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Posted By [Corinne Oestreich](#)



Does your tribe have ceremonies that are sacred?

Broadly creates videos that help to educate it's viewers on cultures around the world. Their aim is to help others to see beauty in differences but also to understand that education is key.

Watch the video below to see how one tribe chose to share their ceremony with the world.

Some feel very strongly about the privacy of ceremonies, so this topic is highly controversial within Native tribal communities with social media sharing so much of our personal lives. Watch the video below, and weigh in in the comment section.

www.youtube.com/watch?v=r1Cx_9YDQEc&utm_source=PowWows.com+Newsletter&utm_campaign=8de225357cEMAIL_CAMPAIGN_2018_07_24_06_52&utm_medium=email&utm_term=0_4c4cee68a-8de225357c-53768421&mc_cid=8de225357c&mc_eid=6b2ecbb412

https://www.ecowatch.com/earth-overshoot-day-2018-2589223600.html?utm_source=EcoWatch+List&utm_campaign=040d434786-EMAIL_CAMPAIGN_COPY_01&utm_medium=email&utm_term=0_49c7d43dc9-040d434786-85895669

Humanity Set to Bust Our Yearly Ecological Budget on Aug. 1

Global Footprint Network

[Earth Overshoot Day](#)—a marker of when the world's 7.6 billion people will "use more from nature than our planet can renew in the entire year"—will fall on Aug. 1, the earliest date yet since we first went into ecological debt in the 1970s.

"In other words, humanity is currently using nature 1.7 times faster than our planet's ecosystems can regenerate—or 'using 1.7 Earths,'" said the [Global Footprint Network](#) in a [press release](#).

The international research organization uses Ecological Footprint accounting to [calculate](#) the date each year. Last year's Earth Overshoot Day fell a day later on Aug. 2.

"As we mark Earth Overshoot Day, today may seem no different from yesterday—you still have the same food in your refrigerator," Global Footprint Network CEO Mathis Wackernagel said in the press release. "But [fires](#) are raging in the Western United States and in [Cape Town](#), South Africa, residents have had to slash [water](#) consumption in half since 2015. These are consequences of busting the ecological budget of our one and only planet."

So what will happen after Aug. 1? In the remaining five months of 2018, human beings will draw on Earth's precious and limited reserves of fresh [water](#), land, fisheries and forests, making it harder for these ecosystems to regenerate their resources.

"Our economies are running a Ponzi scheme with our planet. We are using the Earth's future resources to operate in the present and digging ourselves deeper into ecological debt," Wackernagel said.

Compared to the 1960s, humankind only spent three-quarters of Earth's annual resource allotment. However, by the 1970s, economic and population growth has driven Earth into this annual downward trend.

Carbon emissions from the burning of [fossil fuels](#) has become the fastest-growing part of the Ecological Footprint, the Global Footprint Network warned. CO2 is also being released at a rate much faster than it can be absorbed.

Thus, a significant reduction of carbon emissions is "[an essential step](#)" to avoid ecological overshoot and to also mitigate the harmful impacts of [climate change](#), the research organization stated.

"It's time to leverage our creativity and ingenuity to create a prosperous future free of fossil fuels and planetary destruction," Wackernagel said.

The Global Footprint Network has listed the four following [solution areas](#) to address ecological overshoot:

- Cities: If we reduce driving by 50 percent around the world and replace one-third of car miles with public transportation and the rest by walking and biking, we can #MoveTheDate of Overshoot Day back 12 days.
- Energy: Reducing the carbon component of humanity's Ecological Footprint by 50 percent would #MoveTheDate 93 days.
- Food: If everyone in the world cut food waste in half, reduced the Footprint intensity of their diets, and consumed world-average calories, we would #MoveTheDate 38 days.
- Population: If every other family in the world had one less child, we would move Overshoot Day 30 days by 2050.



R. Carlos Nakai film set to release soon

People all over the world are familiar with the soft sounds of Carlos Nakai's flute. In a new documentary film, we learn more about the man behind the music. Snapshots Music and Arts Foundation had the following to say about the upcoming feature.

“Through his dedicated work, Mr. Nakai has kept the oral and song history

of Native American music alive, while adding his own conception through his ensembles and compositions, heard on over 50 recordings. Our goal is to tell Mr. Nakai's story and introduce new generations to his music and mission of spreading peace through music in a feature length documentary film.”

[R. Carlos Nakai film \(preview\)](#)

[Read More](#)

Posted By [Corinne Oestreich](#)

Sound familiar? [34 years ago a Russian defector predicted precisely what is happening in America today](#) . Yuri Alexandrovich Bezmenov is a former KGB agent who defected to Canada in 1970. In 1984 he described Russia's long-term plan to defeat America through psychological warfare and “demoralization”. It's a strategy that takes decades to achieve. He said: “It's a slow process which we call either ideological subversion, active measures, or psychological warfare.” The state of a demoralized person is this: “...exposure to true information does not matter anymore. A person who was demoralized is unable to assess true information. The facts tell nothing to him.” What comes next is the destabilization of essential structural elements of a nation: economy, foreign relations, and defense systems. (Big Think)

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More history lessons: *“Human progress isn’t a one-way process. We can forget how to build things. We can go backward as well as forward ... And, of course, it isn’t just technological innovation that can go backward. Societies can forget the social and political innovations that allowed them to flourish.”* (NYT)

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**From a Truthout solicitation:** One of my favorite quotes about journalism comes from *Democracy Now!*'s Amy Goodman, who famously said, **"Go to where the silence is, and say something."** In thinking about the Trump administration's zero-tolerance policy and the thousands of families his administration has ripped apart when the policy first went into effect (and even before then), I have kept this quote front-and-center in my mind. In a media environment saturated with coverage of a topic so deserving of such coverage, I strained myself to think about the still-dark corners of the crisis at the border that weren't being covered.

Today, with the crucial support of the team here at Truthout, I published a groundbreaking report detailing the experiences of Indigenous-language speaking asylum seekers from Central America who, like others seeking refuge at the border, have experienced the trauma of separation and detention but lack the language to understand what's going on around them. The report uncovers deficient language-access standards for those in detention jails who speak little English or Spanish, and details the long legacy of the US's cultural erasure of Native peoples by stripping them of their children.

It was a difficult story to pursue, since language barriers made getting a firsthand account challenging. But that's what we journalists do: Amplify the voices of those who would otherwise be rendered silent by a vicious, omnicidal system of colonial erasure and state-sponsored violence.

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**How to Ask Someone to Be your Mentor** By [Kathrina Tiangco](#) | July 26, 2018

In an interview with three entrepreneurs who are also women of color, *Elle* asks their advice on how aspiring female entrepreneurs should seek mentors. Regina Gwynn, Lauren Washington, and Esosa Ighodaro share the most essential questions female entrepreneurs should ask.

The first thing you should determine is what your mentor expects from your relationship. Setting the tone from the start is the best way to build the relationship. Ask why they are interested in mentoring you.

Washington says that she learned this more on the side of being a mentor. Whether they see a potential in you or your business, asking the reason can give you a guide on how the relationship will look like. It's actually not a one-sided arrangement, she adds.

Most people think of mentorship as getting help from one side. Ighodaro argues that it's not how mentorship works. Your mentor also needs insight from other entrepreneurs who are new to the industry to gain a new perspective. By offering your support, a mentor may most likely invest more in you.

Another approach you can do is ask how they can help you figure out something. Washington explains that most women feel that we have to do everything by themselves and that asking for

help shows that they are weak. The truth is, according to studies, asking for help makes your bond stronger.

With a mentor, it is best if you become your best self, explains Gwynn. Therefore, if you're having trouble with anything, ask your mentor. You should also ask a potential mentor how they were able to work through a mistake.

We often seek advice from people who's already been to where we intend on going. However, that doesn't mean that it's easy. Washington explains that one thing she often tells the people she mentors is they need to fail in order to learn from those mistakes to be able to move forward.

The people on top has already experienced big and small failures. You can learn a lot from other people's mistakes.

One thing you should avoid though is asking them directly when you haven't even met them before. Asking someone you don't personally know to mentor you can sound too forward. The best way is to start building a relationship with that person first. You can do it online through LinkedIn or an interview.

Remember that mentorship only works if both are willing to invest time in it.m

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### **Traditional Hair Care - where's the Native American corollary?**

[http://naturallymoi.com/2018/07/sally-beautys-business-program-aims-to-find-the-next-hair-care-innovator/?utm\\_source=Sites+News&utm\\_campaign=a1ed47f01b-NM\\_RSS\\_EMAIL\\_CAMPAIGN&utm\\_medium=email&utm\\_term=0\\_e4ec70021d-a1ed47f01b-176846005&goal=0\\_e4ec70021d-a1ed47f01b-176846005&mc\\_cid=a1ed47f01b&mc\\_eid=b9f28865c9](http://naturallymoi.com/2018/07/sally-beautys-business-program-aims-to-find-the-next-hair-care-innovator/?utm_source=Sites+News&utm_campaign=a1ed47f01b-NM_RSS_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_e4ec70021d-a1ed47f01b-176846005&goal=0_e4ec70021d-a1ed47f01b-176846005&mc_cid=a1ed47f01b&mc_eid=b9f28865c9)

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### **In reality - UNR professors are studying virtual reality sickness.**

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### **Take two**

A University of Nevada, Reno program created to address teacher shortages and increase teacher retention in K-12 classrooms graduated its first class of students in May.

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### **Plan To Irrigate Farms Using Treated Waste Water Gets Funding**

By Tony Lopez, CBS Sacramento, 7/24/18

State officials on Tuesday approved funding a multi-million dollar project in Sacramento that will help farmers struggling to find water. Now they don't have to look farther than the bathroom.

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### **'The cure is the culture': Tribes across Minnesota work to address opioid crisis through culturally specific treatment options**

[BEMIDJI, Minn. — When Ryan Neadeau Sr. started his journey toward sobriety, he found motivation and comfort in his cultural roots. "What... news/nationJanuary 1, 2018 - 8:00am](#)

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## Successful Community Development is a Team Effort

We're continuing our release of lessons learned from the 2018 National Interagency Community Reinvestment Conference with this installment focused on alignment and cross-sector partnerships.

Our conference program highlighted cross-sector partnerships that demonstrate the power of working together around aligned values and interest to develop more sustainable, creative, and holistic solutions.

In addition to a TED Talk-style series featuring national experts, John Moon led a discussion on our own cross-sector partnership, the Strong, Prosperous, And Resilient Communities Challenge, or SPARCC, and how the partners involved use racial equity as a guiding principle.

[All recordings are posted here as they become available.](#)

*The 2018 National Interagency Community Reinvestment Conference was sponsored by the Federal Reserve Banks of San Francisco, Atlanta, and Chicago, the Federal Deposit Insurance Corporation, and the Office of the Comptroller of the Currency.*

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## NEW on our Blog: Steps to a Water-Wise Garden

As aridlands gardeners and farmers, it is our responsibility to use our limited water wisely – for the health and wellness of the crops but also for environmental conservation. Not to mention the benefits to your monthly water bill... [READ MORE](#)

## [House Democrats Introduce Bill to Require Two Years of Debt-Free College Across the US](#)

*Karolina Rivas, ABC News*

Rivas writes: "As the price of college tuition increases, students face financial struggles that may stop them from attending a university or collecting a significant debt - prompting Democrats to craft a debt-free college legislative proposal." [READ MORE](#)

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## **Catching fire - The AlertWildfire program** By Jeff DeLong

A camera was installed on Slide Mountain in 2017, part of a system of remote mountaintop cameras that protect Lake Tahoe.

COURTESY/UNIVERSITY OF NEVADA, RENO

To view WildfireAlert cameras, visit [www.alertwildfire.org](http://www.alertwildfire.org). Right click on camera image for options.

**Related website:** [www.alertwildfire.org](http://www.alertwildfire.org)

A system of remote mountaintop cameras helps protect Lake Tahoe by providing an early warning when wildfires first start smoking.

The AlertWildfire program, initiated by the University of Nevada, Reno, is rapidly spreading across the West. The 17 cameras operated at Tahoe and parts of the Sierra are now joined by others set up in Southern California and Idaho. More will soon be operating in Northern



California's Sonoma County, a site of deadly wildfires last year. "The first of many" will soon be on the job in Oregon, said Graham Kent, director of the Nevada Seismological Laboratory.

The goal, simply, "is try to make every fire smaller," Kent said.

Back in 2013, Kent and colleagues attached the first cameras to seismic sensors in the Lake Tahoe area with the idea of providing a bird's eye view of wildfires in their early stages. There are now nine such cameras in the Tahoe Basin, with two more planned. Another eight are situated at high-elevation vantage points in nearby parts of the Sierra and other mountaintop locations.

The system is monitored by fire agencies during fire season, with operators able to manually rotate, tilt, pan and zoom the camera of their choice. While the system is credited with first detecting some wildland fires, its biggest value is giving fire agencies the ability to quickly get a look at a fire once they know it's burning, usually after the first 911 calls, Kent said. They can then determine, and quickly, what resources need to be assigned to the fire.

"The thing that is generally missing is 'what do I need to put on this fire right away?'" Kent said. "If you don't have these cameras, it's a guess situation. You can know exactly what the scale is right away. There's no delay."

The WildfireAlert system showed its value last December in San Diego County at a time when Southern California was under fiery siege, Kent said. The Lilac Fire burned more than 4,000 acres and destroyed more than 150 structures, but because local fire officials could use the cameras to determine no other fires were burning at the same time in the immediate area, they could put maximum resources on the blaze and keep it from growing much larger, Kent said.

"Stuff like that has made this a popular thing to do and the right thing to do," he said.

Had the cameras been functioning back in June 2007, there's every chance the Angora Fire, which destroyed 254 homes outside South Lake Tahoe, might have been stopped early on, Kent said.

The system is a bonus when it comes to protecting Tahoe, said Heidi Hill Drum, chief executive officer of the Tahoe Prosperity Center, which has raised thousands of dollars to fund camera installation.

"A devastating fire to our region would hurt all of those things," Drum said. "[The cameras] directly relate to our mission."

Earlier this month, lightning storms ignited three small wildfires near Drum's home in Meyers, California, just outside South Lake Tahoe and near the site of the disastrous 2007 Angora Fire.

Using one of UNR's remote cameras situated at Sierra-at-Tahoe ski resort to the west, firefighters were able to monitor the three lightning fires early on and assign firefighting resources



accordingly.

Drum said she is often told by Tahoe fire officials how much they value the AlertWildfire system.

“It’s really been a resource for them,” she said. “It’s just one extra tool in the toolbox.” Ω

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## News from the Roundhouse

Wonderful news from Heyday's Berkeley Roundhouse! The Summer 2018 issue of News from Native California is at the printer and will be mailed out soon. We are so excited about the cover story focusing on the collective Indigenous Women Hike. It also includes rich features focusing on voting, travel, and the Esselen language.

The Roundhouse and the Oakland Museum of California are preparing for our 5th Annual Indian Market, and we’re looking for California Indigenous artists to be vendors. If you are interested, please contact [store@museumca.org](mailto:store@museumca.org).

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### [Indigenous Asylum Seekers Face Language Barriers and a Legacy of Oppression at the Border](#)

**Candice Bernd, Truthout:** Unlike the vast majority of migrants seeking asylum at the US border from Central America, Norma is Indigenous and primarily speaks the Mayan dialect of K'iche'. Like other Indigenous-language speakers, her experience being separated from her child and detained in Texas reveals the unique due process challenges faced by many migrants whose Indigeneity plays a significant role their claims to asylum. [Read the Article](#)

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### [The First Native American to Receive a Medical Degree](#)

By Allison Meier

Susan LaFlesche Picotte was the first Native American to be licensed to practice medicine in the U.S. She opened her own hospital, but didn't live to run it.

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### [1775 U.S. Postal System Established](#)

by [Steven Field](#)

On this day in 1775 (*July 26*), the U.S. postal system is established by the Second Continental Congress, with Benjamin Franklin as its first postmaster general. Franklin (1706-1790) put in place the foundation for many aspects of today's mail system. During early colonial times in the 1600s, few American colonists needed to send mail to each other; it was [...]

[Read more of this post](#)





## Supermom Duck Spotted Taking Care of 76 Baby Ducklings in Minnesota (See Photos!) Brent Cizek/ [www.brentcizekphoto.com/](http://www.brentcizekphoto.com/) @brentcizekphoto Instagram

[Saryn Chorney](#) July 24, 2018 04:30 PM

If there was a mother of year award given out to water fowl, a Common Merganser mama duck wading and waddling around Bemidji, Minnesota, would certainly win the prize.

Last week, a local photographer, Brent Cizek, 32, captured an adorable shot of the mother duck followed by upwards of 50 fuzzy ducklings and posted the surprising image to his [Instagram](#) and [Twitter](#). [The Audubon Society](#) soon took notice, and more folks in the immediate environs of Bemidji began to see the massive quacking brood out and about. Cizek told the *Audubon* that he's seen a Common Goldeneye mother duck with around 20 babies following behind in the past, but nothing on this level before.

Since his lucky encounter on July 16, Cizek has continued to track the growing family, which currently boasts a 75-plus headcount. PEOPLE reached out to Cizek, an inventory specialist for



an e-commerce company and wildlife photographer on the side, to learn more about this unique flock.

At the end of June, Cizek says he ventured out to the local lake, Lake Bemidji, on a scouting trip to look for wildlife and good photography locations. "I was on the water for about 15 minutes before I first saw the large group and was completely shocked," Cizek tells PEOPLE. "I had never seen any kind of bird with that many babies. They were acting pretty skittish, so I backed off and let them be."

About an hour later, Cizek says he saw the large group again. This time they were resting on the beach, just beginning to get back into the water.

Brent Cizek/ [www.brentcizekphoto.com/](http://www.brentcizekphoto.com/) @brentcizekphoto Instagram

“I saw Mama Merganser in front and all of the chicks followed in tow. It was a pretty remarkable experience, so I tried my hardest to get a photo. The water was pretty rough in my small boat, making it next to impossible to keep the entire family in the frame, so I fired off as many shots as I could, praying that one shot would be in focus,” says Cizek. He lucked out with a great shot, and instantly knew people would love it. “I think the photo draws people in ... [they] instantly question ‘How in the heck is that possible?’”

Upon returning home, Cizek began researching bird books, trying to figure out if what he witnessed was normal, and how and why it happens. According to Kenn Kaufman, field editor for [Audubon](#), ducks will often lay a couple of eggs in other ducks’ nests. Scientists aren’t entirely sure why they do this, but think it could be a kind of reproductive insurance policy akin to “not putting all of their eggs in one basket.”

And while 50 ducklings is definitely on the high end, it’s not unheard of. Still, there’s a limit to the amount of eggs one mama duck can adequately incubate. A female duck usually lays around a dozen eggs, but can successfully incubate up to about 20 eggs. It’s more likely that the mother duck in Cizek’s photos has become an adoptive parent to a large amount of babies who somehow got lost or separated from their real moms and instinctively imprinted onto this generous lady.ror occurred.

[Try watching this video on www.youtube.com](#)

Since he first saw the giant duck squad, Cizek has encountered the group several more times. When he saw them again in mid-July, the brood had increased to 76. “I have been trying to track her daily to see how many of the young survive. So far she is doing a great job looking after them. I have seen a few local people also post photos to Facebook after they saw my post. So far everyone has been incredibly excited to see the group,” says Cizek.

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