



# Nunamta Carrluitengnaqlerkanun Tununak IGAP Newsletter Inside Issue:

April 2009  
\*ISSUES\*

- Recycle
- House Hazardous
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## \*Recycle\*

Ever thought of what waste products do to our environment?

The products we bought from the stores can make our environment look bad, but we still can recycle if we work together as a one group can make a difference.

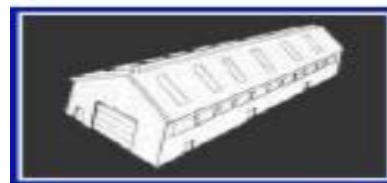


There are many things to recycle: glass, paper, metal, plastic, textiles, electronics, and aluminum cans.

Recycling involves processing used materials into new products in order to prevent waste of potentially useful materials, reduce the consumption of fresh raw materials, reduce energy usage, reduce air pollution and water pollution by reducing the need for "conventional" waste disposal, and lower greenhouse gas emissions as compared to virgin production. Recycling is a key component of modern waste management and is the third component of the "Reduce, Reuse, and Recycle" waste hierarchy.



## \*House Hazardous\*



Many people don't realize it, but there are a lot of common household items that are considered to be hazardous materials. These include medications, paint, motor oil, antifreeze, auto batteries, lawn care products, pest control products, and drain cleaners, pool care products such as chlorine and acids, and household cleaners.

Any sprays in your house could lead up to...

Asthma attack for those who have asthma can lead to have small air way, unless if you keep them in your Ziploc, the atmosphere in your house will have better air.

Know the hazards of the materials you're working with. Read the labels, request material safety data sheets (MSDS) on new products, know what precautions, safety gear and clean up procedures are advised. When buying arts and crafts materials look for these key words or symbols:



Be safe and healthy. Living in a healthy home is a better way to be active and athletic. Inhaling good things are better than inhaling toxic chemicals, which is a bad thing for our lungs.



### \*What's Up?\*

My name is Virginia Angaiak and I started this job on April 6, 2009. So far I have learned how some things are bad for the environment. Also, how to keep records of what I am doing. Which is a good thing because I wouldn't have to forget what I did and didn't do. I'm satisfied about this job because I get to learn a lot of new things which would get me ready for the future, because if I didn't know then I'd be really careless for what is hurting our Mother Nature. The weather here in Tununak is changing awkwardly. It's still winter in April and its really windy, blowing snow, and cold. My hypothesis of the winter is that the snow will disappear probably in early May, even though it suppose to be gone by now. Also, I think the winter will start late and end late, it will be fall for a quite of while and summer will be short. No more early winters and early summers. When I think about it, I think of things like what made the weather like this. One is maybe because of how we treat this earth with trash and hazardous chemicals that affect our earth. The further I go in this job, the more I have knowledge in the environment.



### \*Air Qualities-Dust Mites\*

Dust Mites are little insects that live in warm places. They are so tiny that you need a microscope to see well.



Picture of Dust Mite

The size of a dust mite is 420 micrometers in length and 250 to 320 micrometers in width. Both male and female adult house dust mites are creamy blue and have a rectangular shape. Like all acari, house dust mites have eight legs.

The average life cycle for a house dust mite is 10-19 days. A mated female house dust mite live for 70 days, laying 60 to 100 eggs in the last 5 weeks of her life. A simple washing will remove most of the waste matter.

The house dust mite survives in all climates, even at altitude. But they hate to live in dry places. If trying to control house dust mites, humidity should be kept low. Dust mites survive well in mattresses, carpets, furniture and bedding, with figures around 188 animals/g dusts.

There are ways to reduce dust mites. Wash your blankets daily with hot water. Leave your home temperate less than 60 Degrees. For beds, wash all your linens in hot water that is above 130 degrees, but anything less than 130 degrees Fahrenheit will not kill the mites. You should wash your curtains weekly using the same method previously stated. Also you can freeze them during winter outside, and putting them in the freezer for about a day. Then wash them after it has been frozen.



## What's happening?

My name is Harry Albert and I started working on April 6, 2009. I learned about this job of how to keep records because it's very important for me and it could help me when I get another job. If I didn't have this job I wouldn't have learned anything new. The work I do takes a lot of thinking because it takes some time to think about what I'm going to do. If I didn't think, it would be messed up, it wouldn't be right, and it wouldn't work. On April 9, I went to a Nelson Island Consortia meeting and they were talking about Environmental Policies.

The weather in Tununak was always windy during the winter and people were always tired of digging their house areas so they could get out or dug their vehicles so they could travel, haul some water, and etc. Also the weather could change the land and sometimes people follows it when it's bad and some of the people can be grumpy or moody. We can not travel when the weather is very windy or bad because we can get lost and don't know where to go but make sure not to panic or you wouldn't make it out there. In summer time, the weather is mostly sunny and sometimes it rains for a week or more. Mother Nature is the boss because we couldn't do anything about it, and if we try to challenge the weather, it always wins.

Now days, the weather is starting to be late every season we have and back then it used to be early. I think the weather has changed really hard. I think the snow will melt in middle or late part of May, because we still have a lot snow in April and it starting to melt. In the further future we may not have snow or we might have a little snow that can last for a few months.

### Air qualities

The air may seem nice and clean, but it's not because there are a lot of bad chemicals from all kinds of smoke coming from other places and right now we're breathing it. Once you spray hazardous inside your house or outside of your house it goes to the air and into your lungs because you are breathing all the time. Also you can get sick from it and you'll start coughing. Don't let your kids play with any hazardous products because they could spray into their mouth and swallow it or spray into their eyes and they could get sick from it. There are

"Warning," so they want you guys to know that it's dangerous. If you see your children playing with hazardous items, take it right away. Once you see hazardous leaks on the ground, you have to clean it up right away so it wouldn't have to become a huge stain and it could be really ugly. If there are a lot of thick smoke in the air you need to wear protection so you don't have to breathe it in because it can go into your lungs and it will turn brown and it will ruin your lungs and you'll start coughing.



### HOUSEHOLD BATTERIES

We would like to encourage you to collect batteries instead of throw them away and start recycling household batteries. 1.) Triple AAA battery, you can put them in a bottle that can fit them in a small hole. 2.) same with double AA battery. 3.) size C battery you will need to put them in a medium hole empty bottle. And the last but not least 4.) size D battery put them in a big plastic bottle that can fit the size D battery hole. If the bottle is full you can bring them here to IGAP Department, but it won't be a beneficial like the one we do with the aluminum pop cans.



### USED MOTOR OIL

Each year, the U.S. uses about 2 billion plastic motor oil containers. Most wind up buried in landfills. On the average, about 1 ounce of oil remains in every 1-quart container that is used. It is estimated that over 15 million gallons of oil and 250 million pounds of plastic are wasted each year in the USA.

#### Here are some disturbing facts:

One Quart of Used Motor Oil will pollute up to 250,000 Gallons of Drinking Water! One Quart of Used Motor Oil will pollute up to 40,730 Square Feet of Soil!

### Used Motor Oil IS DANGEROUS!

**Used Motor Oil is proven to be cancer causing!** You don't have to take our word for it, just look at any back label of Petroleum of Synthetic Motor Oil made after 1985, and you will find following statement.



### Soda Lovers, Listen up: List of Linked to Soft Drinks Continues to Grow

If you are tuned into health news, you are probably well aware of how harmful soda is for your health. You've heard all the reports about the high sugar content of soda as well as the dehydrating effect of carbonation. And, even more disturbing, the acid content of some sodas which can actually clean the tarnish off a penny. Regardless of all of this, you still may insist on having a soda every day. Well, it's time to WAKE UP and smell the soda! The following article lists a number of health conditions that have been linked to soda consumption.

The soda market is huge in the United States despite the common health warnings against drinking soft drinks. For some reason many individuals don't seem to think that the warnings are all that important, at least not enough to offset the sparkly taste and texture of these drinks. The average in America had about 789 carbonated beverages in 2007, and recently the soft drink business has been making a comeback in comparison to healthier drinks. Despite all the warnings and health risks, it looks like soft drinks are here to stay.

However it is important for you to know that there are other to sodas other than the "commonly known" ones of obesity, dehydrations and the rotting of your teeth. One of the harshest effects of drinking sodas on a regular basis is liver cirrhosis. Liver cirrhosis is a very similar liver problem to that found in most alcoholics. Yes, I said alcoholics.

Drinking soda can also be painful for you in a way you'd never expect. Because sodas have a high level of phosphoric acid, your urine can be changed to such a degree that it encourages kidney stones to form. Drinking three sodas per week is all you need for this to happen and sounds like a painful trade-off!

Other problems that can occur due to soda consumption include an increased rate of blood pressure and heart disease. This is more of a combination of several factors you already know about-obesity, hypertension, elevated blood sugar elevated blood sugar levels, elevated triglyceride levels, and decreased levels of HDL or "good cholesterol." if you have three or more of these conditions consistently, you definitely need to change your habits.

If these warnings are not enough for you, then consider that drinking too much soda simply makes you feel BAD. Soda consumption contributes to acid reflux and upset stomach as well as digestive tract problems. The increased levels of acid in your digestive tract can cause inflammation of the stomach and even some erosion of the lining of your stomach and intestinal tract. Ouch!

All of these things combined say one thing about sodas. They are simply bad news. With all of the alternative drinks available, it is hard to imagine you would want to stick to soda with all of its negative health effects. There are fruit juices, flavored water, and many other options that are better for you and will make you feel healthier instantly.

Before picking up that next can of soda, consider your choices. Think about how you'd feel, you would feel ten times better. Your body will thank you for it and you might find yourself becoming addicted to a much healthier drinking habit!

### Check the Kind of Plastics You Use

\* Some plastics are made with chemicals called phthalates [THAL ates] or BPA which means biphenyl A [BIS fee nall].

\* These chemicals can leach from (come out of) everyday plastic products like toys, bottles, containers, and personal care products.

\* Scientists and doctors are learning about these chemicals and the health effects they may have especially on children.

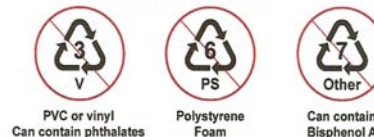
\* You can use the following guide to choose safer plastics and decrease exposures.

### Check the symbol on the bottom of the plastic items before you buy:

Choose safer plastics:<sup>1</sup>



Plastics to avoid:<sup>2,3</sup>





## Black Plastic Bags

Do not use dark colored trash bags to store food in freezers. These dark colored bags that we call black plastic bags contain Phthalates. Phthalates are a group of industrial chemicals that add flexibility and resilience to many consumer products are primarily used as plasticizers in polyvinyl chloride (PVC)-based plastics, as well as other flexible plastics, and found in tablecloths, furniture, vinyl flooring, shower curtains, garden houses, inflatable swimming pools, plastic clothing such as rain coats, children's toys, automobile upholstery and tops, medical tubing, and blood storage bags. Research links phthalates to feminized genitals in baby boys, reduced sperm quality, asthma and rhinitis in children, and shorter pregnancy duration.



**Bisphenol A (BPA):** is a high-volume production chemical used to make epoxy resin and polycarbonate plastic products. Used in some plastic water and baby bottles, dental sealants, and the resin linings of metal food cans. Discovered as a synthetic estrogen, human and animal studies link BPA to reduced sperm counts and other reproductive impacts, cancer, obesity, and miscarriages. Polycarbonate plastic can become unstable over time and with use, allowing biphenyl-A to

leach into material in contact with the plastic. Additionally, biphenyl-A is now pervasive in the environment and commonly found in dust particles, surface water and drinking water, as over 6 billion pounds are produced worldwide each year and production of biphenyl-A chemical releases approximately 2 hundred thousand pounds of the chemical into the atmosphere annually.



## Plybrominated biphenyl ethers, or

**PBDEs:** Some brands use flame retardants added to the plastic cases. Studies link PBDE exposure to impaired memory, learning, and behavior in laboratory animals. PBDEs do not fully bind to the products in which they are used. Deca, in particular, breaks down into more toxic products which evaporates when exposed to warm ultraviolet (UV) light. It is said to be released by scratch or deterioration of the product. Penta does not require UV light exposure. PBDEs are released from furniture, electronics and other products when exposed to UV light, causing them to be present in the air we breath and in dust. Though the production of penta-BDE and Octa-BDE has stopped in the U.S., exposure continues from old computers, furniture, fabrics, and other consumer sources that are manufactured before the discontinuation. The main source of exposure are thought to be fatty foods, as PBDEs are fat-seeking and bio-accumulate in the food chain, and inhalation of contaminated dust.

## NOTICE



Do not drink distilled water when you are thirsty, because of a recent study discovery of the distilled water can absorb fluids in the body making you want to drink more water. Check labels on water bottles before buying.



### Once Again Battery Backhaul

Reminder: Just to let you know; those who don't use their unused old battery and don't know where to dump them. What you can do is take them to the storage van near the TRC. DO NOT take them to the dumpsite and dump them. You can call 6537 if you don't know where the van is and we'll help.

## Our Dumpsite



Please do not dump your trash at the edge of the ditch. Because the garbage can scatter all over the dumpsite. It becomes a very messy sight! Quyana!



Thank you to **Arctic Transportation Services (ATS)** and **Northern Air Cargo (NAC)** for providing transportation for our collection of aluminum cans to ALPAR in Anchorage.  
**Quyana cakneq!**



Edward Hooper

**How did you take care of the land when you were young?**

- Our ancestors said, "Keep the land clean and respect the environment." The land was good and they like it and they use it. They tried to make it clean and they respect the land and the tundra. The land changes while the time goes on. When they didn't have any vehicles. They didn't abuse the land.

**Was it better then? What about now?**

-Yes, The land wasn't broken, and people took care it.  
- Not as much as like the past, but now, we have more trash everywhere, and the land is falling apart slowly.

**Is the land changing?**

- Yes. The land was different back then.

**How was the land in the past?**

-Healthier than today. Never had trash around. The environment was good, but the stormy ocean and flooding river erode the land.

**What about the weather? Is it unusual or not?**

-Yes it is unusual, because in the past, it was always good and changes slowly, and today, the weather changes quickly.

**What do you think the weather on season will be like?**

-More high winds. Longer winters.

**Did you guys protect your land area from other people?**

-Yes, we protected the land from other people when they came to our land.



Tommy Hooper

**How did you take care of the land when you were young?**

- We followed our parents with the use of the land. We all helped to keep the land clean by picking up trash. We enjoyed helping each other as like very good friends.

**Was it better then? What about now?**

- Yes it was better, the tundra was good and we liked the land. Though it didn't change that much. Right now, I want to get out to the tundra but I'm getting a little too old.

**Is the land changing?**

- Yes, land is changing a little bit because of vehicles and the permafrost is melting. Also, the land is eroding a little bit.

**How was the land in the past?**

- It wasn't that different as today.

**What about the weather? Is it unusual or not?**

- The elders used to say that the weather follows how the people are behaving. Not unusual, but the weather is becoming unpredictable.

**What do you think the weather on season will be like?**

- I can't tell how the weather will be like because its hard to predict.

**Did you guys protect your land area from other people?**

- We used to share the land and not protect it from others to use. Now with the government, it became a property, which I can say it belongs to me or somebody else's.