

Port Graham Village Council

# Environmental Newsletter

## Environmental Staff:

Violet Yeaton/**Environmental Planner** & Bobbi Sue McMullen/**Environmental Technician**

### INSIDE THIS ISSUE:

Inert Waste Pile	2
Choosing Which Fish is Healthy	2
Kids Have WaterSense, Too!	2
Creative Ways to Reducing Waste	3
Methamphetamine & Propane Tanks	3
Global Change on Human Health	3
Health Information on Blueberries	4



## BLOCKAGE IN SEWER LINES

We wanted to inform all of our community residents and visitors to not dispose of any cooking oil, paper towel or diapers down the toilets.

Cooking oil should never be dumped into the kitchen sink or in the toilet bowl. The proper way to dispose of oil is to put it in a sealed non-recyclable container and discard it with the regular trash.

If wastewater cannot move freely through the pipes and out into the sewer system, it can back up into your home and cause unsanitary conditions and damages that will be very expensive to repair.

By following the guidelines below, you can help avoid repeated repairs and unnecessary disruptions to homes and businesses.

Cooking oil & grease are waste that the sewer system cannot handle and should not be discarded down the drain. Dumping grease, fats, and oils can clog the sewer lines, causing sewage back-ups and flooding. Sewage back-ups can damage personal and public property.

Here are some examples that can help to learn to dispose of cooking oils properly.

### DO NOT:

- \* Dump cooking oil, poultry fat & grease in the kitchen sink or toilet.
- \* Use hot water & soap to wash grease down the drain, because it will cool & harden in the pipes or in the sewer down the line.

### DO:

- \* Place cooled cooking oil, fat, or grease into a non-recyclable container & discard with regular trash.
- \* Use paper towels to wipe residual grease or oil off of any dishes, pots & pans prior to washing.

**Please follow these guidelines to prevent another blockage.**

**Thank You!**

## FISH CARCASSES

Please be informed to not dispose of your fish guts or any other animal carcasses into the landfill.

“It is unlawful for any person, corporation, organization or other entity to deposit, dump or in any manner dispose of

any garbage, offal, dead animals, human waste or any other matter or thing within the village limits which would be obnoxious or in any way endanger the health of the village...” This was sited from “An Ordinance of

the Village of Port Graham, Alaska-Ordinance #25.”

Please adhere to the signage, before disposing of any waste into the landfill.

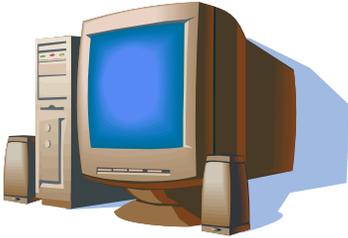
Thank you all very much!

### EHC Members:

- Peter Anahonak, Sr.
- Jennie Kamluck
- Lydia McMullen
- Stella Meganack
- John Moonin
- Port Graham High School Students



## INERT WASTE PILE



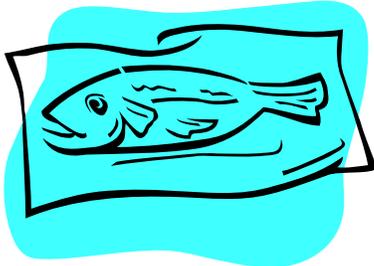
It has been brought to our attention that there are propane tanks, computers, TV's and household electronics being dumped into the Inert Waste Pile at the dump. All of the hazardous waste that is being dumped into the pile is bad for the environment and for our selves. Inside the electronics, contains mercury and if the mercury gets exposed, it will evaporate into the air, which is bad for all of our health. As

a community, we need to think of ourselves and others health when disposing of our waste.

The Environmental Program has placed a new plastic tote in between the two conexes specifically for computers, monitors, TV's, VCR's and DVD players . The propane tanks can be disposed of in between the convexes as well as oil, paint, gas, antifreeze, etc.

All refrigerators must have the Freon removed from the Freezers & Refrigerators before disposing. The refrigerators have a designated place at the dump (next to the conex) not in the Inert Waste Pile.

## CHOOSING WHICH FISH IS HEALTHY



The U.S. EPA launched a new website at [www.epa.gov/fishadvisories/kids/](http://www.epa.gov/fishadvisories/kids/) to help children and their parents chose the healthiest fish to eat, using interactive stories or games. The site has been selected as the August site of the month by [kids.gov](http://kids.gov), the official kids' portal for the U.S. government.

"Our new website is a fun way

for kids & parents to learn about the importance of fish in healthy diet & how to choose the healthiest fish to eat," said Benjamin H. Grumbles, EPA's assistant administrator for water.

Whether they catch their own fish or buy it at a store, children & their parents can use the web site to learn how to select fish

that are low in contaminants. The website includes stories focusing on different methods obtaining fish, along with interactive games, to teach children ages 8-12 how to recognize common fish species & use fish advisories.

**This information came from the U.S. Environmental Protection Agency website.**

## KIDS HAVE WATERSENSE, TOO!



Curious kids who like fun & online adventure might want to know about the new kids-only pages on EPA's Water Sense website—complete with a cartoon hero named Flow. Flow gets their imaginations & water-efficiency awareness flowing with activities all about water.

Flow teaches kids why it's important to save water & how to use less. Kids can play Test Your Water Sense, in which they dodge the villainous Water Wasters—like Sogosaurus, who doesn't care that she waters her lawn every day of the week, Drip Drop, who won't fix his

leaky faucet, Swirly, who likes to flush his toilet all the time, and Drainiac, who runs her faucet when brushing her teeth. The little squirts will become Water Sense Heroes in no time! [www.epa.gov/watersense/kids/index.htm](http://www.epa.gov/watersense/kids/index.htm)

## CREATIVE WAYS TO REDUCING WASTE

There are many ways to reduce the amount and the toxicity of solid waste. By thinking creatively, many new uses of common items and new possibilities for source reduction and recycling can be discovered. Here are just a few ideas. Now, try some of your own!

- \* Turn a giant cardboard box into a child's playhouse
- \* Transform a plastic ice cream tub into a flower pot
- \* Give pet hamsters or ger-

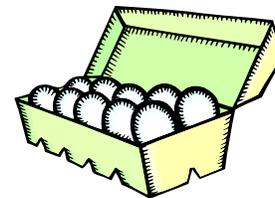
bils paper towel and toilet paper cardboard tubes with which to play. Use an egg carton to plant seedlings

- \* Turn used tires (not steel-belted) into children's swings or other playground equipment
- \* Select nontoxic inks and art supplies
- \* Combine source reduction techniques. For example, try storing coffee bought in bulk in empty coffee cans

- \* Choose beverages such as water or milk in reusable containers, where appropriate

- \* Place an order through the mail with a group of people in order to save money and reduce packaging waste.

There are a lot of materials that go into our landfill, that can be reused for many different things. The children can use them for arts and crafts at home or at school.



## METHAMPHETAMINE AND PROPANE TANKS

Methamphetamine cooks are buying propane tanks from the exchanges at Wal-Mart, Kroger, and emptying them of the propane gas. Then they fill the propane tanks with anhydrous ammonia, which they now have a recipe to cook Methamphetamine. After they are finished with the propane tanks, they return them to the store. The stores refill the tanks with propane gas, unknowing

to them the improper substance that was inserted in the tanks and sell them to their consumers. Anhydrous ammonia is very corrosive and weakens the structure of the tank. If can be very dangerous when mixed with propane gas and hooked up to a grill, recreation vehicle, etc.

You should inspect the propane tank for any blue or greenish

residue around the valve areas. If there are evidences of these substances, do not purchase the propane tank and advise the vendor of your findings.

The information was researched, and you should check out the following website for more: [www.npga.org/i4a/pages/index.cfm?pageid=529](http://www.npga.org/i4a/pages/index.cfm?pageid=529)

**“ Do not purchase propane tanks, if there is an evidence of blue or greenish residue near the valves.”**

## GLOBAL CHANGE ON HUMAN HEALTH

The EPA has released a report that discusses the potential impacts of climate change on human health, human welfare, and communities in the U.S. The report, entitles “Analyses of the Effects of Global Change on Human Health & Welfare & Human Systems,” also identifies adaptation strategies to help respond to the challenges of a

changing climate & identifies near- and long-term research goals for addressing data & knowledge gaps.

The report discusses the challenges & potential effects of climate change, including unusual or unexpected weather, and how some individuals & communities may be disproportionately affected by climate change, including older

adults, the poor, children, and people with chronic medical conditions. However, the U.S. has well-developed public health infrastructures & environmental programs that protect our air & water, which can help minimize the impacts. For more information see: [cfpub.epa.gov/ncea/cfm/recordisplay.cfm?deid=197244](http://cfpub.epa.gov/ncea/cfm/recordisplay.cfm?deid=197244)

**Local  
P.O. Box  
Port Graham, Alaska  
99603**

**Port Graham Village Council Members:**

Patrick Norman-**First Chief**                      Martin Norman-**Second Chief**  
Deborah McMullen-**Treasurer**                      Agnes Miller-**Secretary**  
Stella Meganack-**Member**                      Walter Meganack, Jr.-**Member**  
Melvin Malchoff-**Member**

**FUNDING FOR THIS PUBLICATION WAS MADE POSSIBLE BY THE U.S. ENVIRONMENTAL PROTECTION AGENCY'S (EPA) INDIAN GENERAL ASSISTANCE PROGRAM (IGAP)**

## **BLUEBERRIES**

### **A BETTER BRAIN**

In laboratory animal studies, researchers have found that blueberries help protect the brain from oxidative stress and may reduce the effects of age-related conditions such as Alzheimer's disease or dementia. Researchers found that diets rich in blueberries significantly improved both the learning capacity and motor skills of aging animals, making them mentally equivalent to much younger ones.

### **AN ANTIOXIDANT POWERHOUSE**

Packed with antioxidant phytonutrients called anthocyanidins, blueberries neutralize free radical damage to the collagen matrix of cells and tissues that can lead to cataracts, glaucoma, varicose veins, hemorrhoids, peptic ulcers, heart disease and cancer. Anthocyanins, the blue-red pigments found in blueberries, improve the integrity of support structures in the veins and entire vascular system. Anthocyanins have been shown to enhance the effects of vitamin C, improve capillary integrity, and stabilize the collagen matrix (the ground substance of all body tissues). They work their protective magic by preventing free-radical damage, inhibiting enzymes from cleaving the collagen matrix, and directly cross-linking with collagen fibers to form a more stable collagen matrix.

### **HEALTHIER ELIMINATION**

Blueberries can help relive both diarrhea and constipation. In addition to soluble and insoluble fiber, blueberries also contain tannins, which act as astringents in the digestive system to reduce inflammation. Blueberries also promote urinary tract health. Blueberries contain the same compounds found in cranberries that help prevent or eliminate urinary tract infections. In order for bacteria to infect, they must first adhere to the mucosal lining of the urethra and bladder. Components found in cranberry and blueberry juice reduce the ability of E. coli, the bacterium that is the most common cause of urinary tract infections, to adhere.

