelves for a long time.
- 
- Taste—if your drink has even a bit of a plastic taste to it, don't drink it.

If you are a fan of purchasing canned food to keep a well-stocked pantry, check out these suggestions from [Breast Cancer Fund](#):

## Beans

- Some companies have already started using BPA-free alternatives in their canned beans, although Eden Foods is the only company that includes "BPA-free" on the label. Unfortunately, most companies aren't disclosing what they're using instead of BPA and [we don't know which replacements are safe](#).
- 
- Some companies are selling frozen cooked beans, so check the freezer section.
- 
- If you're looking for a cheaper alternative, try soaking dry beans overnight and cooking them yourself. You'll get affordable, BPA-free beans for the next day's recipe. You can even make a large batch and freeze them for future heat-and-eat convenience. Just don't reheat them in plastic containers, which can leach BPA or other plastic chemicals.

## Fruits

The best BPA-free alternative to canned fruit is simply replacing it with dried or fresh fruit. An added bonus is that many canned fruits contain added sugar so cutting the BPA might also cut the calories.

## Ravioli, Pasta With Meatballs and Other Canned Meals

- These all-in-one meals have some of the highest levels of BPA of any canned foods, possibly because their high fat and sodium content encourages leaching of the chemical. That means ridding your pantry of these foods offers great BPA-free bang for your buck. If you crave convenience or can't cook, try replacing canned with frozen meals. Just make sure to pop the meal out of the plastic (the tray too, not just the film cover) before throwing it into the microwave!

## Restaurant Meals

- Going out to eat can be a challenge because you don't know if the meal you ordered contains canned food or not. Your server, however, should have this information, so don't be afraid to ask. Generally speaking, many restaurants use canned foods so it might be tough to completely avoid BPA in your restaurant meal.

## Soups

- Many soups are available in Tetra Pak containers, which look like oversized juice boxes (you might recognize them from the soy milk section of the store). Tetra Paks are BPA-free, made from cardboard lined with aluminum foil and with a layer of PET (plastic code #1). However, some cities don't recycle Tetra Paks—check with your city's waste program and urge your city to recycle them if it doesn't already.
- 
- In need of chicken, beef or vegetable broth? Many broths also come in Tetra Pak containers, or you can use bouillon cubes and water to create the same broth flavor in recipes. If you enjoy cooking, you can also make your own broth and freeze extra in glass jars for later use.
-

## Vegetables

- Cracking open a can of veggies is definitely convenient, but vegetables have some of the highest levels of BPA among canned foods, according to [product tests](#). For heat-and-serve convenience, buy frozen vegetables and steam in the microwave in a glass or ceramic bowl covered with a plate (ditch the steam-in plastic bag).
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- Canned tomatoes are a pantry staple, but you can get them without the can: some grocers now stock tomatoes in Tetra Paks or glass. If your favorite store doesn't carry them, ask.
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- Of course, fresh vegetables are always the best option. Check out what's local and seasonal in your area—they're likely the least expensive, freshest and tastiest produce selections around.
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That covers two of the largest sources of BPA exposure: plastic containers and canned foods. But here are some tips from the [David Suzuki Foundation](#) on how to avoid BPA in less expected places

- Swap out plastic wrap—Parchment paper, glass jars, [beeswax cotton wraps](#) or recycled aluminum foil are better options.
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- Keep plastic out of the freezer, microwave and dishwasher. BPA and phthalates leach from plastics at a higher rate in [hot or cold temperatures](#).
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- Enjoy BPA-free coffee and tea at home. Use a glass French-press, stainless steel electric percolator or glass kettle to avoid piping hot water against plastic pieces.
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- Bring your own mug. Disposable paper cups are often lined with plastic—and they're wasteful.
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- Skip aluminum soda cans—also lined with BPA.
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- Play it safe. Wood and cloth toys are excellent, [toxin-free alternatives to plastics](#).
- 
- Talk to your dentist. [Dental sealants and composites](#) can contain BPA.
- 
- Breastfeed (or use powdered baby formula). BPA transfers through breast milk, so protecting you also protects baby. [More BPA leaches into liquid than powdered formula](#).
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In addition, [Silent Spring Foundation](#) points out studies have shown that people who eat more meals outside of the home have higher levels of BPA. So consider eating in and cooking with fresh ingredients to further reduce BPA exposure at mealtime.

Still have some nagging or more detailed questions about how to avoid BPA? See if these facts from [Environmental Working Group](#) (EWG) help:

- Infant formula: All U.S. manufacturers use BPA-based lining on the metal portions of the formula containers. Tests of liquid formulas by FDA and EWG show that BPA leaches into the formula from all brands tested. Enfamil formula appears to have the highest concentrations of the 20 tests. [Choose powdered formula](#) which may not have BPA in packaging and which is more diluted with water. If your baby needs liquid formula look for types sold in plastic or glass containers.
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- Our testing of canned foods found that BPA leaches from the liner into the food itself. Beverages appear to contain less BPA residues, while canned pasta and soups contain the highest levels. Rinsing canned fruit or vegetables with water prior to heating and serving could lessen BPA ingestion.
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- Soft or cloudy-colored plastic does not contain BPA.
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- Some metal water bottles are lined with a plastic coating that contains BPA. Look for stainless steel bottles that do not have a plastic liner.

Visit EcoWatch's [TIPS](#) and [HEALTH](#) pages for more related news on this topic

