

# ENVIRONMENTAL NEWSLETTER

VOLUME 7, ISSUE 8

MAY/JUNE 2010

## 2010 Annual Village Clean Up



**Quyana!**

Port Graham village residents, Smokey Bay Air, Homer Air Service,  
Port Graham General Store and The Variety Store for your time  
and donations!

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# FROM THE DESK OF THE ENVIRONMENTAL PLANNER

June 2010

Camai Paluwik,

I hope everyone is enjoying the beautiful weather we've been having!! I know this is a busy time for folks with preparing for summer activities such as fishing and enjoying the outdoors. There's nets needing to be prepared, smoke houses need to be cleaned and boats to get ready for fishing. So I know we get busy but I just want to remind everyone to please slow down when driving on the dusty roads. I have to remind myself; even driving at 15 miles it creates a lot of dust. So please be mindful of others when driving your Vehicle or 4 wheeler on the roads. The Council will be applying the Calcium Chloride again this year to help control the dust.

I am sure everyone has seen the signs that the rock pit for wood waste has been closed. This site was originally set up specifically for wood waste but other waste was being dumped at this site, such as plastic buckets, metals and other waste. The wood waste can be burned in the burn box at the dump, along with small loads of brush. If you know that the wood has been treated or if you have questions about burning the wood, I would recommend that it be put in the inert waste pile.

The Kenai Peninsula Borough is coming in next week on the 8<sup>th</sup> to remove the inert waste. They will be removing all of the junk cars, old appliances and other debris. If you have a large item and need some assistance, please contact Sherry Glahn or I so we can arrange to have it picked up. **It is your responsibility to remove all oil, gas or other petroleum products from vehicles. If you are discarding a freezer or refrigerator, you will need to remove all of the Freon.**

The Local Environmental Health Committee still meets monthly. However we will discontinue the meetings for the summer so everyone can enjoy their summer activities. We are looking for 2 more representatives, so if you are interested please contact the Environmental office.

We recently held our annual village clean up and it was a huge success. It was great to have the volunteers assist with the clean up. I would like to give a huge thanks to the folks that helped with clean up...Our Village Looks AWESOME!! Quyanah!

*Violet Yeaton/Environmental Planner*

**STOP** **STOP** **STOP** **STOP** **STOP** **STOP** **STOP** **STOP** **STOP** **STOP**

**STOP** **SPEED LIMIT** **STOP**

**STOP** **15 MPH** on all roads, **STOP**  
**STOP** except for the back **STOP**  
**STOP** road starting from **STOP**  
**STOP** Wayne Norman's inter- **STOP**  
**STOP** section to the first street **STOP**  
**STOP** light before Duncan **STOP**  
**STOP** Heights Subdivision is **STOP**  
**STOP** **20 MPH. REMEMBER-** **STOP**  
**STOP** Pedestrians have the **STOP**  
**STOP** right of way! **STOP**

**STOP** **STOP** **STOP** **STOP** **STOP** **STOP** **STOP** **STOP** **STOP** **STOP**

**NOTICE**

The Wood Pile area past the LTF (in the old rock quarry) is **CLOSED** to any further dumping of wood

ALL lumber and wood scraps should be disposed of in the **BURN BOX** at the landfill

If you have any questions, please contact the Port Graham Village Council Office

**REMEMBER TO SLOW DOWN** on the village roads to prevent **DUST** clouds Thank you!

## Non-Toxic Tips: Spring Cleaning from ACAT

Spring is in the air! If spring cleaning is on your “to-do” list, consider these tips to ensure that your efforts result in a cleaner, healthier home.

**Reduce your exposure to toxics in household dust by safely removing dust.** Many chemicals used in everyday products can volatilize and settle in household dust. Because of our long, cold winters, Alaskans spend significant time indoors, which may increase our exposure to toxic chemicals that bind to dust. These include toxic flame retardants known as polybrominated diphenyl ethers (PBDEs) found in some upholstered furniture, mattresses, and electronics. Phthalates, another group of chemicals, can also be found in household dust. They are used in some soft plastic toys, and in some personal care and cleaning products that list “fragrance” as an ingredient. Both PBDEs and phthalates have been linked to adverse health effects. To learn more about these chemicals, check out the fact sheets: PBDEs Fact Sheet and Phthalates Fact Sheets in Adobe format (pdf) at the Alaska Community Action on Toxics website at [www.akaction.org](http://www.akaction.org).

**To Reduce Your Exposure:** Think twice before reaching for that broom or feather duster. **By stirring up dust, you increase the likelihood of exposing you and your loved ones to chemicals in dust particles.** Instead, use a damp cloth to dust, a wet mop for floors, and a vacuum cleaner with a HEPA filter.

**Take Action Now!** Alaska has two bills in the State Legislature RIGHT NOW to phase out PBDEs from consumer products. Please contact the bill sponsors to voice your support for this important public health legislation: Senator Bill Wielechowski (sponsor of Senate Bill 295), phone 800-550-2435, email, [Senator\\_Bill\\_Wielechowski@legis.state.ak.us](mailto:Senator_Bill_Wielechowski@legis.state.ak.us), and Representative Lindsey Holmes (sponsor of House Bill 385), phone 888-465-4919, email, [Representative\\_Lindsey\\_Holmes@legis.state.ak.us](mailto:Representative_Lindsey_Holmes@legis.state.ak.us).

**Know what is in your cleaning products and choose or make safer alternatives.** Many household cleaners contain chemicals linked to birth defects, fertility problems, asthma, and other health problems. Phthalates, for example, are widespread in cleaning products. They are carriers for fragrance in glass cleaners, deodorizers, laundry detergents and fabric softeners. Phthalates have been linked to adverse effects on the development of boys, reduced sperm count in adult men, and increased allergic symptoms and asthma in children. **For a list of other ingredients to avoid and safer alternatives, download the [Green Cleaning Guide and Recipe Book](#) from the ACAT website.**

**Even those products advertised as “natural”, “green”, or “organic” may contain toxic chemicals.** Cleaning product ingredients are not evaluated for safety before going to market and companies are not required to list all ingredients on their product labels. The safest (and least expensive) alternative is to make your own cleaning products.

**Information for this article provided by**

**ALASKA COMMUNITY ACTION ON  
TOXICS**

505 W. Northern Lights Blvd., Suite 205  
Anchorage, AK 99503

*Our mission is to assure justice by advocating for environmental and community health. We work to eliminate the production and release of harmful chemicals by industry and military sources; ensure community right-to-know; achieve policies based on the precautionary principle; and support the rights and sovereignty of Indigenous Peoples.*



**We would like to tell you of the benefits of that plain little old bottle Of 3% peroxide you can get for under \$1.00 at any drug store.**

1. Take one capful (the little white cap that comes with the bottle) and hold in your mouth for 10 minutes daily, then spit it out. No more canker sores and your teeth will be whiter without expensive pastes. Use it instead of mouthwash.
2. Let your toothbrushes soak in a cup of "Peroxide" to keep them free of germs.
3. Clean your counters, table tops with peroxide to kill germs and leave a fresh smell. Simply put a little on your dishrag when you wipe, or spray it on the counters.
4. After rinsing off your wooden cutting board, pour peroxide on it to kill salmonella and other bacteria.
5. Do you have fungus on your feet? Spray a 50/50 mixture of peroxide and water on them (especially the toes) every night and let dry.
6. Soak any infections or cuts in 3% peroxide for five to ten minutes.
7. Fill a spray bottle with a 50/50 mixture of peroxide and water and keep it in every bathroom to disinfect without harming your septic system like bleach or most other disinfectants will.
8. Tilt your head back and spray into nostrils with your 50/50 mixture whenever you have a cold, or plugged sinuses. It will bubble and help to kill the bacteria. Hold for a few minutes then blow your nose.
9. If you have a terrible toothache and cannot get to a dentist right away, put a capful of 3% peroxide into your mouth and hold it for ten minutes several times a day. The pain will lessen greatly.
10. And of course, if you like a natural look to your hair, spray the 50/50 solution on your wet hair after a shower and comb it through. You will not have the peroxide burnt blonde hair like the hair dye packages, but more natural highlights if your hair is a light brown, faddish, or dirty blonde. It also lightens gradually so it's not a drastic change.
11. Put half of a bottle of peroxide in your bath to help rid boils, fungus, or other skin infections.
12. You can also add a cup of peroxide instead of bleach to a load of whites in your laundry to whiten them. If there is blood on clothing, pour directly on the soiled spot. Let it sit for a minute, then rub it and rinse with cold water. Repeat if necessary.
13. I use peroxide to clean my mirrors with, and there is no smearing.





Owned by those we serve.

## "KICK inCan" PROJECT

The HEA "Kick inCan" Project is still in progress. We can still trade out your light bulbs. If you have any old light bulbs you can trade them for the CFL light bulbs. Bring them by the council office during office hours, and make the trade for more energy efficient and longer lasting bulbs. There is no income limit, so everyone is encouraged to participate.

**PLEASE DO NOT PUT ANIMAL  
CARCASSES IN THE LANDFILL and  
PLEASE remember to remove  
plastic/wrapping, etc. from waste before  
Disposing of it on the back beach**

In most communities, people can recycle just two kinds of plastic, called #1 (number one) and #2 (number two) plastic.

You can tell the kind of plastic by looking for a  or a . Often this number is on the bottom or side of the container.





Find out what types of plastics can be recycled in your area. Then put a check mark in the right box so you remember.

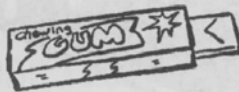
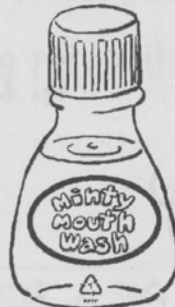
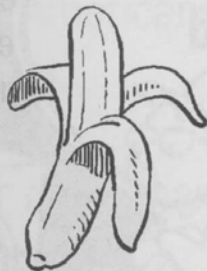
In my area I can recycle  #1 plastic.  #2 plastic.

Another plastic: \_\_\_\_\_  
(write in which kind)

The plastics you checked off are the only ones that belong in your recycling bin.

# Planet Pals Fun!

In each row of groceries, draw a  around the containers marked with a . Draw a  around the products marked with a . Put an X over everything else.

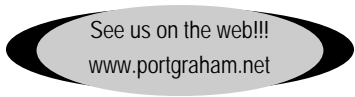


**PORT GRAHAM ENVIRONMENTAL PROGRAM**

PORT GRAHAM VILLAGE COUNCIL

P.O. Box 5510

Port Graham, Alaska 99603-5510



**LOCAL BOX HOLDER**

P.O. Box 55\_\_

Port Graham, AK 99603



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**ENVIRONMENTAL HEALTH COMMITTEE**

- **Peter Anahonak, Sr./**Elder Rep
- **Jennie Kamluck/**Member
- **Lydia McMullen/**Member
- **Stella Meganack/**Member
- **John Moonin/**Member
- **Port Graham High School Students**

**PLEASE REMEMBER TO BRING YOUR CLOTH/CANVAS BAGS WHEN YOU SHOP!**



**Thank You!**

*HEY! if you have any extra cloth bags, you can donate them to the stores (and they, in turn, can loan them out when needed, instead of using paper bags)*