

The Dirt

Cultural & Environmental News



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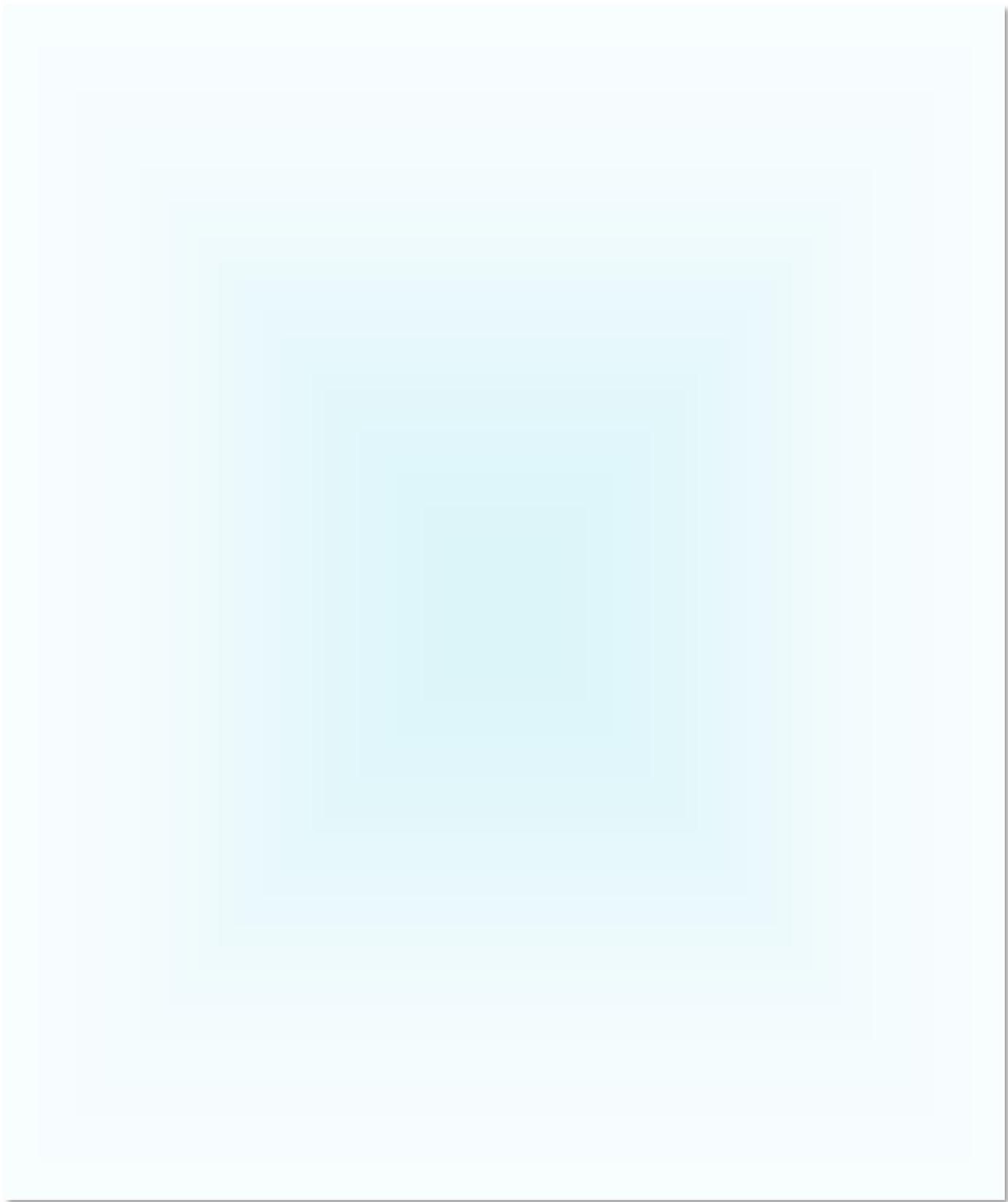
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Word Search Prize on the Back!



Roselynn Lwenya The Mountain Woman

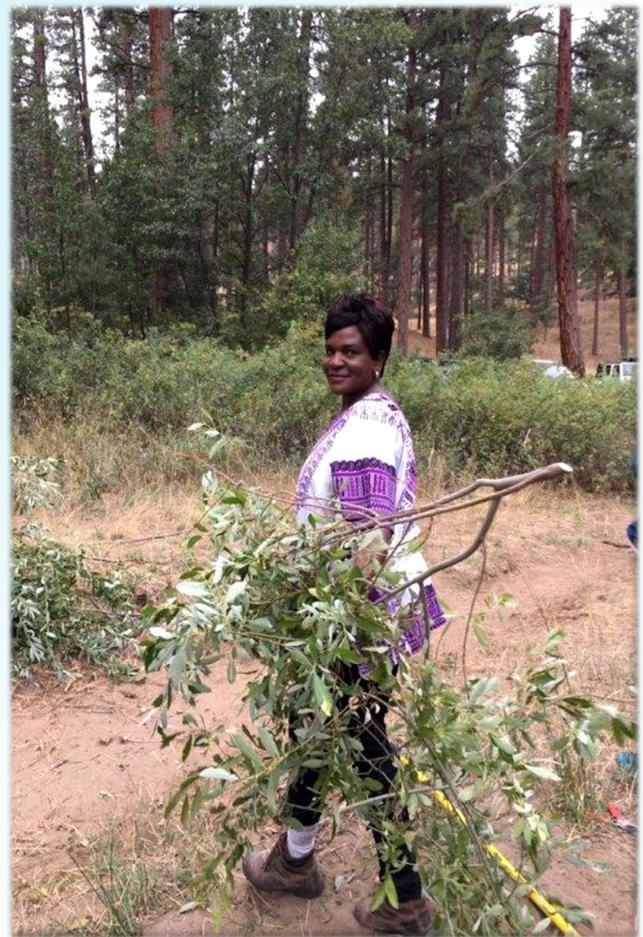


*A strong woman
Knows she has
Strength for the
Journey, but a
Woman of strength
Knows it is in the
Journey where she
Will be strong
*Anonymous**



In the creation of “THE DIRT” we are saddened by the resignation of our Director, Dr. Roselynn Lwenya. Under Roselynn’s direction our department has thrived and we built a strong team of collaboration and mutual respect. Even though Roselynn has moved on to another tribe, her mentorship and teachings will stay with us. Arnold and I wish to dedicate this quarter’s newsletter to Roselynn. In the 3 years she has been with us, there are many things she has accomplished. Below is a short list of activities and achievements that have transpired under her direction and her vast knowledge of environment and culture.

- Environmental Enforcement and Compliance
- Bureau of Indian Affairs (BIA) Wildland Urban Interface Projects
- Conservation Stewardship Program (CSP) Cradle Valley
- Clean Water Act (CWA) Section 106
- Clean Water Act (CWA) 319: Non-point Source Pollution Management Program
- Safe Drinking Water Act (SDWA)
- Administration of the Natural Resources Department (NRD)
- Manage grant project budgets for NRD programs
- Reports to Tribal Business Council
- SIR Education Center
- Earth Day Events
- Cultural Education
- Environmental Education
- Brownfields Grant
- Involved with perimeter cultural survey of Hidden Valley, 301 Acres



Roselynn is passionate about Mother Earth, water, air, cultural resources and making the world a better, safer place to leave for our future generations. Her diligent work has left a lasting impact on not only the Natural Resource department, but also on the community as a whole. Roselynn's ability to brighten dark days, her kindness, and her willingness to give will not be forgotten by the hearts of the people she touched.

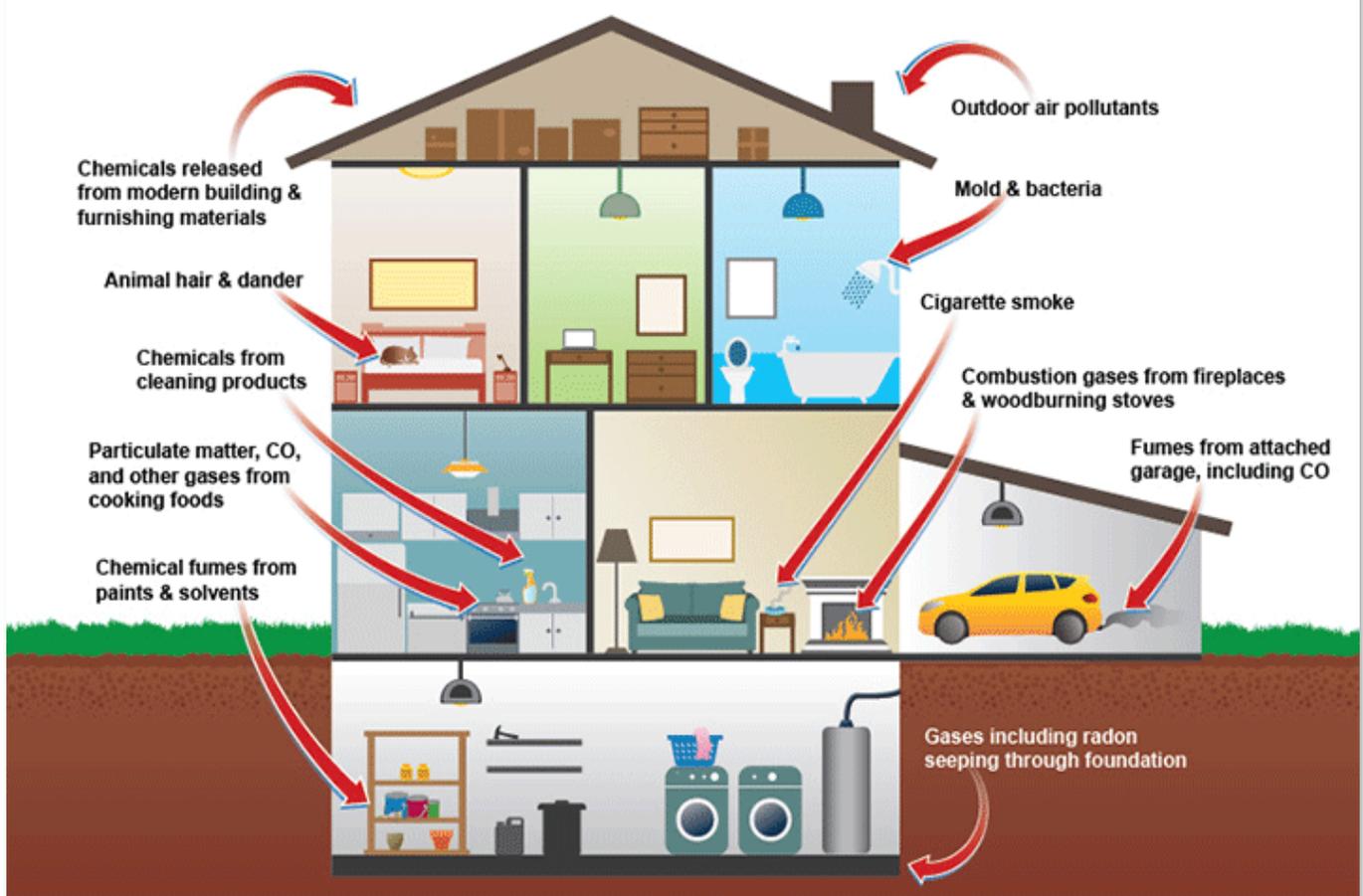
*The rivers would again run clear
The forests be abundant and beautiful
The animals and birds
Would be replenished
The conservation of all that is good
Would become a way of life
*Anonymous**





Beware Indoor Air Quality Issues during the Winter

Low temperatures, less daylight, and unfavorable weather force us to stay inside during the winter months. By spending more time indoors, the quality of our air becomes more important within our homes. Establishing and maintaining clean indoor air quality within your home during the winter months are a challenge due to the reduced air circulation from all the closed doors and windows. Emissions from fuel-powered appliances and heat sources, pet dander buildup, mold/mildew growth on windows, and chemicals from household cleaners all accumulate in the air we breath. These pollutants are trapped indoors and keep circulating until purified by plants or diluted with fresh air. Thus it is important to stay conscientious and proactive about keeping your indoor air clean.



<https://eagletrustinsurance.com/tips/safety/improve-indoor-air-quality-of-your-home-during-winter/>

Methods to Improve Indoor Air Quality (IAQ)

Managing and improving indoor air quality can be achieved through a mixture of preventative and prescriptive care. In general there are three techniques that can combat bad indoor air quality which include: preventing pollutant sources, increasing air circulation, and purifying the air.

Prevention of Pollutant Sources

- Use less toxic household cleaners that contain little to no VOCs or Volatile Organic Compounds.
- Store household chemicals that contain VOCs in a room separate from the common living area.
- Clean damp areas regularly for mold and mildew.
- Use EPA approved wood stoves and wood heaters
- Invest in Carbon Monoxide Monitors to assess gas-emissions from fuel burning heaters.
- Regularly vacuum with a HEPA filter and wipe down surfaces.
- Replace Air filters and clean duct system yearly if you have central heating and air.
- Don't smoke indoors.

Increase Air Circulation

- Occasionally open windows and doors to let in fresh air.
- Run the kitchen and bathroom fans up to 30 minutes after cooking or taking a shower.
- Reduce indoor humidity.

Purification of the Air

- Indoor house plants, salt lamps, beeswax candles, and air purifiers all help filter out allergens.
- Carbon monoxide is one pollutant that **cannot** be effectively removed with most air purifiers so Carbon Monoxide detectors are needed to monitor high levels.
- Overwatering indoor house plants can actually lead to more allergens as the wet top soil will foster a breeding ground for microorganisms such as mold.
- Clean Air Delivery Rate (CADR) is a measurement for how much air the purifier can filter and High Efficiency Particulate (HEPA) Air Filters are the most effective air pollutant remover.

Health Problems from Poor IAQ

The immediate effects of poor IAQ include eye, nose, and throat irritation, headaches, dizziness, and fatigue. Many harmful indoor air pollutants are also allergens and asthma triggers leaving those with sensitive respiratory systems at risk. Chronic long term effects of poor IAQ are linked with higher occurrences of respiratory diseases, heart disease, and cancer.

IAQ problems at schools have been shown to lead to decreases in student attention spans (<https://www.epa.gov/iaq-schools/reference-guide-indoor-air-quality-schools>). Poor IAQ is also correlated with higher incidences of breathing problems during sleep such as sleep apnea (<https://www.webmd.com/sleep-disorders/news/20100617/air-pollution-linked-to-sleep-breathing-problems#1>).

In conclusion, being mindful of maintaining good air quality will have all around long term benefits to not only your health and lifestyle but also towards the others living in your home.

IMPROVE YOUR HOME'S INDOOR AIR QUALITY & AVOID ALLERGIES

Did you know that about half of all allergies are triggered by poor indoor air quality? Reduce allergy and asthma symptoms by improving your home's IAQ.

WHAT'S CAUSING ALLERGIES IN YOUR HOME?



VOC's

Volatile organic compounds from cleaning products, furniture, floors and candles can cause skin, eye and throat irritation.



MOLD

Mold spores can cause allergic reactions, worsen asthma symptoms and bring about a variety of respiratory problems.



DUST MITES

Around 20 million people in the U.S. have a dust mite allergy, which causes many unpleasant symptoms.



PETS

About 15% of Americans are allergic to dogs or cats. Pet dander can linger throughout your home and ducts.

WHAT CAN YOU DO TO IMPROVE YOUR HOME'S INDOOR AIR QUALITY?



1. VENT EXCESS MOISTURE

Air sealing and insulation can both help to reduce moisture infiltration.



2. REDUCE HUMIDITY LEVELS

Avoid potential mold growth by keeping your home's humidity levels between 30-50%



3. CLEAN OFTEN

Wash your bedding and vacuum your carpets on a regular basis to reduce buildup of dust/debris.



4. CUT BACK ON CHEMICALS

Make sure to clean using natural products to avoid introducing dangerous VOCs into your home's air.



5. MAINTAIN YOUR HVAC UNITS

Clean or replace your systems' air filters regularly, and have them serviced at least once a year.



6. AIR SEAL

Air sealing can prevent moisture and other outside pollutants from entering your home.



7. INSULATE

Prevent excess humidity to keep your home healthy and comfortable.

Start breathing healthy air and avoid allergies with help from Energy Smart Home Improvement. Contact us to schedule a consultation for your home today.

Source: PAEnergySmart <https://www.paenergysmart.com/service-category/indoor-air-quality> 717-258-6574

Recycling Benefits



The need for recycling is higher now more than ever. Increasing populations corresponds to increasing amounts of waste being produced. More garbage requires more space for its proper disposal and this raises an issue with the decreasing capacity of landfills. Thus, waste stream diversion is necessary which can be accomplished through recycling. Currently, the U.S recycling levels are at 21.4% of waste produced (EPA). If recycling levels reached 75%, this achievement would be equivalent to the removal of 55 million cars from the road each year in terms of CO₂ removal. Additional reasons and benefits from recycling include:

For the economy:

- Recycling is a \$200 billion industry in the U.S.
- Recycling generates 7-10 more jobs than landfills and waste to energy plants.
- Recycling properly creates valuable resources for U.S. manufacturing and can become a highly valuable export to countries such as China and India.

For the environment:

- Recycling conserves finite natural resources - this is critical as population continues to grow exponentially.
- Recycling conserves fresh water up to 95% in the mining and manufacturing process for many materials.
- Recycling prevents waste from going into oceans - it is proven, when there is a strong recycling culture, there is less litter and less waste going into ocean
- Significantly reduces use of fossil fuel energy and reduces CO₂ emissions

<https://www.recycleacrossamerica.org/recycling-facts>

Please Recycle

L N A C C P Y C W Y S D G S Z O K E R C
 B O Q P I I B A L N E A W B G M V G D L
 R I B U E I H E O S G P Q A K V B P A H
 H T W O T H D I L M C B C O V U G V C A
 S A H G J C S Z T G R A A W W R N C A V
 F L M P Z S L I V N F D C L D I X W H W
 T U M J I F H F J P X L J F S A R L R M
 S C H M R G J U Y S Z S P L F C J L I M
 D R E Q R A H G W T I M N Z K H C G N H
 E I E T Z O E P C E C N B M X T J Z I R
 E C I N U S A S U B A F O C X T G A I L
 O O P M N G D D H X R I H X C B Q O W B
 B C X I I J E C L W B H G Z M B J U E W
 K N O H Q L K K F R O I W R F Y I N X H
 G Z G Q P K D B G V N S C B I A P A Y F
 D M L F Z Q D E D L D Q D W F F L N S W
 M O N O X I D E W W D L O M A M Y J K Q
 G D G X P F G P A P B F K C Z M L O X V
 N N C N R J Q X E I O U L X Y P L A O H
 G G C X W L V C H H D C Y M K W B Z L K

BIA
 CADR
 CARBON
 CIRCULATION
 CWA
 EMISSIONS
 HEPA
 IAQ

MILDEW
 MOLD
 MONOXIDE
 NPS
 SDWA
 VOC
 WUI

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Complete for Free Gift!