



March 2012

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Qagan Tayagungin Environmental Department

Program update

By Cathy Adams

This year is already moving along quickly. The QTT Environmental Department has been busy. We are still collecting cell phones, inkjet cartridges, iPods, laptops, digital cameras and laser cartridges, so don't stop dropping them off.

The Qagan Tayagungin Environmental Department is happy to welcome Karis Jackson as our new Environmental Assistant. She is an invaluable resource as she has been an active instructor in Culture Camp for years.

Earth Day

By Karis Jackson

It's almost time to celebrate Earth Day. On April 21st, the Qagan Tayagungin Tribe will be celebrating the 5th Annual Earth Day Fair! It will start at 11:00a.m with the green walk and after we will be holding many activities in the QTT Rec Center including a Scavenger Hunt, craft corner, relay races, planting, face

painting, and more. So, remember to come on down to the QTT Rec Center on Saturday April 21, 2012.

We've received seventeen Earth Day theme posters, which were all very nicely colored and some of the best themes. It's going to be a tough decision on choosing one for this years Earth Day,

She is already doing a great job and has lots of good ideas we will incorporate into our environmental program. We are continuing to collect clam samples each month to be sent out for PSP testing. We will be sending our PSP samples out to get tested as funding becomes available. Karis and I attended the Alaska Forum on the Environment during the first week of February. We attended many difference sessions where we gathered information pertaining to the environ-

mental changes concerning our state. It was very informative and provided us with great ideas on how to improve our communities environment. We have been working diligently on the Earth Day fair planning and a curriculum for both the Environmental Youth Group and the Environmental Teen Group. We are hoping for a successful quarter with both of these projects.

as all of the posters looked great! We'll keep you posted.



Marine Debris

By Karis Jackson



Marine debris has seriously impacted our environment. It impacts our economy, human health, and safety. Can you imagine what our ocean floor looks like? There are fishing nets, plastic bags, tires, and other old trash at the bottom of the ocean which can break and smother coral reefs. That said, can you imagine what's floating in our oceans and washing up on our beaches? Fishing lines, soda cans, plastic bottles, and other unmentionables are floating around and killing off our environment and our wildlife.

Environmental impacts are dangerous and life threaten-

ing. A direct impact is when marine wildlife becomes physically harmed through ingestion or entanglement. For example, a whale can mistake a plastic bag for a squid, or when birds mistake plastic pellets for fish eggs. When marine animals eat this garbage all the plastics in their stomach can make them feel full, and they can be either malnourished or get a disease.

Animals can also become entangled. Entanglement is another harmful situation caused by marine debris; it can cause suffocation and starvation which results in death. Being tangled up can constrict an animal's move-

ment which makes them vulnerable to predators.

Human health is impacted when beachgoers beach comb. They can step on broken glass, needles and other sharp objects which can result in injury or infection. Swimmers, like marine life, can become entangled in abandoned garbage.

This is a serious problem, not just in Sand Point but in the world. Please help us keep our beaches and our wildlife and environment safe. Dispose of your garbage the proper way whether is it while you are on a fishing boat or in town. Don't make this a hazardous zone for our city.

Mold

By Cathy Adams



Mold can be found just about anywhere. It can grow anywhere as long as moisture and oxygen are present. There are many different types of mold and it can grow on wood, carpet, insulation, windows and food.

When excessive moisture is present and isn't discovered or addressed, mold will grow and thrive. It is impossible to remove all mold and mold spores in our environment but mold can be controlled by controlling moisture in-

doors and fixing the source of the water problem or leak. Another way to reduce indoor humidity and decrease mold growth is venting bathrooms and using exhaust fans while cooking. De-humidifiers are also good to use; if nothing is available, an open window also works.

Alaskans spend ninety percent of their time indoors during the winter months. Uncontrolled mold can cause health problems like

allergic reactions, asthma and other respiratory complaints.

If you have mold in your home first you should clean it up with dishwashing detergent or a general purpose cleaner (non-ammonia soap), then dry the area completely.

Absorbent or porous materials such as ceiling tiles or carpet may have to be replaced. If mold or moisture has damaged drywall, it should be replaced, rather than cleaned.

Stop The Littering!!

By Cathy Adams

Litter has become an increasing problem in Sand Point. Just walking around town you can't help but notice all the trash on the ground. When something gets dropped on the ground or tossed out of vehicles, someone else has to pick it up. Littering is hazardous to our health, and the trash attracts vermin and bacteria. Broken glass and other sharp

pieces are also dangerous when they are left in public places.

The refuse is very harmful to wildlife as well. Plastics can cause birds to choke whenever they mistake it for food. Small plastic particles can accumulate in a bird's stomach where it can't digest or decompose, leaving no room in its stomach for real food.

We need to start showing respect for others and our environment by having a trash bag in our vehicles and dumping our refuse in the dumpsters provided by the city. Lastly, litter reflects badly on our town so let's STOP using the world as our garbage can.

Nobody likes litter. It's unsightly, spoiling the visual

appeal of any landscape. There is nothing appealing to the eye about a stretch of land strewn with discarded debris like paper and plastic. Don't just chuck your rubbish. If you can't recycle it, please put it somewhere safe and secure, until you can dispose of it properly.

Spring Cleaning

By Karis Jackson

It's about that time of the year again! Time where everyone starts their spring cleaning. For spring cleaning maybe you would like to pull the dryer out and clean the dryer vents, or take everything out of the fridge and wipe it down to prevent mold and other germs. Here are a couple reminders for when you are cleaning. If you have any electrical junk you don't want, for example: computers, laptops, cell phones,

etc; bring them down to the Qagan Tayagungin Tribe Environmental Office and we can recycle them. It makes for a better place to recycle electronics rather than throw them in the landfill where all the toxins contained in them can be harmful for inhalation if burned or can leak harmful chemicals. So please, if you don't want any of these objects, drop them off. We are happy to recycle them.

Another example is to make homemade cleaners less hazardous to your health. Make an all purpose cleaner by combining 2 tablespoons of vinegar, 1 teaspoon borax or washing soda, 2 cups of hot water. Mix everything in a spray bottle. Lastly add 1/4 cup liquid soap and mix gently. Apply as you would a chemical all purpose cleaner and wipe clean. This should clean the same way, minus all of the harmful

chemicals. If you visit <http://www.wswmd.org/recipes> you can find many more different types of homemade cleaners made with no harmful chemicals and are safe for your families environment.

Spring is approaching us quickly so get into gear and get ready for some cleaning.

Be Environmentally Literate!

By Cathy Adams

In order to be environmentally literate, people need to know their daily choices affect the environment, and how those choices can either help or harm our planet. We need to know what we need to do-individually or as a part of a community-to keep the environment healthy and sus-

tain its resources so people can enjoy a good quality of life for ourselves and our children.

The National Institute of Environmental Health Sciences shows when our children are connected to nature they are happier, healthier and smarter. They do better

in school, have fewer behavioral problems and are engaged and excited about learning.

Alaska's economy is based on its rich natural resources. Our children will need to know how to wisely manage those resources in order to

maintain Alaska's ecological health, sustain our economy, and maintain the health of our citizens, and also provides our students with the complex problem solving skills so important to a high-tech work force.

St. Patrick's Day: Do Something Green

By: Karis Jackson

St. Patrick's Day is coming up soon and since we celebrate by using the color green, why not do something green? There are many "green" things you can take part in, whether it be, going outside your house and around your neighborhood and picking up some trash or saving energy by spending more time outdoors rather than sitting inside in front of a television. If everyone in our community did something "green" on St. Patrick's day we could have a

cleaner community and save more energy.

Another thing you can do "green" is recycle. By recycling you are making it possible to reuse items. If the snow is melting or gone, you can start a garden. Growing your own vegetables would make it cheaper to have produce. You



can help a friend or help yourself by stopping smoking.

Cigarette smoke pollutes the air and has many toxins.

Another really "green" thing you can do is walk or ride a bicycle to your destination.

Whether you are going to work or just heading to the store, walk or take your bicycle. It's healthy for you! If

you have a dog, take your dog out for a walk.

Lastly, one more "green" thing you can do is hang dry your laundry. Line drying your laundry saves energy, and depending on if you hang your clothes outside, it can give them the fresh outdoor smell.

So, try to do something "green" for St. Patrick's day, it'll benefit you and the ones around you!

Tips on How to Save Gas

By: Karis Jackson

Have you ever wondered why every time you buy gas, it seems to run right through your vehicle? Well here are some tips to have your gas last longer.

One tip is to drive more efficiently. When you drive aggressively (speeding, rapid acceleration and braking) it wastes gas. You can lower your gas mileage by 33 percent when driving the speed limit. Driving responsibly is also safer for you and others. Gas mileage usually decreases faster at speeds over 60 mph. You can assume if drive 5mph over 60 mph, you are spending an extra 30 cents per gallon.

Another way to save gas is keeping your car in shape. Keeping your engine properly tuned can improve your gas

mileage by 4 percent. If you fix a serious maintenance problem, such as a broken oxygen sensor, it can improve your mileage as much as 40 percent. Keeping your tires inflated correctly can improve you gas mileage as much as 3.3 percent. Your mileage is also kept up is by using the recommended grade motor oil.

Lastly, a way to keep your gas mileage up is to choose an efficient vehicle. If you choose a vehicle that is fuel efficient it will have a higher gas mileage than older vehicles.

If you feel you are still spending too much money on gas, you might try to take a couple days off of driving and walk or take a bicycle. Either way, you are still saving money.

What to do with Old Vehicle Tires?

By: Karis Jackson

Do you have a bunch of old car tires? Have you ever wondered what you can do with them other than giving them to the landfill? Well if you want to recycle your old vehicle tires you can make many different items out of them.

First of all, you can make a tire swing. Here are some steps to take to make a tire swing. You take a heavy rope and fold it evenly in half. Then take the loop of the folded rope and place it through the old tire. Then, take the ends of the rope and string them through the loop, pulling the rope tight against the tire. Last, tie the ends of the rope over a sturdy branch of a yard tree or a bar of a swing set.

If you wanted you can also make a flower planter. The

steps to make one of these are: first, use a jigsaw to cut triangles into the rim edges of the tire. The triangles should go from the edge of the tire to the area where the tread begins. Second, Flip the tire inside out. Keep in mind this may be hard to do alone. The outcome of the tire should look like an open flower with the triangles spreading outward. When all finished, fill with potting soil and plant some of your favorite flowers.

One last idea is to plant potatoes inside of tires. You take four similar size tires and stack them. Fill the bottom two tires with straw and the next one with potting soil. Plant potatoes 4-5 inches apart and fill the top tire with straw. Harvest as needed

Job Announcement

The Administrative Assistant job at the Qagan Tayagungin Tribe is open. The job was posted on Monday, February 27, 2012. The hours are 8 a.m. to 5 p.m. and is open until filled.

The Administrative Assistant performs various office duties as directed by the Qagan Tayagungin Tribe's Executive Director. The duties and responsibilities include: Acting as general administrative support, assists with and responds to inquiries requiring knowledge of tribal government and responsibilities, attends council meetings, organizes

and maintains files and records, and other duties as assigned.

Minimum requirements are high school graduate or equivalent, excellent people skills, excellent written and verbal communication skills, ability to work independently, excellent knowledge of computer and other office machines, and have a valid Alaska driver's license.

Applications are available at the QT Tribe office.

Outdoor Air Quality: Dust Control

By: Cathy Adams

With Spring just around the corner, one of our reoccurring problems is dust. Since we do not have any of our side roads paved, every time a vehicle drives above the speed limit the dust cloud is aggravating. Included with the dust are vehicular emissions which together can form a toxic haze.

Outdoor air quality affects everyone. Outdoor air pollution causes health problems, in particular attacking the lungs and heart. The air we breathe is important. On days when the dust is a problem, we can combat the problem by driving the

speed limit, driving only when necessary and combining our errands so we only take one trip instead of several. Until we have every road in town paved, let's be aware of the dust pollution our vehicles cause and drive more responsibly.



Paralytic Shellfish Poisoning: Information and Symptoms

By: Karis Jackson

The time of year for Paralytic shellfish poisoning (PSP) is approaching us fast, so here is some information on PSP and symptoms.

Paralytic shellfish poisoning is a food poisoning from eating contaminated shellfish. In Sand Point, it is fairly common during the summer. The shellfish are contaminated with dinoflagellates. These dinoflagellates have a red-brown color, and grown to

such numbers that they cause red streaks in the ocean known as "red tides". Though, PSP can be present without a red tide. This toxin affiliates itself with shellfish that are in the colder waters of the Pacific. Shellfish to watch out for are mussels, cockles, clams, scallops, oysters, crabs, and lobsters.

Some mild symptoms of PSP are facial paresthesia; numbness of the face, arms, legs; tingling of the face, arms, or legs; headache, dizziness,

nausea, muscular incoordination, and floating sensation. If you feel any of these symptoms after eating shellfish, you should make a visit to your local health care facility for treatment immediately!

In Sand Point, we like to eat clams and crab regularly. So, be cautious and check your shellfish or call a help line about your shellfish if you think PSP may be involved. The help line number is 1-800-478-0084. The Qagan Tayagungin Tribe hasn't

tested for shellfish poisoning due to lack of funding, but we are trying to find a way to get our samples tested. So, for right now just be cautious and use your best judgment.

If you would like to test the clams for PSP yourself, you can find the information at the Alaska Department of Environmental Conservation website at: <http://www.dec.state.ak.us/eh/fss/seafood/psp/psp.htm>.

Recycle Bins are for Recycling Only!

By Cathy Adams



The Pauloff Harbor Tribe has graciously made the recycling bins in the teen center parking lot available for anyone who wants to recycle.

Unfortunately, some people have chosen to use the bins for garbage, making it difficult for employees to sort out and disperse of the

recyclables. Please continue to recycle, but remember these bins are only for cans, #1 plastics, and glass. Please remember to close the lid of the bin after depositing your plastics and aluminum cans.

If you have trash you need to dispose of, the garbage dumpster is the dumpster by itself on the other side of the parking lot, closest to the Fish & Game building.

The Pauloff Harbor Tribe is happy to provide this service to the community and will continue to do so.

Qagan Tayagungin Tribe

P.O Box 447
Sand Point, AK 99661

Phone: 907-383-6968

Fax: 907-383-5814

Email: QTTEnvironmental@arctic.net

Web: <http://www.qttribe.org>

Environmental Groups Updates

By Karis Jackson

We have been working every Friday with the Environmental Youth Group at the Boys and Girl Club. It has been a lot of fun to work with the youth. We are working on teaching the youth how to recycle and how to take care of our environment.

We have just recently started a segment with these youth called Pleasantville vs Pollutionville. This segment is based on our community. We are making two clay moulds as scenes of a beach. One of the clay moulds is made to look like a beauti-

ful, clean and healthy beach and the other one is going to be the same beach scene but with garbage and other pollutants on it. These are based on what our community looks like and what we want it to look like.

We just started the Environmental Teen Group. We hope to get our teen interested in the Alaska Youth for Environmental Action (AYEA), to help make changes around our community. We hope to teach our youth about our environment and how they can help make a change!